



## U-CHAMP

(Urban - Calgary Cardiovascular Health Awareness and Management Program)

### Objective:

To develop a sustainable, affordable, transferable multi-disciplinary health-care team intervention program that improves hypertension, cholesterol and diabetes detection, management and outcomes of patients in the community.

### Inclusion Criteria:

- ✓ Diagnosis of hypertension, diabetes or elevated cholesterol
- ✓ Patient of PCN partner physicians or resides in selected postal code area

### Exclusion Criteria:

- ✓ Patient refuses to participate
- ✓ Patient resides in a non-partner area

### Procedures:

1. Identify patients:
  - ✓ At blood pressure screenings in pharmacy
  - ✓ In partner physician practice
  - ✓ By *Calgary Fire Department*
2. Measure BP utilizing point-of-care testing (Bp-TRU)
3. Complete patient consent
4. Provide wallet card, handouts/pamphlets
5. Fax info:
  - Attached - to PCN and hence patient's physician
  - Unattached – to PCN *Unattached Clinic*
6. Encourage patient to make an appointment with physician
7. Pharmacist will:
  - ✓ Monitor outcomes by following hypertension algorithm to reach and maintain target blood pressure
  - ✓ Measure BG(blood glucose) and Cholesterol
  - ✓ Encourage achieving BG and Cholesterol targets
  - ✓ Assess and deal with adherence issues
  - ✓ Discuss home monitoring
  - ✓ Refer to appropriate partner if required i.e. Living Well, dietitian etc.

### Outcome Measures:

- ✓ Increase in total number of patients screened
- ✓ Increase in total number of patients achieving & maintaining target BP (BG, Cholesterol)
- ✓ Numbers (and Increase) in home monitoring of BP
- ✓ Reduce/minimize medication side effects (adverse events)
- ✓ Reduce drug costs
- ✓ Reduce stroke, cardiac events and hospitalizations

### Important Phone Numbers:

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