



Alberta-CHAMP

(ALBERTA - 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
- ✓ Live within one of the participating health regions(Northern Lights Health Region, Aspen Health Region, Capital Health Region, or Chinook Health Region)

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 Fire Department if applicable*
2. Measure BP utilizing point-of-care testing (Bp-TRU)
3. Complete patient consent
4. Provide wallet card, handouts/pamphlets
5. Encourage patient to make an appointment with physician
7. Pharmacist/nurse 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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