

**Perry County
Cardiovascular Risk
Reduction Clinic**

**Satellite Conference and Live Webcast
Wednesday, February 6, 2013
2:00 – 4:00 p.m. Central Time**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

**Pilar Z. Murphy, PharmD
Assistant Professor of
Pharmacy Practice
McWhorter School of Pharmacy
Samford University
Birmingham, Alabama**

**Perry County
Tackles CV Disease**

- **Perry County has limited access to healthcare**
 - **Two pharmacies**
 - **Five physicians**
 - **Two nurse practitioners**

**Perry County
Tackles CV Disease**

- **Nearest hospital is located 25 miles away in a neighboring county**

**Alabama's Chronic
Disease Burden**

Area	HTN	DM	Obesity
Alabama	32%	8.5%	
Bibb County	34.4	9.3	23.5%
Jefferson County	32.8	8.8	24.9
Shelby County	28.4	6.4	22.7
Perry County	36.8	11.1	27

**Hypertension
Clinic Collaboration**

- **Samford University established as Howard College in 1841 in Marion (Perry County), Alabama**

Hypertension Clinic Collaboration

- **2004: Met with Frances Ford, Sowing Seeds of Hope Health Care Task Force**
 - Approach: How can Samford fit into what you see as the needs in Perry County?
 - Hypertension Clinic

Hypertension Clinic Collaboration

- **2006: Diabetes Clinic**
- **2007: Samford purchases home in Marion for pharmacy student use**
- **Today: Samford faculty member and students continue work at HTN Clinic**
 - Also work with local physicians and community pharmacy

Patient Education Is Key

- **Body Love Radio Show**
 - Wednesday mornings at 8:30
- **Hypertension Clinic**
 - Wednesday afternoons 2:00-4:00
- **Diabetes Classes**
 - Monthly Thursday afternoons 2:00-3:30 (Uniontown)

Patient Education Is Key

- **Patient Assistance**
- **Education**
 - Risk factors
 - Medication compliance
 - Warning signs
 - Lifestyle changes

Patient Education Is Key

- **Screening programs**
 - Blood pressure
 - Diabetes

Hypertension Clinic Format

- **Patient history (new patients)**
 - Health status interview, disease states, family history, medications
 - Medication list from local pharmacy*
- **Review past visits and medication list with patient**

Hypertension Clinic Format

- **Measurements:** weight, BP, HR, BG, waist / hip ratio, BMI, cholesterol
- **Interventions / counseling**
 - Weight reduction, diet, exercise, tobacco use, drug therapy/compliance
 - Prevention of disease complications

Hypertension Clinic Format

- **Recommendations faxed or taken directly to physician's office**

Diabetes Patient Interventions

- **Review blood sugar logs**
- **Review diet**
 - Indicate foods that increase blood sugar the most
- **Microfilament foot sensation tests**

Diabetes Patient Interventions

- **Self-monitoring of blood glucose**
 - Does patient SMBG?
 - Signs and symptoms of Hypo and Hyperglycemia
 - What should you do?

Diabetes Patient Interventions

- **Counseling on regular physician exams**
 - A1C, lipid panel, dilated eye exam, kidneys (microalbumin), influenza and pneumococcal vaccinations

Community Wide Effort

- **Community events**
 - Childhood obesity parade
- **Health screenings**
- **Home visits**
- **Church wellness programs**

MSOP Student-led Initiatives

- **Temple Maintenance Initiative**
 - First Thursday of each month (5:30-7:00 pm)
- **East Perry Fire Department Screening**
 - Every fourth Saturday (10:00-noon)

MSOP Student-led Initiatives

- **Diabetes support group**
 - Every second Saturday morning

Education Makes a Difference

- We've seen small decreases in mean weight, systolic blood pressure, and diastolic blood pressure
- CDC statistics show the stroke death rate in Perry County has declined 19.5% in recent years from 190 to 153 per 100,000 people

Education Makes a Difference

- Education and increased awareness are helping patients to become more diligent in controlling their disease states and risk factors

Contact Information

Pilar Z. Murphy, PharmD
Assistant Professor of
Pharmacy Practice
McWhorter School of Pharmacy
Samford University
Birmingham, Alabama
pmurphy@samford.edu
334 – 683 – 6152 (SSOH office)
205 – 726 – 2240 (MSOP office)