



Wessex
Academic Health
Science Network

Wellbeing and Wealth

Role of community pharmacies in raising awareness of malnutrition in older people

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Aims of the health promotion initiative

To explore the feasibility of community pharmacies in raising awareness of undernutrition in older people

Assess whether training provided to pharmacy staff led to improved awareness of malnutrition and specific conversations with older people

To provide information to help shape the future community pharmacy services in Portsmouth





Methods:

- Training provided to staff from 10 community pharmacies
- 4 pharmacies took part in the 3-month initiative
 - Talking to older people using a structured questionnaire
 - Included questions about weight, recent weight loss and eating habits
 - Staff provided basic dietary advice, resources and signposting
 - Entered data onto PharmOutcomes; exported to Excel for analysis
- Informal discussions with pharmacy staff to obtain qualitative feedback
- £200 provided by NHS Portsmouth CCG to the four pharmacies for taking part





Results:

- 7 staff trained from the 4 pharmacies who took part in the initiative
- 260 questionnaires completed by the 4 pharmacies
 - 68% were female
 - 55% eat alone most days
 - Two thirds rarely eat a hot meal
- Data on BMI and recent weight loss suggest a malnutrition 'risk' of at least 19%
- Signposting to GP and Wellbeing service was the most common
- Pharmacies varied in the approach they used to engage older people in a conversation around nutrition and eating



Conclusions:

Training can improve malnutrition awareness in community pharmacy staff and lead to conversations with customers

Results suggest concurrence with existing research that community pharmacies can actively be involved in delivering public health services (DoH, 2011)

Several reasons for the success of the initiative

