



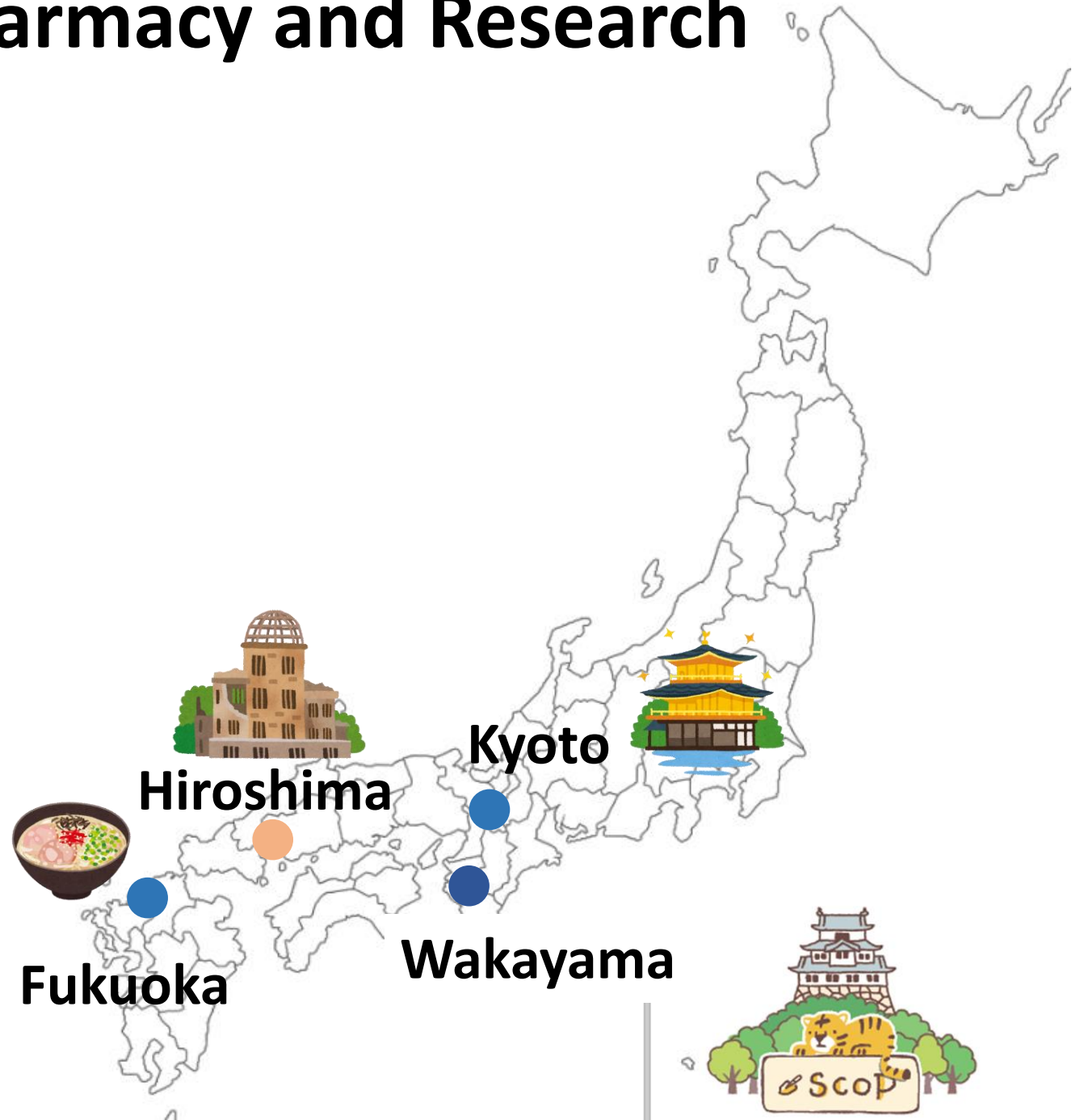
# Good practice and evidence on innovative aspects of community-based preventive services and healthcare delivery

**Okada Hiroshi, DrPH, MSc, BPS, BEd**

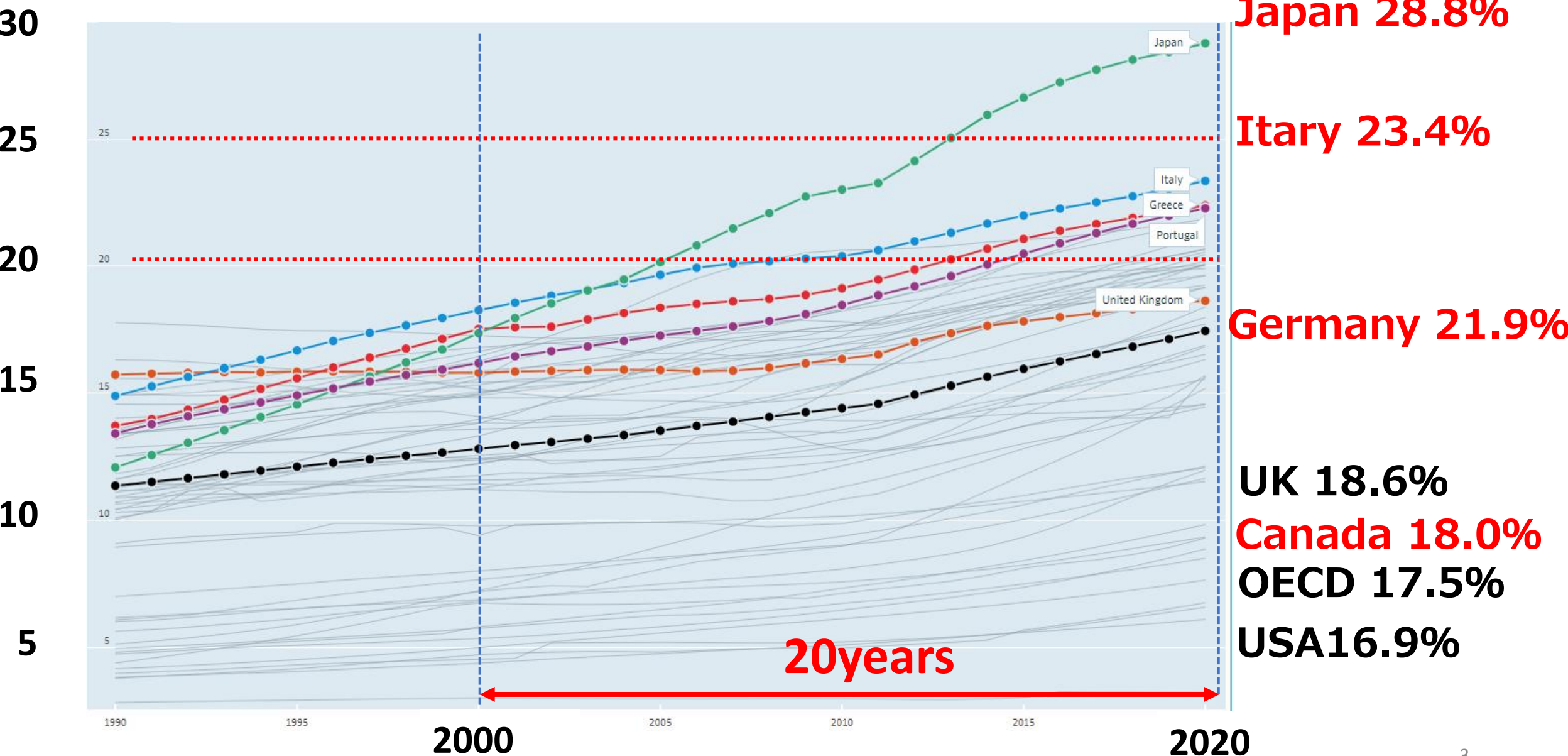
Professor, Department of Social & Community Pharmacy  
School of Pharmaceutical Sciences, Wakayama Medical University

[okada\\_h@wakayama-med.ac.jp](mailto:okada_h@wakayama-med.ac.jp)

# My Profile: Community Pharmacy and Research



# Elderly population (65y-) 1990-2020



# Health promotion in Community pharmacy

**2005 Integrated Community Care System**

**2015 Pharmacies were added in “The Integrated Community Care System”**

**2016 Family pharmacist/ pharmacy policy**

Home visits, consultations on OTC drugs and health foods, diet and nutrition, healthcare consultations  
24-hour service

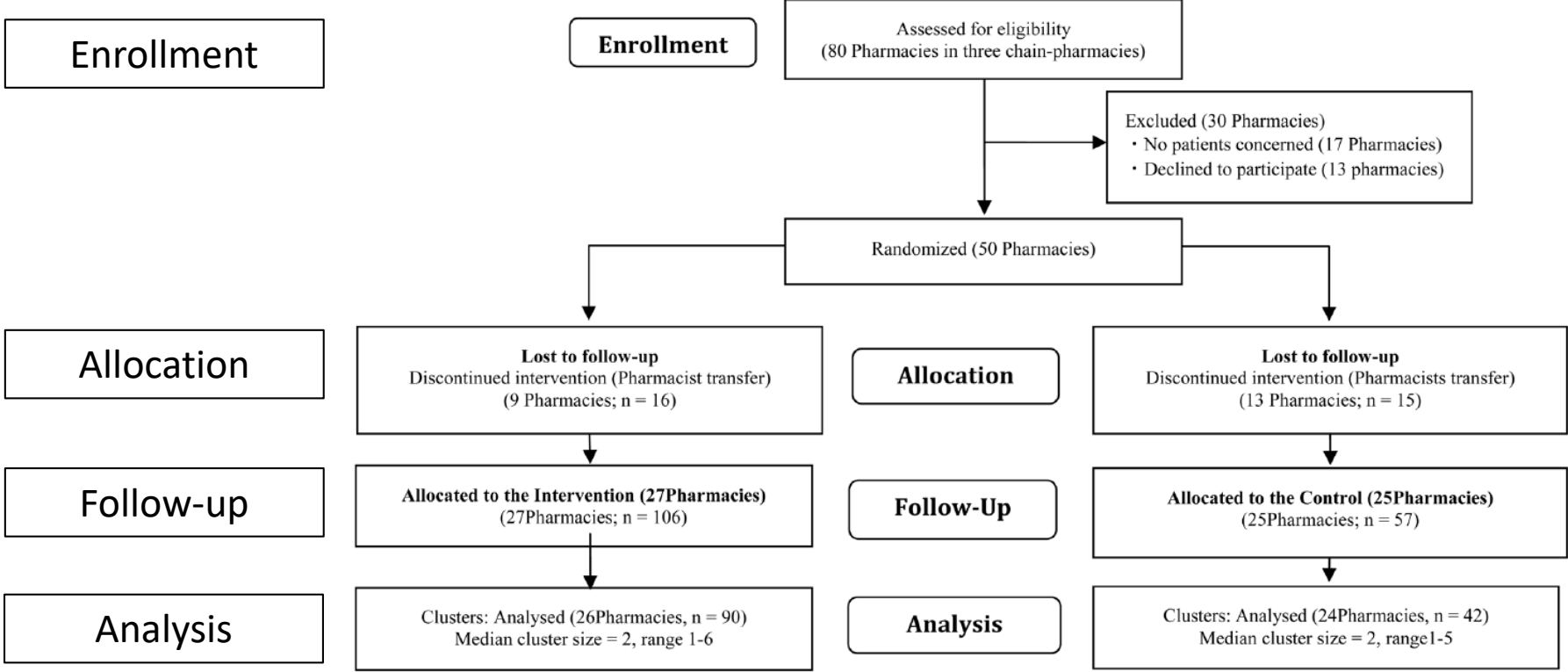
**Health Support Pharmacy system**

To contribute to community healthcare. Health promotion activities in community

**2022 Pharmaceutical and Medical Device Act**

Pharmacists are required to follow up with patients after administering

# COMPASS Project: Diabetes



## 間食を運動で消費するのは大変！

散歩30分で100kcal消費(体重60kg)として

※小ご飯1膳100g:160kcal

散歩30分



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## 血糖値を上げない間食

### 1. 飲み物(ゼロカロリー飲料)



ペプシ NEX-ゼロ ココーラ ゼロ ミツハサイダー オールゼロ ファンタ ゼロ アクエリアス ゼロ D'カラ ゼロ サントリー オールフリー アサヒ Wゼロ

### 2. ゼリー (ゼロカロリー食品)



ゼリーdeゼロ おいしい果汁のゼロカロリー ダイエット0 こんにゃくゼリー (イオンバリュー商品)

### 3. 寒天・めかぶ



もずく めかぶ ところてん わらびもち風 こんにゃく 昆布

### 4. その他

野菜スティック(キュウリ、セロリ、ニンジンなど)  
海藻・キノコはカロリーも低く、血糖値に影響をほとんど与えない。

試してみること:  
サイン:

私はあなたのチャレンジを応援します!

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## ビール・発泡酒のカロリー数

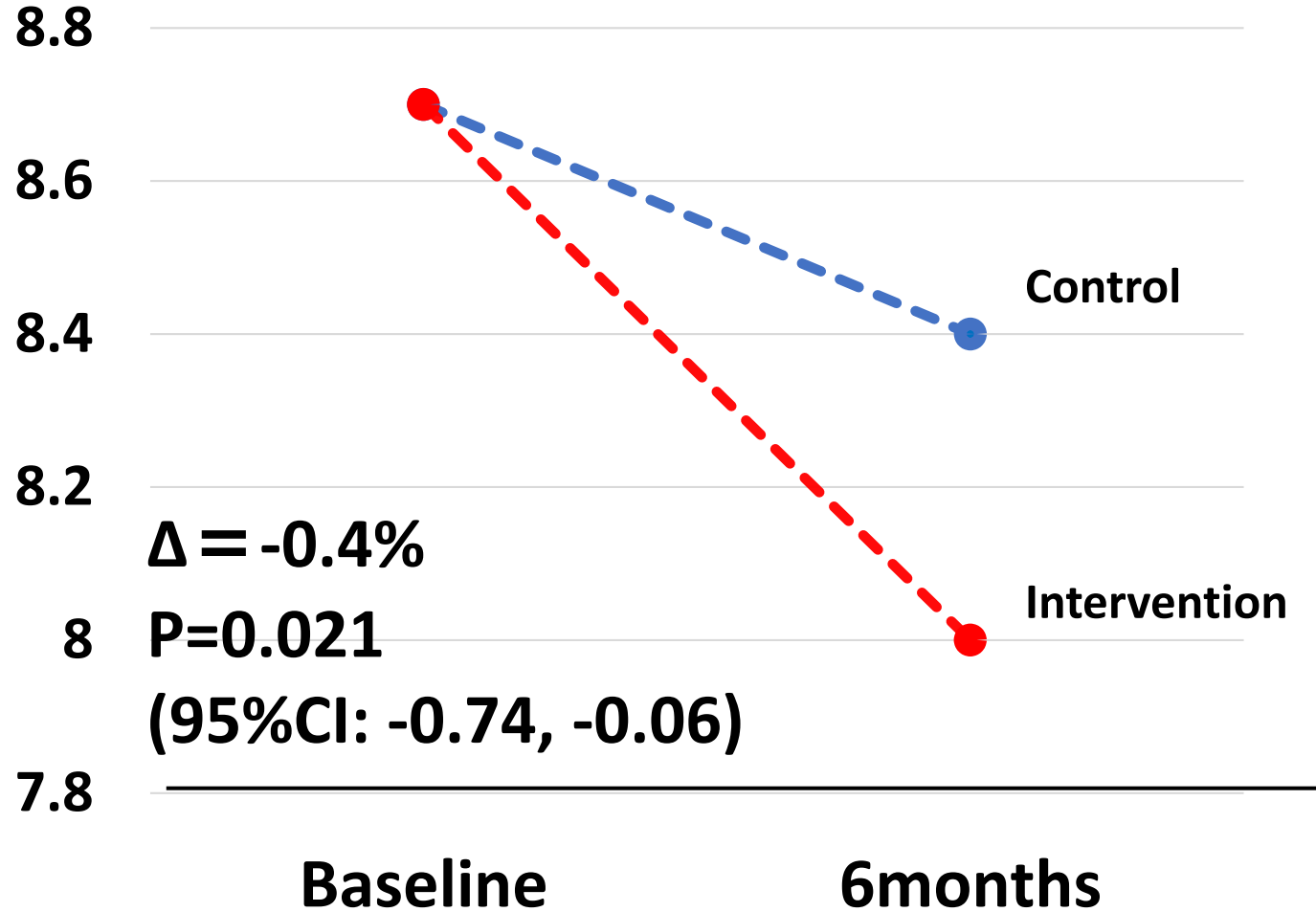
| ビール                 | ※1缶350mlあたりのカロリー (アルコール%) |      |
|---------------------|---------------------------|------|
| プレミアムモルツ            | 165 kcal                  | 5.5% |
| 麒麟一番搾り              | 150 kcal                  | 5.5% |
| アサヒスーパードライ          | 147 kcal                  | 5%   |
| 発泡酒                 |                           |      |
| リラックス 糖質0(ゼロ)       | 119kcal                   | 5%   |
| 淡麗グリーンラベル           | 102 kcal                  | 4.5% |
| アサヒオフプリン体85%糖質70%オフ | 91kcal                    | 4.0% |
| アサヒフリースタイル          | 84 kcal                   | 4%   |
| 麒麟ゼロ                | 67kcal                    | 3%   |
| ノンアルコール             |                           |      |
| 麒麟フリー               | 56kcal                    | 0%   |
| 休む日の0.00%オルニチン含有    | 54kcal                    | 0%   |
| アサヒダブルゼロ            | 0kcal                     | 0%   |
| サントリーオールフリー         | 0kcal                     | 0%   |

適正飲酒量:1日25gまで  
ビール:500ml  
日本酒:1合(180ml)  
ワイン2杯(240ml)  
ウイスキーダブル1杯(60ml)

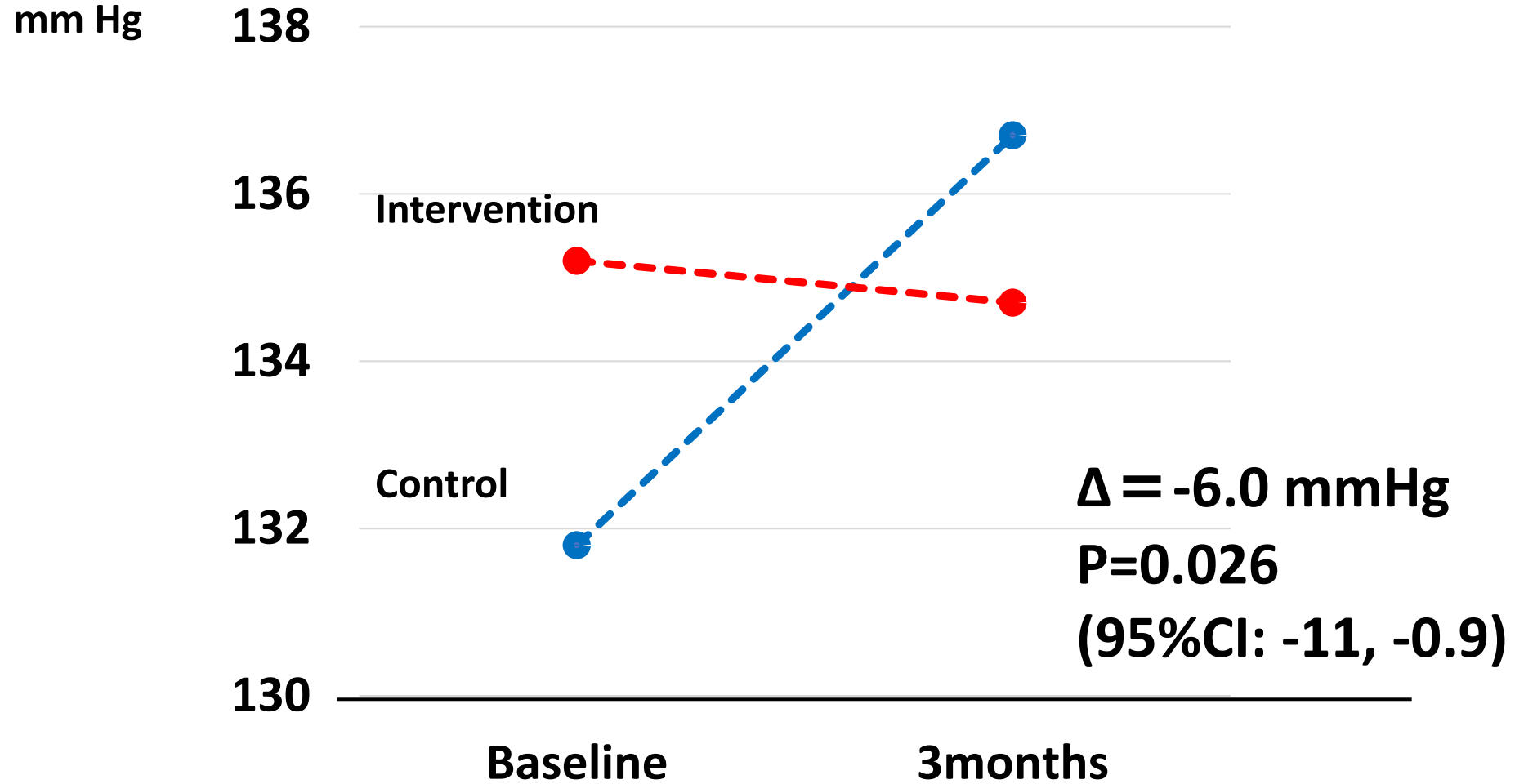
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# COMPASS project results

HbA1c (%)



# COMPASS-BP Results



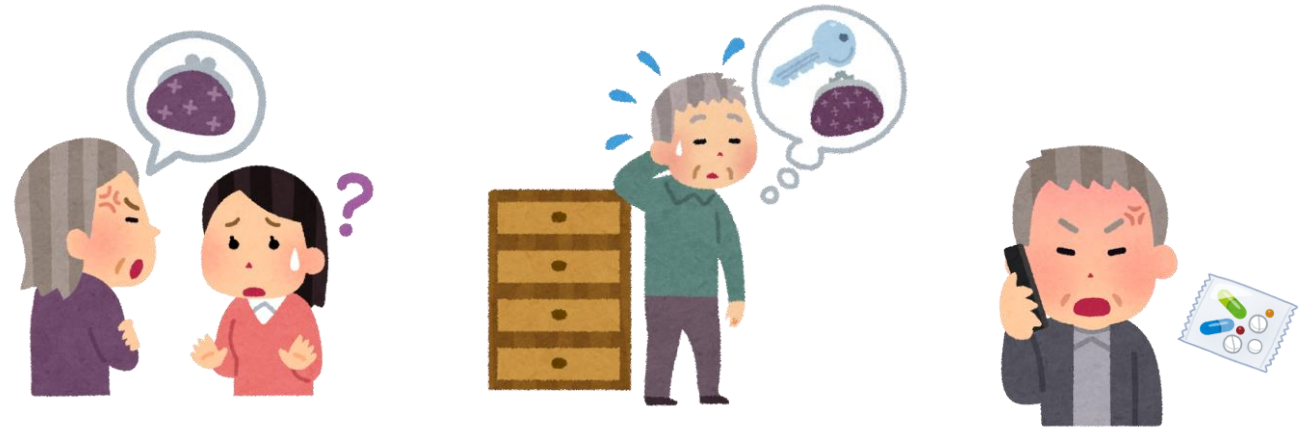


# Screening for dementia in Community Pharmacy

I still have my insulin



Losing the wallet  
Going to the hospital on the wrong day  
Losing one's medicine  
Wearing clothes that don't match the season  
Not wearing any makeup  
Wearing dirty clothes  
Paying with a large bill every time  
Having lots of small change in the wallet  
Calling to ask about the cost of medicine



## Dementia supporters :

- There are no requirements to become
- Learning about knowledge and support skills
- More than 10 million people have been certified in Japan
- Dementia supporters are given an “orange ring”

# Preventing Frailty of Excise in Community Pharmacy

RESEARCH

Open Access



The effectiveness in preventing frailty of exercise intervention provided by community pharmacists to older persons with chronic conditions: A pragmatic randomized controlled trial

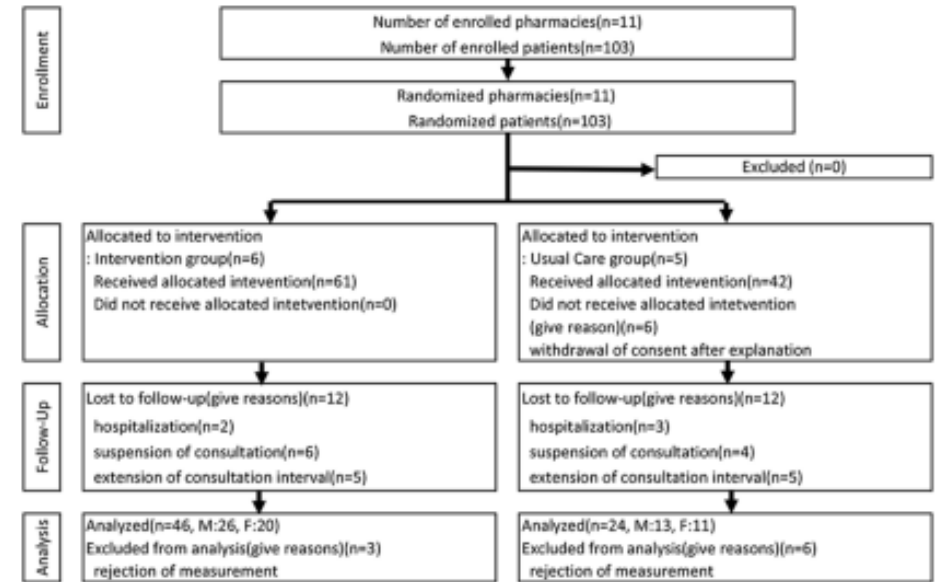
Noritake Hirota<sup>1,2\*</sup>, Hiroshi Okada<sup>3</sup> and Noboru Okamura<sup>1</sup>

## Abstract

**Background** Once older persons become frail, the risk of falls, bone fractures, and other problems increases. Exercise intervention is a form of prevention that has a high degree of evidence.

**Objective** We investigated the effectiveness of frailty prevention consisting of exercise intervention by community pharmacists at 11 pharmacies operated by Osaka Pharma Plan.

**Methods** In total, 103 older persons between 70 and 79 years of age (53 males and 50 females) who were suffering



# Sick Day Rule for People with Diabetes

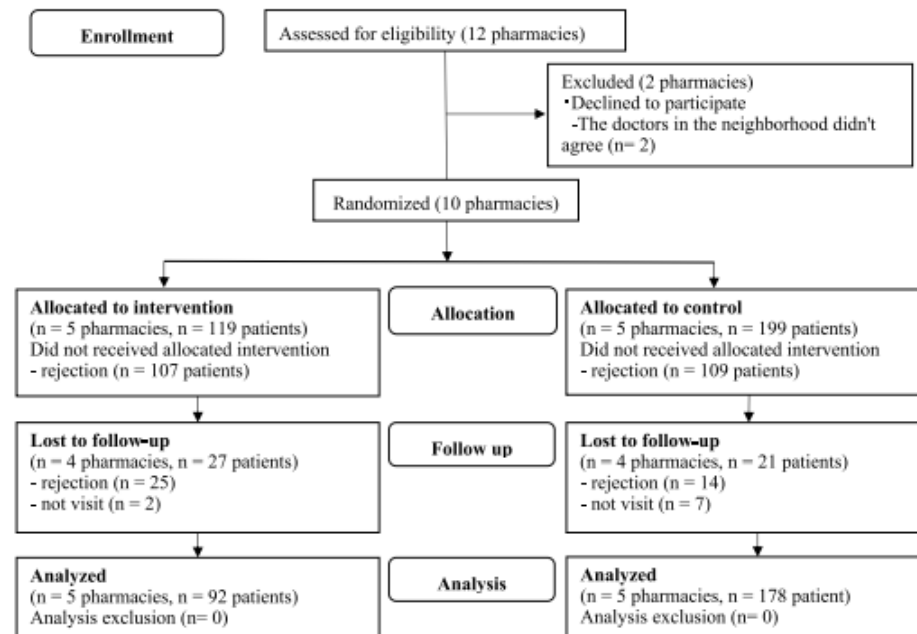
**RESEARCH** **Open Access**



## Study of assessment of knowledge and understanding for coping with sick days among patients with diabetes in community pharmacy: a cluster randomized controlled trial (SAKURA trial)

Keisuke Kado<sup>1</sup>, Hiroshi Okada<sup>2\*</sup>, Shota Suzuki<sup>2,3</sup>, Masako Satake<sup>1</sup>, Toru Yamazaki<sup>1</sup>, Mayumi Kurosawa<sup>1</sup>, Mie Yamamoto<sup>1</sup>, Miho Takahashi<sup>1</sup> and Takeo Nakayama<sup>2</sup>

**Abstract**  
**Background** Awareness regarding coping with sick days among patients with diabetes is limited. Thus, we evaluated the effectiveness of sick-day education by community pharmacists among patients with type 2 diabetes (T2D) using sick-day educational materials (sick-day cards).  
**Methods** A cluster randomized controlled trial was conducted. Pharmacists in the intervention group educated patients with T2D on coping with sick days (adjusting medication dosage and seeking medical advice) using sick-



**Basics of correspondence during sick day**  
 シックデイ対応の基本  
 1. 休息、安静にして運動は控えましょう。  
 2. 水分はしっかりと摂取し、脱水を予防しましょう。  
 3. 食欲がなくても口当たりが良く消化の良いもの（お粥、味噌汁、スープ、アイスクリームなど）を、少量ずつ摂取しましょう。  
 4. 食事摂取量により、糖尿病薬又はインスリンの調整が必要です。  
 5. 血糖が160以上の場合、早めに医師を受診しましょう。

**About sick day**  
 シックデイとは？  
 血糖値が急激に上昇し、嘔吐・下痢・脱水などがみられる、食事が摂れない状態を「シックデイ」といいます。  
 1. **Hyperglycemia** (高血糖)  
 2. **Hypoglycemia** (低血糖)  
 シックデイは血糖が乱れやすい！  
 Blood sugar is easily disturbed on sick day

**Items for sick days to see your doctor**  
 生活様式や薬の調整が必要なシックデイの項目  
 1. まったく食事が摂れない  
 2. 下痢や嘔吐が続く  
 3. 高熱が続く(38℃以上)  
 4. 腹痛が続く  
 5. 尿血が続く(350mg/dL以上)  
 6. 尿糖検査結果が陽性の場合  
 7. 尿糖検査結果が強く陽性の場合  
 8. 尿糖検査結果が強く陽性の場合  
 9. 内服薬や注射薬(インスリン・GLP-1受容体作動薬)をどうしたらよいかわからない  
 10. 医師に相談してください

# Health Care Café : Diabetes and Dementia

Health education program using theater/ drama at a pharmacy



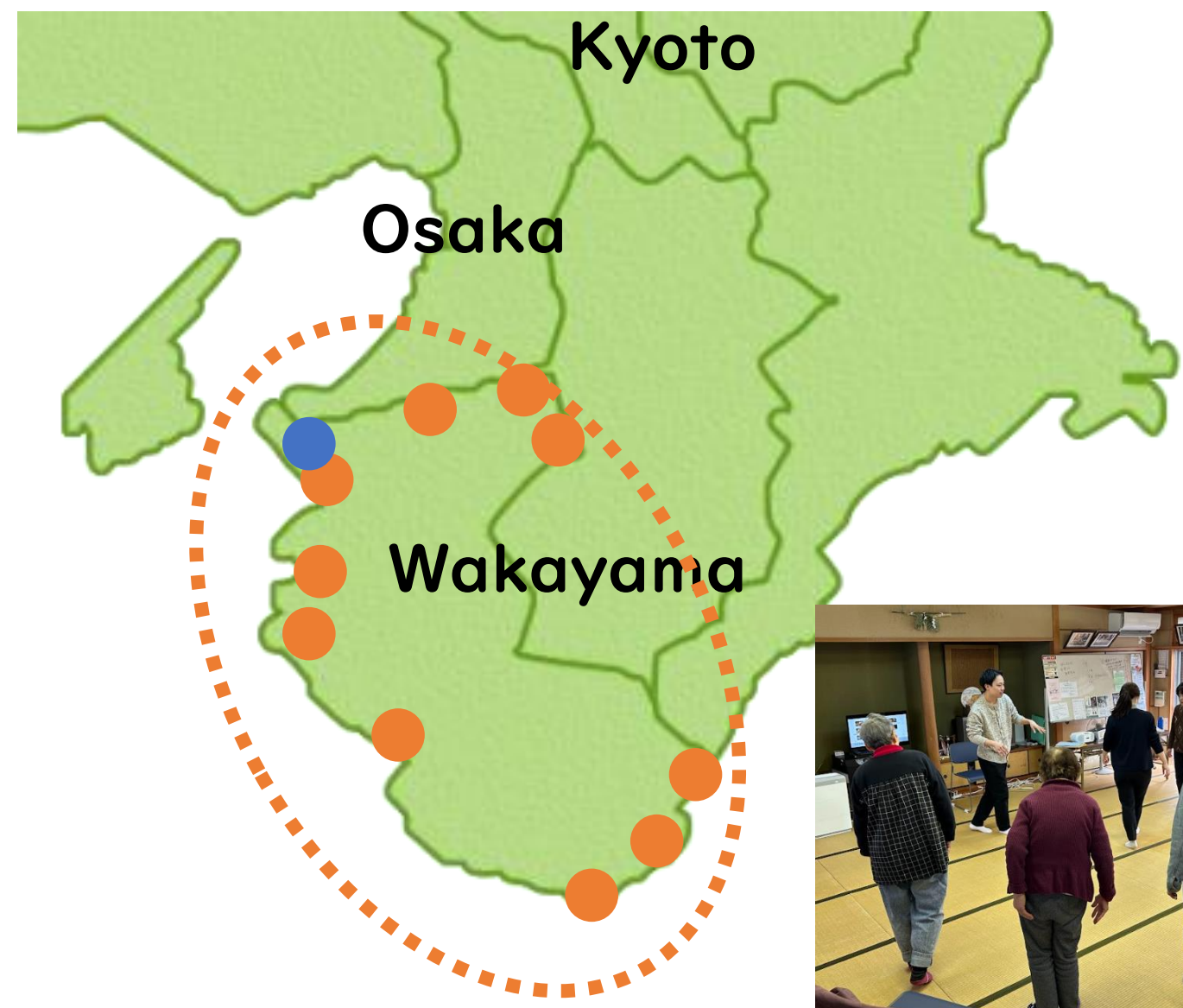
# Pharmacy Students: Lecture & Activities in Wakayama

## Role play (3 min.)



Pharmacy students who play the roles of pharmacists and patients and perform role-plays.

# Pharmacy Students: Lecture & Activities in Wakayama



## あなたは大丈夫??

リツツエツク!! 要注意?!

半年で体重が2.3キロ減った  
うも、また減ってる!!

最近疲れやすい  
もう疲れた!!

外出が減った  
人と会わなくなった  
最近出かけてないな...

ペットボトルの蓋が  
開けにくい  
あ、ない!!

背の間に横断歩道を  
渡り切るのがしんどい

1つでもあてはまったら...  
**フレイル予備軍かも...**  
一緒に運動しませんか?  
**始めるなら今でしょ。**

日時:〇〇〇会場:〇〇〇主催:〇〇,問い合わせ:157班

## 〇円ジム始めませんか?

+α つま先立ち

+α 姿勢よく

「家事」と「ランニング10分」  
ほぼ同じ消費カロリー!

|           |        |         |        |
|-----------|--------|---------|--------|
| ランニング 10分 | 78kcal | 掃除機 25分 | 87kcal |
| 料理 35分    | 75kcal | 洗濯 30分  | 63kcal |

【参考文献】  
<https://dm-net.co.jp/calendar/2022/036432.php>  
<https://dm-net.co.jp/calendar/2021/035557.php>  
<https://www.wakayama-med.jp/cor/jp/wakayama/detail.php?seq=322>



# Pharmacy Students: Lecture & Activities in Wakayama



**Diabetes and CVD risk check by students  
Using Hisayama Risk Score.**

# Conclusion

- 1. In Japan, with the rapid progression of an aging society, health promotion activities are being promoted at local pharmacies.**
- 2. Community pharmacies are located in an accessible location between people's homes and medical institutions. It is good for support to the people's the health and wellbeing in the community.**
- 3. Pharmacy education is also changing from basic scientific research to clinical practice for community health.**



# Contact Infor.

e-mail [okada\\_h@wakayama-med.ac.jp](mailto:okada_h@wakayama-med.ac.jp)

Facebook <https://www.facebook.com/bufobufo.ok>

Website <https://scop-wakayama.jp/>

