Impact of Pharmacist-led Workplace Health Events on Participant Health Awareness and Behaviour

OBJECTIVE
To measure the impact of pharmacist-led workplace health events on participant health awareness and behaviour.

METHODS
- UBC employees participated in four health fairs in February of each year from 2014-2017.
- Health fair topics were heart health, bone health, lung health and diabetes awareness.
- Participants received health education, screening and consultation from pharmacy students and pharmacists.
- Participant opinion data was gathered via electronic surveys on tablets prior to the participants leaving the health fair.
- Surveys were developed and administered by UBC Health, Wellbeing and Benefits personnel.
- Analysis was by descriptive statistics.

RESULTS

<table>
<thead>
<tr>
<th>Hx/Risk</th>
<th>Overall</th>
<th>Diabetes Awareness</th>
<th>Heart Health</th>
<th>Bone Health</th>
<th>Lung Health</th>
<th>Diabetes Awareness</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Risk</td>
<td>34%</td>
<td>32%</td>
<td>24%</td>
<td>36%</td>
<td>18%</td>
<td>16%</td>
</tr>
<tr>
<td>Low</td>
<td>26%</td>
<td>28%</td>
<td>27%</td>
<td>35%</td>
<td>18%</td>
<td>20%</td>
</tr>
<tr>
<td>High Risk</td>
<td>30%</td>
<td>36%</td>
<td>23%</td>
<td>35%</td>
<td>14%</td>
<td>31%</td>
</tr>
</tbody>
</table>

CONCLUSIONS
- Participants in pharmacist-led workplace health events gained awareness of undetected health issues and motivation to implement change after pharmacist consultation.
- Health promotion and disease prevention are important roles within the pharmacist’s scope of practice.
- Results of the Heart Health event inspired Cardiovascular Assessment and Medication Management by Pharmacists at the UBC Site (CAMMPUS) which is currently underway.
- Materials used in these outreach events are available free of charge to any pharmacist interested in providing a similar program in their community.

REFERENCES
1 UBC Travelling Health Fair
http://www.hr.ubc.ca/wellbeing-benefits/living-well/physical-wellbeing/travelling-health-fair/
2 BC Health Professions Act – Pharmacists Regulation
3 Cardiovascular Assessment and Medication Management by Pharmacists at the UBC Site (CAMMPUS)
http://www.hr.ubc.ca/wellbeing-benefits/living-well/physical-wellbeing/cammpus-cardiovascular-health-assessment-program/

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