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Tips on how to use CDA's Tool Kit for the Prevention and Management of Diabetes in your pharmacy practice:

Theme 1: Cardiovascular Risk Assessment and Reduction (released June 2009) emphasizes the importance of detection and management of cardiovascular risk factors in order to reduce the risk of stroke and heart attack. You may wish to:

- Use the **cardiovascular self-assessment tool** to help patients understand their own risk for heart attack and stroke. This tool is particularly helpful when doing a medication review to heighten awareness of specific risks, facilitate positive interaction (rewarding what is working well) and introduce areas that may need some work.
- Consider referring to the **risk assessment screening tool** when developing a treatment plan (including lifestyle issues and potential medication therapy) for patients at risk for a vascular event.

Theme 2: Organization of Care (released February 2010) supports the evidence that a systematic approach to diabetes care improves clinical outcomes. You may wish to:

- Use the sample **diabetes patient care flow sheet** as a care outline to systematically remind yourself to ask the necessary basic questions each time you perform a review with your patient with diabetes. This can help identify areas that may need to be further addressed.
- Provide **diabetes-focused visit tear sheets** to your patients with diabetes during appointments or prescription counselling, to help them prepare for their next diabetes-focused visit with you or other members of the diabetes health care team.

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Downloadable copies of the tools are available on CDA's website at www.diabetes.ca/for-professionals.

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Theme 3: Protecting Mothers and Children (released November 2010) focuses on raising awareness about the importance of postpartum diabetes screening for mothers who have had gestational diabetes, and the prevention of diabetic ketoacidosis in children and youth. You may wish to:

- Use the ***gestational diabetes and postpartum screening tear sheet*** during appointments or prescription counselling to remind your patients who have (had) gestational diabetes about the important need for diabetes screening postpartum and prior to any further pregnancies to ensure healthy future pregnancies and the prevention of diabetes complications.
- Include the ***know the diabetes warning signs tear sheet*** in prescriptions for children to increase their parents' awareness of symptoms that could indicate diabetes in children. This might be particularly effective during Diabetes Awareness Month (every November) or World Diabetes Day (November 14).

Theme 4: Physical Activity and Exercise (released October 2011) emphasizes one of the two cornerstones of all diabetes therapies. It is important to identify the benefits of being physically active in people with diabetes as it improves both the patients' health and assists in the regulation of their blood sugars. Continuing to live a healthy active lifestyle or encouraging changes to a healthier active lifestyle is a component of a person's diabetes care that should be emphasized on a timely and consistent basis. You may wish to:

- Use the Information tool to become familiarized with the beneficial effects of being physically active. The tool identifies the ideal targets for the amount of activity for individuals with diabetes. . The tool also has a quick guide in assessing the patient's motivation and how to potentially "move" the patient closer to acting on potential goals and includes the 5 "A's" of promoting physical activity- **A**ssess, Advise, **A**gree, Assist, and **A**rrange
- The tool also provides a definition of activity types (Aerobic and Resistance) and contains examples of what each activity involves.

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There is a list of concerns to screen for potential problems before your patients start an activity program.

- Use the provided tear off sheets as a reminder to the patient of the benefits of being physically active. It also provides personalized suggestions on where to start their plan of physical activity. These can be used as part of a medication review or used as part of a diabetes promotion in the pharmacy. November, which is Diabetes Awareness Month, would be an ideal month for promoting the program.



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