



Role of pharmacist in obesity management

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Intended Learning Outcomes

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Introduction

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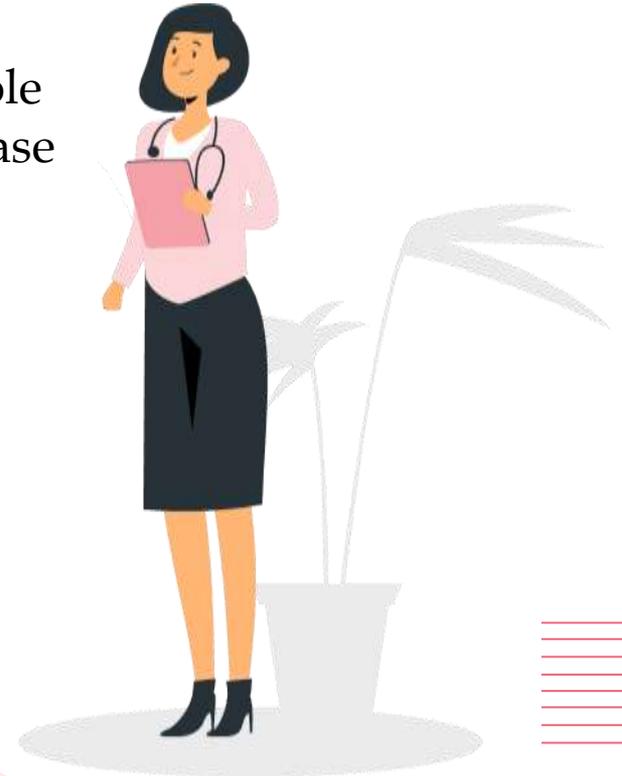
Pharmacists' role in chronic disease management

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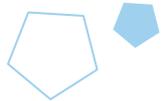
Introduction

Introduction

Obesity is defined as an abnormal accumulation of fat. It may result in health impairment, and is rising fiercely in developing countries. Chronic conditions, like obesity, can be best managed by a synchronized team of healthcare professionals.

The increasing prevalence of obesity is of great concern, since it can result in many harmful consequences, which may be psychological, health-related, like a high cardiovascular risk and diabetes, and could result in a risk of premature mortality





Obese individuals are stigmatized and discriminated on the basis of their weight, and this is not only common in social and work-place settings, but also at health-care settings, where healthcare professionals view obese individuals as unattractive and assume them to be non-compliant and weak-willed, physicians are likely to believe that obesity is patient's fault.

This negative attitude from health-care professionals leads to obese individuals forgoing preventive care, like not undergoing age-appropriate screenings for cancer, but findings show that pharmacists do not permit personal biases to hamper counseling, and interventions by community pharmacists can be effective in weight management, thus pharmacists should be encouraged to reduce obesity prevalence.

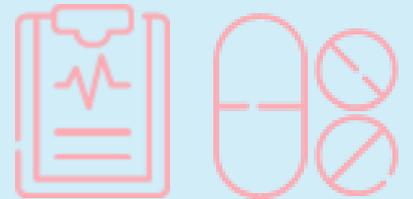
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Pharmacists' role in chronic disease management

Chronic disease management

Chronic diseases can be best managed with the provision of healthcare by a synchronized team of healthcare professionals. Although a team of healthcare professionals is generally believed to provide high quality care, some are still doubtful about the role of team members other than the doctor.



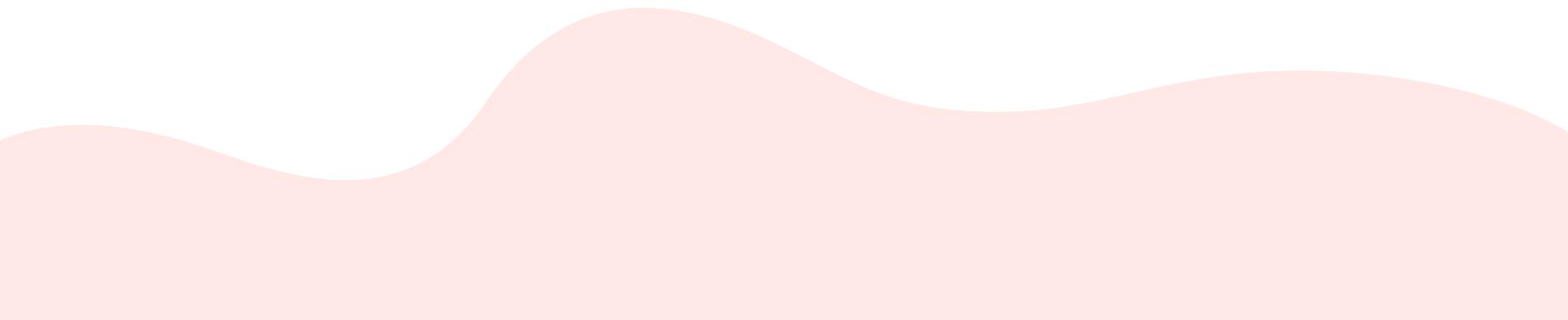
The Importance of pharmacist in chronic disease management

- Pharmacy is a clinical profession, which means that pharmacists provide care, counseling and advice, and are not restricted to dispensing.
- Pharmacists are often included in healthcare teams for chronic disease management, due to their clinical and behavioral skills.
- They competently perform crucial care elements that a doctor may not have the time or training to perform.
- Pharmacists don't only regulate medications and manage populations, but they also do an intensive follow up. They also play consultative and educational roles

The role of pharmacist in chronic disease management

- Provide pharmacological advice on chronic disease management.
- High risk patients' hospital discharge medication is faxed to pharmacists
- They do home visits and produce, monitor a care plan with the doctor, and also manage medications in residential aged care settings.



- Promote the rational use of medicines, health education, detection of diseases, and provide and do surveillance of medications, while giving important information to other healthcare professionals optimize therapy in chronic diseases.
 - Pharmacists provide services like medication reconciliation.
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Barriers pharmacists face in chronic disease management

- Insufficient access to patient information.
- Time restriction.
- Poor relationship between pharmacists and physicians.



3

Obesity and pharmacists' role

Factors linked to increasing prevalence of obesity

- Diet.
- Physical activity.
- Using electronic devices for long hours.
- Advertisements of unhealthy food.
- Genetics.
- Insufficient sleep.

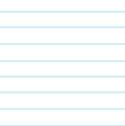
Dangers of Obesity

- Wang et al in 2012: In only 15 years, 80% of the population in the US will be overweight or obese.
- Hoffmans MD et al: Overweight or obese 18-year-olds had notably higher mortality within 20 years of follow-up.
- Individuals with a BMI between 35 and 40 cause twice the increase in health-care expenditures, in comparison with normal weight.
- Obese individuals are stigmatized and discriminated on the basis of their weight, at 66% prevalence rate in the US.

pharmacists' role in obesity

Obesity comes with numerous co-morbidities, due to which obese patients tend to interact with community pharmacists for both OTC and prescription drugs. A pharmacist can contribute in an obese patient's weight management by:

- Monitor patient medication profiles to recognize prescribed drugs that are likely to increase weight.
- Psychologically support these individuals, follow-up with them and give them feedback.
- Assess diseases related to obesity, calculate BMI, perform body fat analysis and collaborate with other healthcare professionals to start treatment and reassess goals.



Barriers pharmacists face in Obesity management

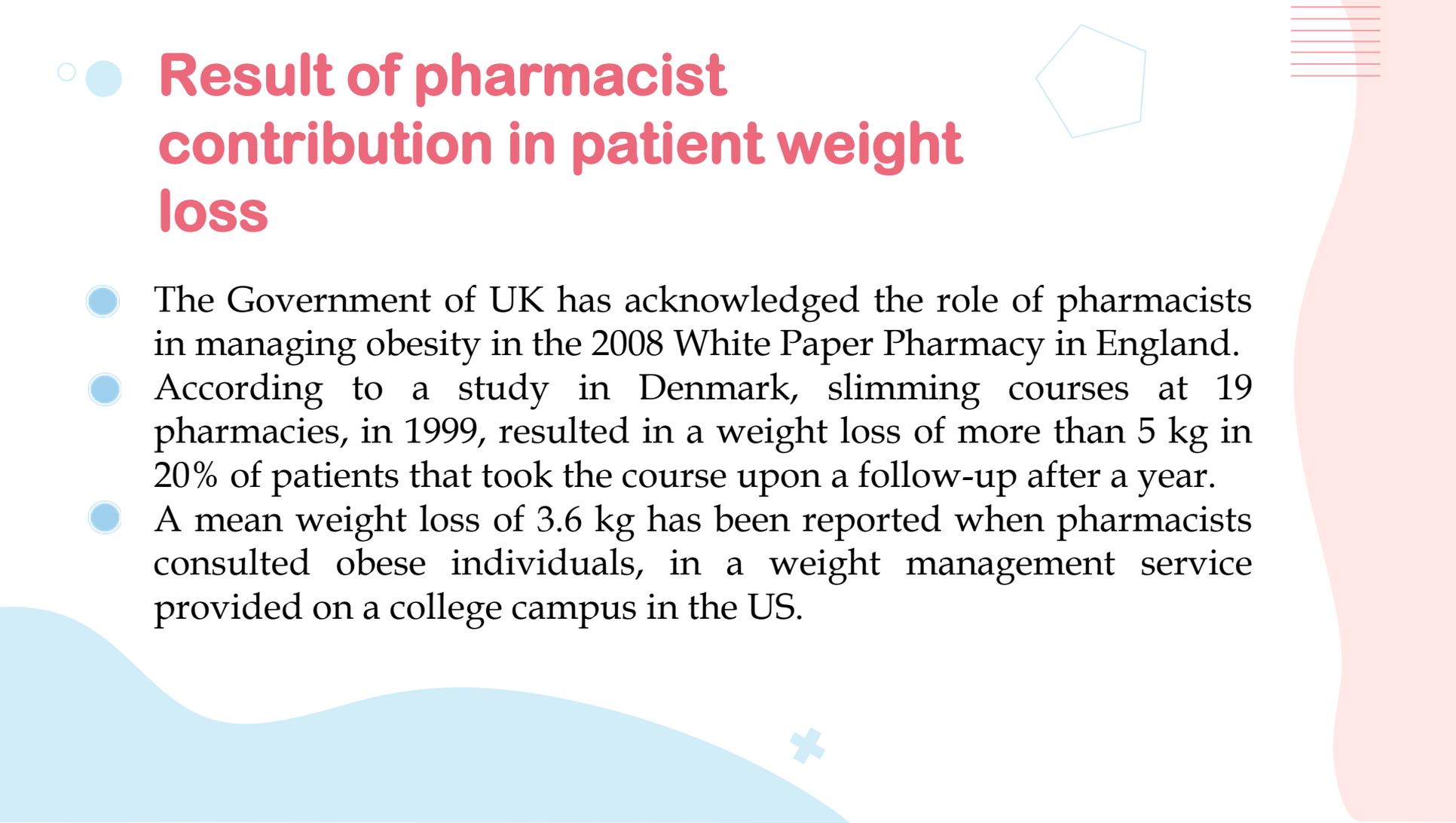


Pharmacists are criticized, because it is believed that they:

- Don't have adequate training for consultation.
- Have a product-focused approach to gain finances.

According to O'Donnell et al, the barriers pharmacists face are:

- Shortage of time.
 - Low expectations from the patients
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- **Result of pharmacist contribution in patient weight loss**

- The Government of UK has acknowledged the role of pharmacists in managing obesity in the 2008 White Paper Pharmacy in England.
- According to a study in Denmark, slimming courses at 19 pharmacies, in 1999, resulted in a weight loss of more than 5 kg in 20% of patients that took the course upon a follow-up after a year.
- A mean weight loss of 3.6 kg has been reported when pharmacists consulted obese individuals, in a weight management service provided on a college campus in the US.



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Conclusion

Conclusions

Obesity is a worldwide pandemic caused by several factors like sedentary lifestyles and unhealthy food habits. Community pharmacists are a source for weight loss and lifestyle counseling, since they are easily accessible.

They can work alongside other healthcare professionals to manage obesity. Barriers to the effective management of obesity by pharmacists can be overcome by making patients more aware about the ability of pharmacists in counseling about obesity.



Reference

Naeem, S. (2017) Role of Pharmacists in Obesity Management. *Journal of Pharmacy Practice and Community Medicine*.



Thank
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