



# Pharmacy Students' Readiness and Self-efficacy to offer the National Diabetes Prevention Program

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## KEY TAKE-AWAY POINTS

- Pharmacy students can be trained to offer various activities related to the National Diabetes Prevention Program.
- Most students in their first and second year had low levels of readiness and self-efficacy to offer activities related to the National Diabetes Prevention Program.
- Many student pharmacists intend to offer the National Diabetes Prevention Program at their future practice sites; however, the current training landscape may hinder implementation plans.

## BACKGROUND

- The National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program to delay or prevent the onset of type 2 diabetes.<sup>1,2</sup>
- Pharmacy students can be trained to offer various activities related to the National DPP at pharmacy sites.
- To sustain the long-term translational efforts for the National DPP, educating students and healthcare professionals is essential.<sup>3</sup>
- With the current PharmD curriculum, many pharmacy schools need to improve curricular content on diabetes prevention and preparedness for clinical services in this domain.<sup>4</sup>
- In order to implement a successful National DPP, future pharmacists must be confident in their ability to provide these services. Although, students may possess low levels of confidence regarding providing these services, the outlook, and intent to provide these services in the near future look promising.<sup>5,6</sup>
- Assessing the perspectives of students and their preparedness will give critical insight into designing and implementing diabetes prevention programs and other lifestyle change programs in pharmacy settings across the nation.

## RESEARCH OBJECTIVE

This cross-sectional study assessed three objectives:

- Evaluate the training modalities in the PharmD curriculum that prepared pharmacy students to offer the National DPP
- Assess student pharmacists' readiness and self-efficacy in their abilities to provide activities related to the National DPP
- Assess intent to offer the National DPP service in their future practice sites

## METHODS

The survey was distributed to 89 pharmacy students in a School of Pharmacy located in the Northeast region of the United States. Participants were first-year (PY1) and second-year (PY2) student pharmacists at the study setting. An electronic survey link was sent to all eligible study participants. Survey items assessed participants' perceived levels of readiness and self-efficacy to engage persons with prediabetes in DPP-related activities. Self-efficacy and readiness were assessed in three domains, 1) ability to promote awareness of prediabetes and the National DPP among patients at risk, 2) screen, test and refer patients to a National DPP site, 3) offer the National DPP lifestyle change program. Two separate questions were applied to assess readiness and self-efficacy (response scale; 1 = not at all to 5 = extremely). Furthermore, the participants were asked about their intentions to offer the National DPP in their future practice site.

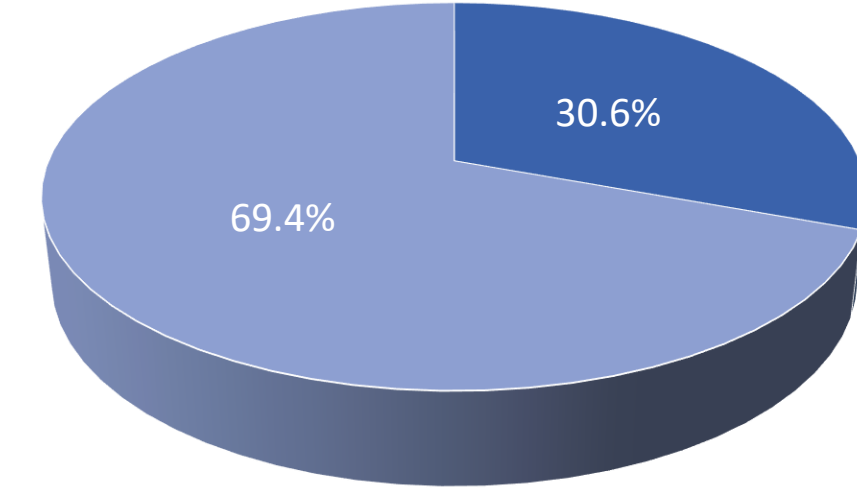
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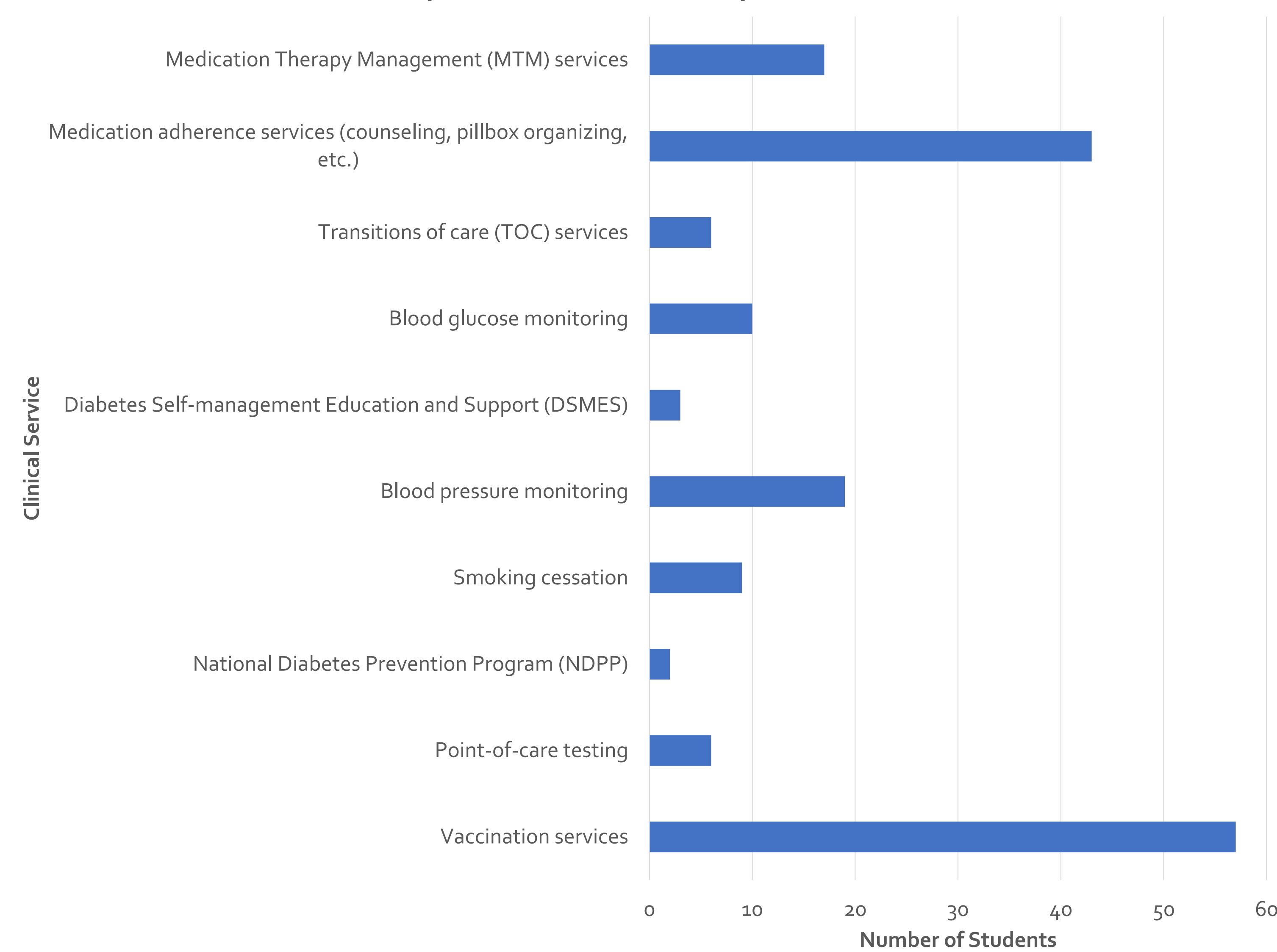
## RESULTS

### Participant Characteristics:

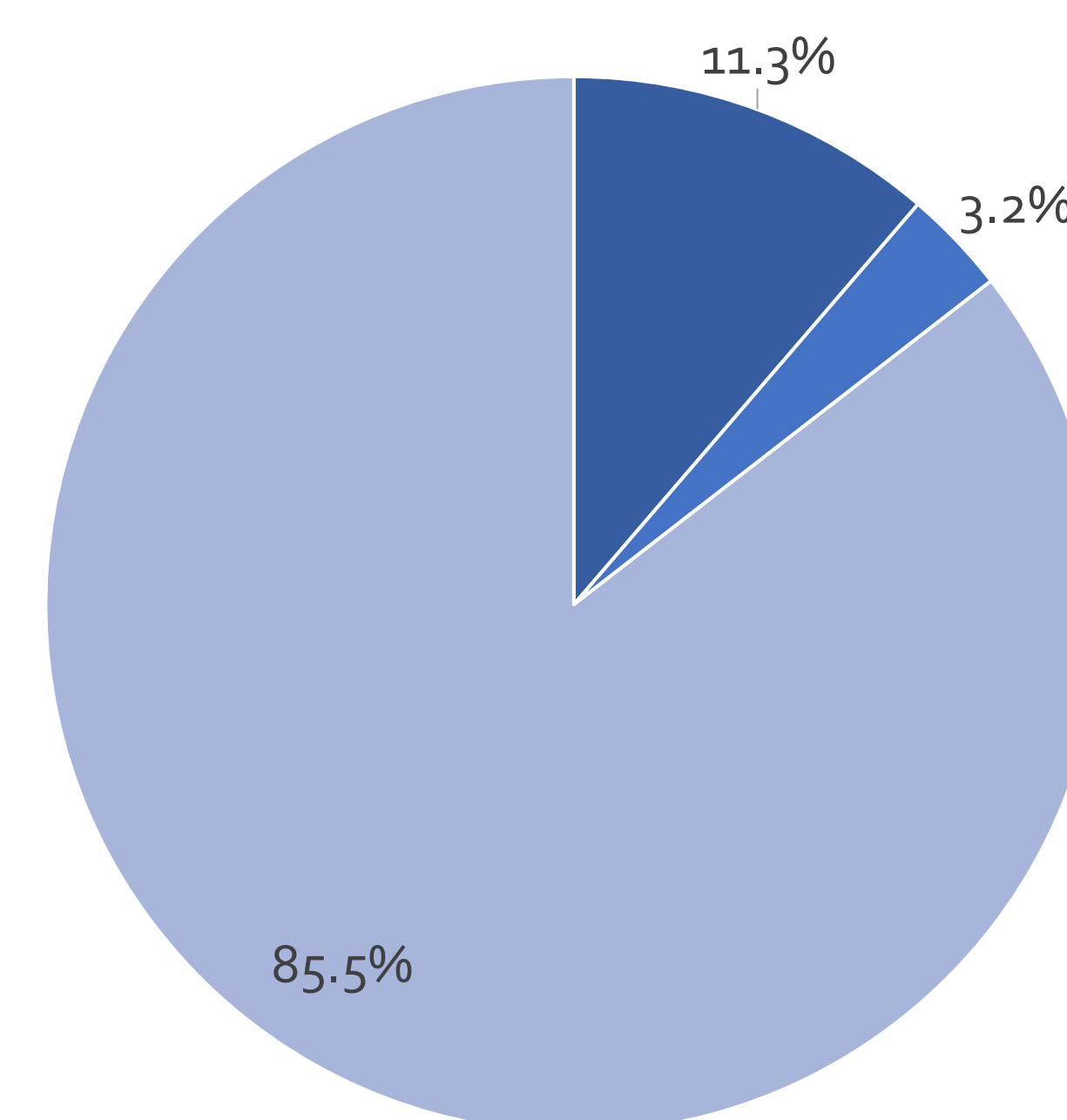
Year in Pharmacy School



### Prior Experience with Pharmacy Clinical Services

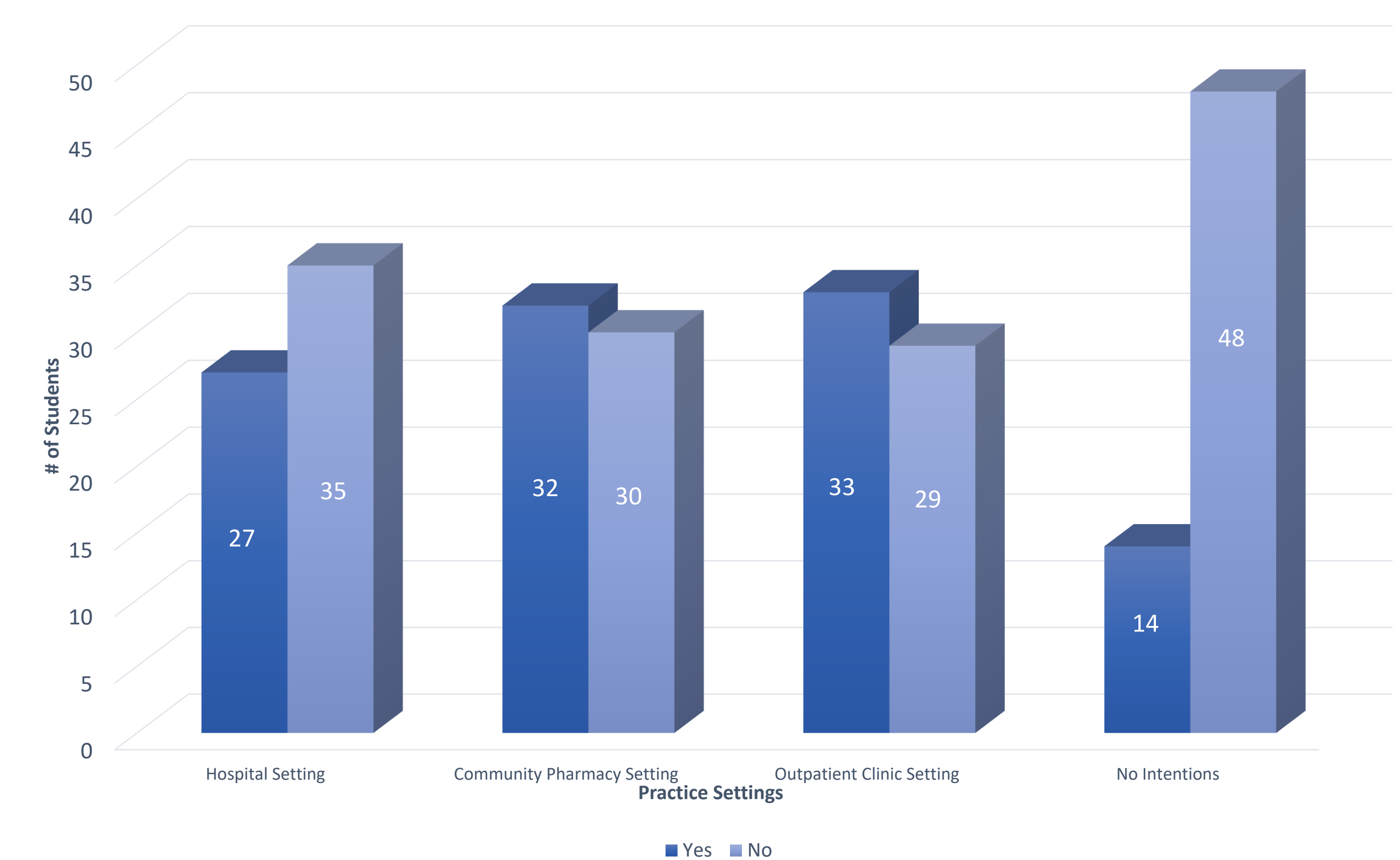


### Has Offered NDPP-related Activities to Patients in the Past to:



- Promote awareness of prediabetes
- Screen patients for prediabetes and offer the NDPP as a health coach
- I have not offered any NDPP-related activities to patients

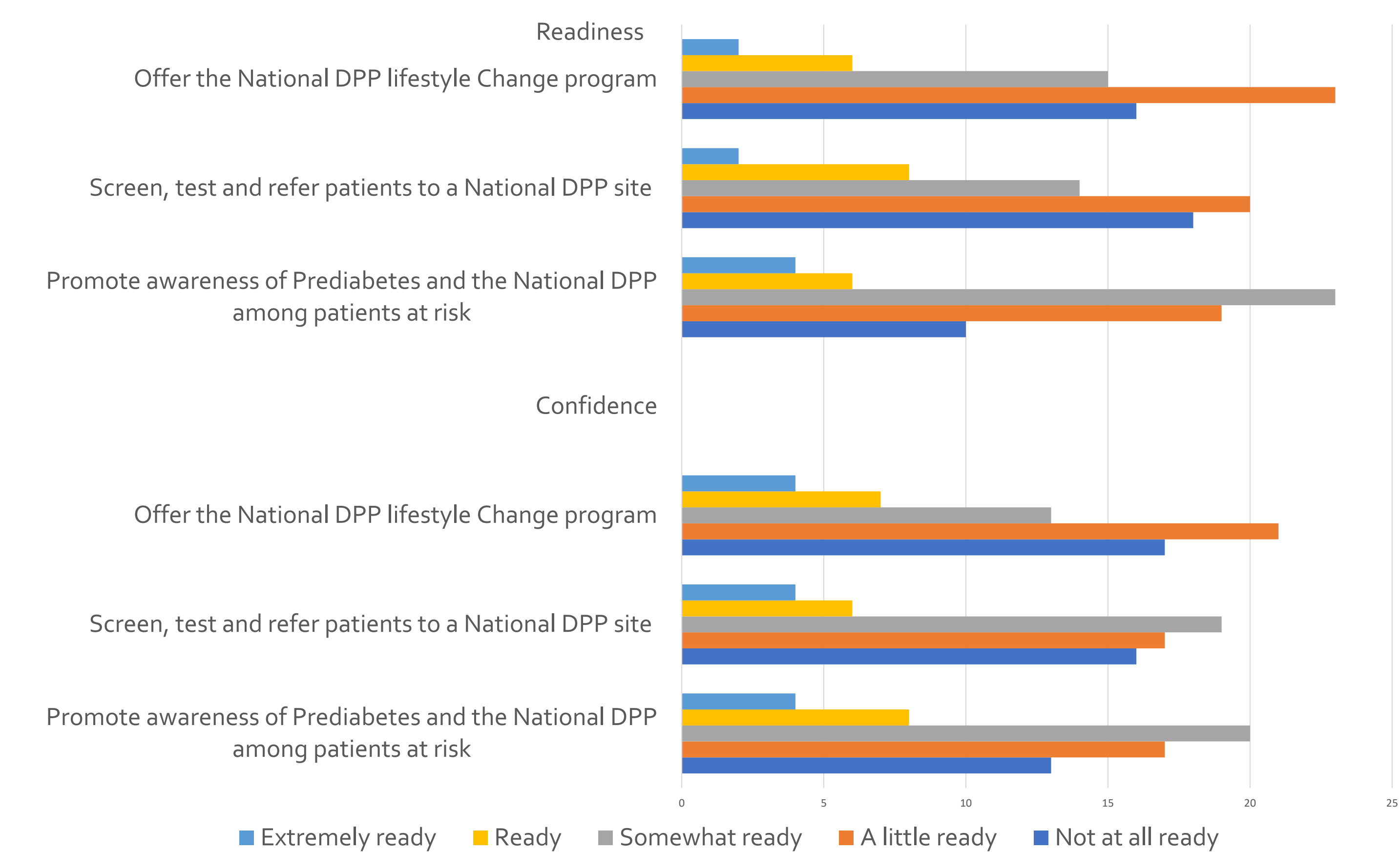
### Intention to Provide The National Diabetes Prevention Program in Future Practice Settings



## RESULTS

### Survey Results:

#### Student Readiness vs Confidence



## DISCUSSION & CONCLUSION

- Findings suggest a need to increase the training modalities and curricula content related to the National DPP in the PharmD curriculum.
- Pharmacists are the most accessible member of the healthcare team and many offer clinical services for disease prevention.
- Pharmacy student's readiness and self-efficacy may impact decision-making to implement clinical services like the National DPP in their future practice sites.
- External generalizability is a study limitation and findings were based on one School of Pharmacy.