

Chronic Disease Care in Vermont Pharmacy Settings

The role of pharmacists in preventing and managing chronic disease.

Purpose of the Survey

Pharmacists play a vital role in health care. Their knowledge and frequent contact with patients make them a trusted source of guidance. The Vermont Department of Health, in collaboration with the Vermont Pharmacists Association, conducted a survey in 2022. The survey examines how pharmacists in Vermont engage in chronic disease treatment and prevention activities and identifies potential avenues for increased involvement. Key findings indicate high potential in the areas of blood pressure management, tobacco control and diabetes prevention and management.



Hypertension

72% of adults in Vermont have been advised by their health care provider to monitor their blood pressure at home.

What pharmacists can do:

- Offer to take patients' blood pressure. 56% of pharmacists work in a pharmacy with the resources necessary to measure blood pressure.
- Refer patients to free [My Healthy VT](#) high blood pressure management workshops.



Tobacco Cessation

75% of Vermont pharmacists are unaware that Medicaid now reimburses pharmacists for tobacco counseling.

What pharmacists can do:

- Provide tobacco counseling and quit medications.
- Refer patients to [802Quits](#) for free cessation resources, including nicotine replacement therapy (NRT).



Diabetes

10% of Vermont pharmacists work at a pharmacy that offers hemoglobin A1c testing.

What pharmacists can do:

- Recommend that patients take the pre-diabetes risk test at [My Healthy VT](#).
- Refer patients to free [My Healthy VT](#) diabetes management or prevention workshops, as appropriate.



Resources

- [My Healthy VT](#) offers free online or in-person workshops, including diabetes prevention and management, high blood pressure management and quit smoking. For more information and referral options visit [MyHealthyVT.org](#).
- For information on prescribing automatic [blood pressure monitors for Medicaid beneficiaries](#).
- Learn about the Vermont tobacco [cessation prescribing protocol](#).
- Read the full survey report, [available here](#).

Source:

Chronic Disease Care in Vermont Pharmacy Settings, 2022
Vermont Behavioral Risk Factor Surveillance System, 2021
Learn more at [HealthVermont.gov/wellness/diabetes](#)

