



# PRESS RELEASE

## **Danish TOM-project proves value of Pharmaceutical Care**

A Pharmaceutical Care-project on Asthma, carried out by Danish pharmacies, has now demonstrated the ability of community pharmacies to monitor and educate patients in a positive collaboration with their doctors. The leader of the project, research pharmacist Hanne Herborg from the Danish College of Pharmacy Practice, presented the results at the FIP Pharmacy World Congress in Jerusalem, Thursday, September 5, 1996.

The project, the most comprehensive controlled experiment on Pharmaceutical Care carried out among community pharmacies in Europe to date, proved that community pharmacies are both able and qualified to provide professional Pharmaceutical Care to a patient group with measurably positive effects. From August 1994 to August 1995, 209 asthma patients each attended ten individual counselling sessions in 16 community pharmacies. The effect of the intervention was measured against a control group of 204 patients reporting to 15 control pharmacies.

For the patients, the most significant improvements could be measured in asthma status, asthma morbidity, asthma related and global quality of life, knowledge of asthma and medication, and in inhaler technique. The programme did not lead to any noteworthy reduction in the patients' consumption of drugs but treatment profiles were changed. There were solid indications of long term positive effects on health care resources; the control group patients having significantly more asthma related days of sickness and asthma related hospital admissions per patient than the intervention group patients.

The Therapeutics Outcome Monitoring (TOM) programme was a controlled experiment initiated by the Danish Pharmaceutical Association and the Danish College of Pharmacy Practice in co-operation with the University of Florida. The objective of the experiment was to evaluate whether individualised monitoring of drug therapy and patient education carried out in community pharmacies could improve the quality of the drug treatment of asthma patients and the clinical and psycho-social outcome of their treatments. It was also the purpose to study the effect of the programme on the consumption of drugs and health care resources.

Distributed evenly throughout Denmark, 16 intervention pharmacies and 15 control pharmacies participated in the programme into which 138 general practitioners and 500 asthma patients were enrolled. The TOM-programme consisted of drug therapy review, patient counselling and education, monitoring of outcomes and problems, feedback to patients and doctors and follow up in repeat consultations. The evaluation design followed a combined strategy including a controlled experiment, a process evaluation, a participant evaluation, a health economical analysis and a qualitative interview study. In the main study (the controlled experiment) data was collected at baseline, at six months and after 12 months' intervention.

The project team consisted of the research pharmacists Head of Division Hanne Herborg; Project Co-ordinator Birthe Soendergaard, Ph.D.; Project Co-ordinator Bente Froekjaer; and pharmacist Lotte Fonnesbaek from the Danish College of Pharmacy Practice in co-operation with Professor Charles Hepler, Ph.D., and Timothy Grainger Rousseau, Ph.D., Department of Pharmacy Health Care, University of Florida.

For further information about the project, Hanne Herborg can be contacted at the Danish College of Pharmacy Practice on telephone number +45 42 26 50 00 from Monday, September 9, 1996.

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