



Project IMPACT: Diabetes National Fact Sheet

Overview

Launched in November 2010, Project IMPACT: Diabetes is an innovative diabetes self-management program designed by the APhA Foundation to reach patients in populations with a high incidence of diabetes; patients with A1C levels > 7.0; and patients with limited access to quality diabetes care.

Through Project IMPACT: Diabetes, more than 2,000 people with diabetes in 25 communities are learning to take control of their health by working with pharmacists, physicians and other members of the health care team.

Conducted by the American Pharmacists Association (APhA) Foundation with support from the Bristol-Myers Squibb Foundation, Project IMPACT: Diabetes is modeled after several other highly successful APhA Foundation programs including the Diabetes Ten City Challenge, a diabetes self-management program implemented by 29 employers in 10 cities (2005-2009); the Patient Self-Management Program for Diabetes (2003-2005); and the APhA Foundation's cholesterol management program, Project ImPACT: Hyperlipidemia™ (1996-1999).

What the Program Does

Project IMPACT: Diabetes creates a collaborative team of patients, pharmacists, physicians, and other providers to focus on patient empowerment and self-management skills:

- Educates and supports patients with information and guidance to become active participants in managing their diabetes, based on a proven model and demonstrated research outcomes including meeting regularly with a pharmacist to discuss their diabetes care and learn new ways to monitor and control their diabetes
- Centers care around the patient and positions pharmacists as accessible, valuable resources in helping patients understand and control diabetes
- Improves health (by controlling diabetes)
- Saves health care dollars by investing in patient well-being – keeping people healthy rather than paying for care when they become seriously ill



How the Program Works

- Community pharmacists “coach” people on how to manage their diabetes, including setting goals, using medications properly, making healthy lifestyle choices, staying current with routine immunizations, eye and foot exams, and tracking their condition with ongoing attention to A1C (blood sugar), cholesterol, blood pressure and BMI (body mass index) levels.
- Collaborative care teams that include pharmacists are assembled in the community, educated about the program, and actively engaging people in improving health outcomes. Team members communicate regularly to optimize patient care.
- Organizations contract with the APhA Foundation to establish the program in their community, and locally align incentives to encourage success.
- Patients choose to participate within each community.

The impact of the care model is measured based on clinical outcomes and process measures including:

- Changes in A1C levels
- Changes in LDL cholesterol levels
- Changes in blood pressure
- Changes in BMI
- Number of influenza vaccinations
- Number of foot examinations
- Number of eye examinations

Who Is Involved

- The American Pharmacists Association (APhA) Foundation provides resources to each community including the Patient Self-Management Credential for Diabetes and a clinical data management tool; supports communities in setting up their programs; and guides local pharmacists as they work with physicians, diabetes educators and other community resources to establish the program and necessary local relationships.
- The Bristol-Myers Squibb Foundation is supporting Project IMPACT: Diabetes through their Together on Diabetes initiative to bring quality diabetes care to patients who need it the most.
- An Advisory Committee of industry leaders provided input and guidance to the project. The group includes representatives from:

American Pharmacists Association
Center for Health Value Innovation
Giant Food Stores
National Diabetes Education Program
U.S. Health and Human Resources (HHS) Office of Women’s Health
U.S. Health Resource Services Administration – Pharmacy Services Support Center
Walgreens