

Completed work

Title: Introducing a Pharmacy Undergraduate Student-led Health Check Service at the University of Bradford

Authors: A. M. Sarvestani, K. Medlinskiene, J. Tomlinson, K. Adams

Institution: School of Pharmacy and Medical Sciences, University of Bradford

Background: Development of communication and clinical skills is an important part of pharmacy undergraduate education. Skills training that complements learning from traditional approaches leads to better learning (Vogel and Harendza, 2016). Student-led health check services allow learners to apply their theoretical knowledge to practice and develop such skills.

Aims: To pilot feasibility of a student-led health check service.

Method: Following ethical approval a health check service was designed by adapting the national health check service framework and work at University of Reading (Langran et al., 2017). Six undergraduate students (Year 3) were trained to deliver the service.. Students worked in pairs to perform checks over three days in consultation rooms by following standard operating procedures. Supervisors were available at all times. Assessments by students included: BMI calculation; blood pressure; physical activity and lifestyle; QRISK3 calculation. Supervisors performed cholesterol and blood glucose tests. Students interpreted results and offered lifestyle advice to participants. Participants completed feedback forms.

Results: Thirty-eight participants from across the University attended the service. Majority of participants, n=36 (98%) stated they are very likely to recommend the service to a colleague. Many participants (n=33, 87%) stated they would make changes to their lifestyle. The pharmacy students valued the opportunity to perform activities that they would be using once qualified. Students reflected their knowledge improved on cardiovascular risk factors and they felt more confident to provide lifestyle advice. Working in pairs was thought to be a supportive approach, especially during the first checks when students felt most nervous. Whilst students felt competent to perform the tests, they were apprehensive about the questions that participants may ask them. This is an area recommended for future training.

Conclusion: A student-led health check service contributes to the development of students' confidence in performing clinical activities. Future work will focus on incorporating this service within the pharmacy undergraduate programme.

References:

Langran, C., Hannan, R., Greenland, B., Donyai, P. (2017). Outreach activity of healthy living assessments provided by pharmacy students to the local community. *International Journal of Pharmacy Practice*, Supplement 1, 43-44.

Vogel, D. and Harendza, S. (2016). Basic practical skills teaching and learning in undergraduate medical education – a review on methodological evidence. *GMS Journal for Medical Education*, 33(4), doi: 10.3205/zma001063.

Name of presenting author: Abolfazl Maasoumi Sarvestani
Email address of presenting author: a.maasoumisarvestani@bradford.ac.uk
Names of co-authors: Kristina Medlinskiene, Justine Tomlinson, and Kevin Adams
Names of institution: School of Pharmacy and Medical Sciences, University of Bradford
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