Pharmacies as local health stations: brown-bag project in Kyoto

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Introduction
✓ We have been performing “brown bag program”, with local pharmacies for medication checkup since 2009.
✓ Kyoto prefecture government wanted to promote physical checkup especially for patients who has periodical hospital visits.
✓ The high density of pharmacies may contribute to local health promotion in addition to provision of pharmaceuticals and pharmaceutical care.

Aims
✓ To develop and pursue the “Kyoto Brown Bag Project” with the Kyoto prefecture government and local pharmacies with a view to enhance physical public checkup, moreover, to form a platform to promote public health.

Methods
✓ We developed a checklist so that pharmacists could easily and uniformly consult their customers about:
  • Potential problems with medications (6 questions)
  • Knowledge on public physical checkups (5 questions)
✓ “Kyoto Brown Bag Project” was conducted using this checklist in July 2012 through participating pharmacies in Nakagyo-ku, Kyoto City (Fig 1).
  • Local media advertised this project (Fig 2).
  • Free bags were handed out (Fig 3).
  • Using the checklist, pharmacists provided appropriate consultation with no charge and enhanced the customers to take public physical checkups.

Results
✓ 274 checklists were collected from 11 pharmacies, including 2 in-store pharmacies.
✓ 66% had been taking some kind of medication (Fig 5).
✓ 37% reported reduced compliance, of which 76% reported medication-related concerns (Table 1).
✓ 53% of the participants HAD NOT taken public physical checkups, and were LESS knowledgeable about public physical checkups compared to those who HAD taken physical checkups (Table 2).

Conclusion
✓ This uniform checklist enabled pharmacists to optimize the information to offer and simultaneously provide uniform care and information in a community based project.
✓ The above results indicate that community pharmacies serve the population who are in need of both medication counseling and preventive healthcare consultation, and compose a potent infrastructure as local health stations.
✓ This project provided a platform for an alliance between the local government and community pharmacies to promote health in addition to pharmaceutical service.
✓ This project was awarded the Best Emergent Project of Kyoto 2012 from the Kyoto Governor for its leading edge collaboration with pharmacists, academia and the local government to promote physical checkup (Fig 4).

Acknowledgement
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Table 1: Regarding those who have responded YES to “1-3 Do you have difficulty in taking your medication as instructed?”

<table>
<thead>
<tr>
<th>Question</th>
<th>YES %</th>
<th>NO %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4 Do you have left-over medicines at home?</td>
<td>61</td>
<td>39</td>
</tr>
<tr>
<td>1-5 Have you experienced adverse drug events?</td>
<td>36</td>
<td>64</td>
</tr>
<tr>
<td>1-6 Would you like to consult your pharmacist on your medications?</td>
<td>36</td>
<td>64</td>
</tr>
<tr>
<td>Those who have responded YES at least once of the above questions</td>
<td>77</td>
<td>24</td>
</tr>
</tbody>
</table>

Table 2: Regarding those who have responded NO to “2-3 Did you take public physical checkup last year?”

<table>
<thead>
<tr>
<th>Question</th>
<th>YES %</th>
<th>NO %</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-2 Do you know what are examined at public physical checkups?</td>
<td>52</td>
<td>48</td>
</tr>
<tr>
<td>2-3 Are you aware that you can take public physical checkups regardless of your medical history?</td>
<td>65</td>
<td>35</td>
</tr>
<tr>
<td>2-4 Do you know where you can take physical checkups?</td>
<td>58</td>
<td>42</td>
</tr>
<tr>
<td>2-5 Do you know the out-of-pocket payment for public physical checkups?</td>
<td>38</td>
<td>62</td>
</tr>
</tbody>
</table>

*P values from Pearson chi square test (*p<0.05, **p<0.01, ***p<0.001)