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A RETROSPECTIVE COMPARATIVE ANALYSIS
COMPARING CLINICAL SERVICES FOR AN
EMPLOYER-BASED DISEASE MANAGEMENT
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received.

Diabetes is associated with significant healthcare costs caused by expenses from the treatment of the disease and complications due to improper management. Healthcare professionals (e.g., pharmacists, nurse practitioners, physician assistants) have demonstrated achievement of therapeutic goals and decreased overall medical costs with various disease state management programs. The aim of this retrospective study is to evaluate and compare the effect that a pharmacist or nurse practitioner/physician assistant has on the attainment of clinical goals and the reduction of overall costs in an employer-based diabetes disease management program. Diabetics enrolled in the program for a minimum of one year were assigned to 1) a pharmacist [face-to-face in the retail setting or utilizing a pharmacist-run telephonic clinic] or 2) an employer-based/on-site healthcare professional [face-to-face with a nurse practitioner/physician assistant]. Data (A1c, blood pressure, lipids, and frequency of self-monitoring of blood glucose) will be analyzed according to the designated guidelines (at baseline, after 6 months, and after 1 year). Comparative and statistical analyses will be made of the two groups based on clinical indicators and

total medical costs one year before and one year after
program participation. Detailed results will be discussed.