

Osteoporosis Awareness Clinic

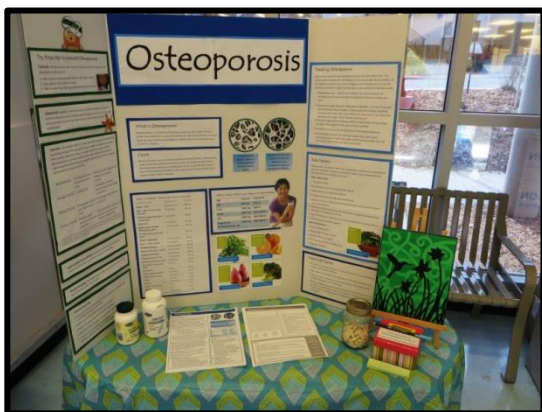
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GOAL 6

Increase the extent to which pharmacy departments in hospitals and related healthcare settings engage in public health initiatives on behalf of their communities.

OBJECTIVE 6.1

60% of pharmacies in hospitals and related healthcare settings will have specific ongoing initiatives that target community health.



Why Should We Care?

Pharmacists are one of the most accessible health care providers in a community setting. As future pharmacists, pharmacy students can educate patients on chronic conditions and prevention!

Rationale and Objectives

Parinita Verma, a pharmacy student at MUN School of Pharmacy, encountered patients at her community pharmacy with questions about maintaining healthy bones with calcium and vitamin D supplements. She became enthusiastic about developing an Osteoporosis Awareness Clinic with a goal to simplify and share health information, identify at-risk patients, and recommend prevention strategies for osteoporosis.

Methods and Implementation

Parinita used credible resources to design a backboard and handout highlighting background information on osteoporosis, prevention tips, common risk factors, everyday sources of calcium, and recommended daily intake of calcium and vitamin D. A professor at MUN School of Pharmacy and a community pharmacist reviewed the materials prior to the presentation. Upon choosing a suitable date, the clinic was promoted through word-of-mouth, posters, and social media.

Results and Evaluation

The clinic day setup included calcium calculator via osteoporosis.ca and an interactive activity "Guess the number of calcium tablets in the Jar" for a chance to win a prize! This provided an opportunity to engage many patients and Parinita realized most were open to share personal stories regarding their own bone condition and supplementation. Patients appreciated the time taken to educate and share simple prevention strategies. The staff pharmacists were also helpful in encouraging patients to ask questions.

This initiative was very rewarding. The clinic was held at another community pharmacy and handouts were shared with pharmacies across the province! Parinita encourages all pharmacy students to engage in initiatives targeting community health. By using our skills, knowledge, and collaboration with other professionals, we can even offer many other screening, monitoring, and management services.