

CHOLESTEROL PATIENT EDUCATION DAY

Margaret Jin

PRIMARY GOAL

The primary goal of the Cholesterol Patient Education Day is to educate patients who have elevated levels of cholesterol.

DESCRIPTION OF ENHANCEMENT

The Cholesterol Patient Education Day requires the participation of the pharmacist, dietitian, nurse practitioner and physicians of the practice site. The practice site physicians refer patients to the clinic who they feel would obtain benefits from participation. Each patient appointment is 45 min in length, in that 15 min is spent with each the pharmacist, dietitian and nurse practitioner. The enhancement is comprised of 2 documents.

1. Computer handout: A handout that is created by a computer program to help educate the patient. The handout describes the 'age' of the patient's heart based on their cholesterol levels and other risk factors. Similar handouts for patients can be created by visiting the website:
http://www.becel.ca/Consumer/StarArticle.aspx?Path=Consumer/KnowYourHeart/HeartAgeCalculator/Home_New.
2. Cholesterol medications list: A one-page document listing all lipid-lowering medications used to educate patients. The information sheet lists each medication; their effect on LDL, HDL, and triglyceride levels; possible side effects and comments; and comments regarding food (eg, no grapefruit with statins, can be taken with food, etc).

POTENTIAL BARRIERS

1. Not all physicians will refer patients to the Cholesterol Patient Education Day, which may lead to a low number of patients referred.
2. Since the Cholesterol Patient Education Day is often a one-time event, there is no follow-up for patients.

POTENTIAL FACILITATORS

1. The presence of a motivated interdisciplinary team in the practice site.

CONTACT INFORMATION

For further information regarding this enhancement, please contact Margaret Jin
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