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Apr 20th, 11:00 AM - 2:00 PM

# The Impact of Free Health Screenings at Community Pharmacies on Diabetes

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Smith, Anna; Allou, Jacques; George, Jeniffer; Amtower, Jessica; Daniels, Nicholas; Ballentine, Jeb; and Laswell, Emily M., "The Impact of Free Health Screenings at Community Pharmacies on Diabetes" (2016). *The Research and Scholarship Symposium*. 21. [http://digitalcommons.cedarville.edu/research\\_scholarship\\_symposium/2016/poster\\_presentations/21](http://digitalcommons.cedarville.edu/research_scholarship_symposium/2016/poster_presentations/21)

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**Presenters**

Anna Smith, Jacques Allou, Jeniffer George, Jessica Amtower, Nicholas Daniels, Jeb Ballentine, and Emily M. Laswell

# Research + Scholarship SYMPOSIUM



## **The Impact of Free Health Screenings at Community Pharmacies on Diabetes**

Diabetes is a prevalent issue in the United States, with an estimated 8.1 million people undiagnosed as of 2012. Health screenings have been proven to identify diseases earlier, thereby resulting in earlier and more satisfactory treatment. Community pharmacies can offer many of the same screenings as those in doctor offices. The objective of this study was to assess the impact of free health screenings in community pharmacies on patient follow-up, perceptions, and knowledge of diabetes through blood glucose screenings and patient education. The study design was a pre-post observational study using surveys, blood sugar screenings, and patient education on diabetes. Participants were voluntary patients from four REM Corporation pharmacies in Ohio who were 18 or older, not recently tested for diabetes, non-diabetic, not pregnant, and without disorders that could hinder survey responses and education. Pre- and post-surveys assessed both patient perceptions on free health screenings in community pharmacies and on diabetes knowledge. Results among the 26 participants showed there was no statistically significant difference between patient perception pre- and post-surveys (all  $p$ -values  $\geq 0.05$ ), however there was a statistically significant difference between pre and post diabetes knowledge surveys ( $p < 0.001$ ). Limitations of this study were the small sample size due to the relatively small pharmacies utilized and short length of study time. Future directions should focus on using more demographically diverse pharmacies and a longer study time. Due to patients already having highly positive perceptions of health screenings in community pharmacies, future research should assess patient knowledge of diseases and the impact of patient education on overall health outcomes. Results of the study showed patients had positive opinions on free health screenings in community pharmacies and these screenings can help patients understand disease states and be more aware of their health.