

women & philanthropy

AT THE OHIO STATE UNIVERSITY®

The Ohio State University Women & Philanthropy Grant Proposal

Generously Funded By The Members Of The Ohio State University Women & Philanthropy Program

Grant Proposal

Title: *Providing Free Medication and Education to Underserved Women Living with Diabetes*

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Program Abstract

The Charitable Pharmacy of Central Ohio (CPCO) provides free medications and pharmacy services for Franklin County residents living at or below 200% of the Federal Poverty Level who are uninsured or underinsured relative to income. The pharmacy benefits from a shared faculty position with The Ohio State University (OSU) College of Pharmacy and hosts 4 advanced pharmacy students per month. This project would provide medication, blood glucose monitors, testing strips, pillboxes, and medication counseling for 300 women living with diabetes.

Program Narrative

In partnership with The OSU College of Pharmacy, the Charitable Pharmacy of Central Ohio (CPCO) provides free medications and pharmacy services for vulnerable patients in our community. Women-led and operated, the pharmacy benefits from a shared faculty position with OSU and hosts 4 advanced pharmacy students per month at its Livingston Avenue location. CPCO provides a unique opportunity for practitioners to work with an underserved population, and students to gain important knowledge through this practical learning experience. Each student meets with approximately 100 patients during their month-long experience. Over the years, CPCO has hosted 225 students in this service-learning based experiential program. CPCO received Clinical Site of the Year from the College of Pharmacy in 2011.

Patients at the pharmacy include Franklin County residents living at or below 200% of the Federal Poverty Level (annual income of \$23,760 for an individual or \$48,600 for a family of four) who are uninsured or underinsured relative to income. Patients range in age from 24 to 82 with a mean age of 54. Fifty-six percent of patients are women. CPCO is the only pharmacy in Franklin County that qualifies patients for up to 12 months, providing continuity of care and access to much needed medications. This is especially

important for patients with multiple chronic medical conditions like diabetes that require ongoing medications and care. When patients come to pick up their medications during their typically monthly visits, a pharmacist or advanced pharmacy practice student sits down with them to provide counseling on proper medication usage, health screenings, social program assistance, and health and wellness education. Since 2010, CPCO has served 5,200 patients and dispensed more than 300,000 prescriptions with a market value of over \$25 million in pharmacy services and medicines. The results of a study published in the Journal of the American Pharmacists Association in 2015 showed that after coming to CPCO, emergency room services or hospitalizations needed by patients decreased by 50%, and 89% of patients reported that they had a better understanding of how their medicines help control their chronic conditions and felt that they had more control over their own health.

Over 29 million people in the United States have diabetes according to the most recent statistics from the American Diabetes Association. In Ohio, this includes 13.5% of the population and accounts for healthcare spending of around \$12 billion per year. The cost burden to patients includes pills that can be taken orally, as well as insulin and blood sugar monitoring supplies. In addition, diabetes contributes to additional costs related to chronic complications of the eyes, heart, kidneys, and feet. Patient compliance with prescribed medications and insulin therapy is often difficult to measure, but a systematic review published in Diabetes Care indicated that compliance with oral medications ranged for 36-93%, and compliance with insulin therapy with type 2 diabetes was approximately 63%. These compliance numbers are significantly lower for patients living in poverty with no access to medications or necessary clinical support.

Forty-four percent of the patients at CPCO struggle to manage their diabetes with necessary medications, supplies, education, and support. This project would help to ensure patients receive much-needed oral medications and insulin therapy, as well as monitoring supplies (blood glucose monitors and testing strips), and pillboxes. In addition, pharmacists will conduct a monthly review of all medications and provide medication counseling to reinforce adherence and healthy lifestyle choices. Patients will also receive education about the preventative steps they can take to manage diabetes complications such as getting their eyes and teeth checked, as well as following up with their primary care doctor to monitor for changes that would indicate problems with the patient's heart or kidneys. Finally, they will be guided to resources that provide them with better access to care, and the pharmacy team will support them in their ongoing efforts to best manage their diabetes.

Pharmacists have been shown to be important team members who can help patients gain better access to their diabetes medications, achieve better adherence to their medication regimens, and improve overall control of their health conditions. Improving medication nonadherence has been estimated to lower overall healthcare costs for patients with diabetes, while helping them achieve better health and receive better quality care.

Every day, we watch relief flood our patients' eyes. "You mean you'll help me get my medicine?" a patient recently asked in disbelief, beginning to cry. "This month, it's been so hard," she explained. "I had to choose between buying food and getting my medicines. I'm just so grateful!"

How does this proposal meet the mission and/or objectives of Women & Philanthropy?

This grant will empower low-income women living with diabetes in Franklin County to live healthier lives. A gift from Women in Philanthropy at The Ohio State University will go directly to provide medication, diabetes supplies, pillboxes and medication counseling for 300 female CPCO patients for at least two monthly visits.

Total Requested.....	\$ 47,500
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\$70/month (medication, medication counseling and supplies) x 300 patients x 2 visits.....	\$42,000
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\$5 per pillbox x 300 patients.....	\$1,500
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Faculty consultation providing oversight of project and direct patient care.....	\$4,000
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