



# ACHORD

Alliance for Canadian Health  
Outcomes Research in Diabetes

## ACHORD Retreat Banff, AB March 15-16, 2007

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ACHORD will be hosting its annual Retreat next month at the Banff Center. This small, informal meeting provides an opportunity for ACHORD investigators, collaborators and students to interact, share research updates, and plan for continued growth of the ACHORD Research program. This year, the ACHORD Retreat will focus on two activities, the Alberta Diabetes Surveillance System (ADSS) and planning for the upcoming CIHR Team Grant competition.

The ADSS started out the New Year with a bang as our first ADSS Newsletter was released and circulated in January 2007. The Newsletter will be distributed quarterly to diabetes health care professionals, policy-makers and other government officials from the regional health authorities in Alberta. This first Newsletter was intended to introduce the concept of the ADSS and to report on general epidemiological trends of diabetes over the past decade in Alberta. The ADSS Newsletter

can be found at [www.ACHORD.ca](http://www.ACHORD.ca). We remain on target for a Spring 2007 release of the first **Alberta Diabetes Atlas**. Alberta Health and Wellness has been a great partner in preparing the administrative data for us. The Atlas will undoubtedly be of great interest to a wide audience interested in diabetes, chronic disease, health promotion and population health surveillance.

The other major focus will be around planning for the upcoming CIHR Team Grant application. 2007 is the final year of the 5-year New Emerging Team grant we currently hold. A renewed team grant would be a tremendous boost in further building on the past success for the ACHORD Research program, providing additional training and research opportunities for the group, and bringing in a new cohort of ACHORD investigators and collaborators. See below for photos from last year's retreat.



Banff 2006 Main Plenary



Banff 2006 Physical Activity

## Report from the Chair



Jeffrey A. Johnson

We are well into the New Year now and I am happy to take this opportunity to report on recent activities of the ACHORD Group. We have been busy since the last newsletter with two University of British Columbia PharmD students, Karen Dahri and Kelly Grindrod, joining us for the month of November for a research rotation. We also held the IHE Consensus Conference on Self-Monitoring Diabetes in November which turned out to be a great success. The final Consensus Statement on Self-Monitoring in Diabetes can be obtained from the ACHORD website ([www.achord.ca](http://www.achord.ca)).

Congratulations to Scot Simpson on his recently awarded CIHR grant “*The safety and effectiveness of thiazolidinediones in relation to other oral treatment options for management of Type 2 Diabetes: A population-based analysis.*” Dr. Sumit Majumdar and myself are co-investigators on this grant.

In addition to the ongoing work of the Al-

berta Diabetes Surveillance System, we will be busy this year with preparations for two different Team Grants. We will be submitting an application to the upcoming CIHR Team Grant competition from the Institute of Nutrition, Metabolism and Diabetes, to further establish and support the growth of the ACHORD research program. We will also partner with a number of our ACHORD colleagues in an application to the AHFMR Interdisciplinary Team Grant competition, focusing on healthcare quality and outcomes.

Lauren Brown will be presenting a poster at the 2<sup>nd</sup> International “Pre-Diabetes” Conference in Barcelona, Spain. Carolyn Green will be presenting at Accelerating Primary Care: Gaining Momentum Conference in Edmonton and the Strengthening the Bond – Collaborating for Optimal Patient Care in Banff. All of these conferences are in April. I look forward to updating you on these conferences, as well as several other upcoming meetings, in our next newsletter.

## ACHORD Seen and Heard

### Recent Publications

Rabi D, Edwards AL, Southern DA, Svenson LW, Sargious PM, Norton P, Larsen ET, Ghali W. Association of socio-economic status with diabetes prevalence and utilization of diabetes care services *BMC Health Serv Res* 2006 Oct 3;6:124.

Davison SN, Jhangri GS, Johnson JA. Cross-sectional validity of a modified Edmonton Symptom Assessment System in dialysis patients: A simple assessment of symptom burden. *Kidney Int* 2006;69(9):1621-5.

Davison SN, Jhangri GS, Johnson JA. Longitudinal Validation of a Modified Edmonton Symptom Assessment System (ESAS) in Hemodialysis Patients. *Nephrol Dial Transplant* 2006;21(11):3189-95.

Johnson, JA, Majumdar SR, Bowker SL, Toth EL, Edwards A. Self-monitoring in Type 2 diabetes: A randomized trial of reimbursement policy. *Diabet Med* 2006;23:1247-1251.

Johnson JA, Pohar, SL, Majumdar SR. Health care utilization and costs in the decade after identification of type

1 and type 2 diabetes: a population-based study. *Diabetes Care* 2006;29:2403-2408.

Rucker D, Johnson JA, Lee TK, Eurich DT, Lewanczuk RZ, Simpson SH, Majumdar SR. The natural history of LDL control in type-2 diabetes: a prospective study of adherence to lipid guidelines. *Diabetes Care*. 2006;29:2506-2509.

Eurich DT, Johnson JA, Reid KJ, Spertus JA. Assessing Responsiveness of Generic and Specific Health Related Quality of Life Measures in Heart Failure. *Health Qual Life Outcomes* 2006;4:89 doi:10.1186/1477-7525-4-89.

Johnson JA, Pohar SL, Secnik K, Yurgin N, Hirji Z. Utilization of diabetes medication and cost of testing supplies in Saskatchewan, 2001: A population based study. *BMC Health Services Research* 2006;6:159.

McAlister FA, Majumdar SR, Eurich DT, Johnson JA. The impact of specialist care within the first year on subsequent outcomes in 24,232 adults with new onset diabetes mellitus: population-based cohort study. *Qual & Saf Health Care* 2007;16:6-11.

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## Project Highlight

### Alberta Pharmacists Come out from Behind Counter

Team: Carolyn Green, Scot Simpson, Jeffrey Johnson

Alberta is at the forefront of innovation in pharmacy practice, having recently enacted legislation enabling pharmacists to prescribe - the first province to do so. An investigation by Carolyn J Green, PhD, Postdoctoral Fellow with ACHORD, is demonstrating how pharmacists' practice change is being integrated into diabetes primary care.

Encountering a pharmacist engaged in direct patient care in a primary care settings is still novel for patients, pharmacists and other care providers. To date, Carolyn has mapped the challenges of the pharmacist in joining physicians and nurses in community based clinics. To translate the pharmacists' specialized knowledge into better patient outcomes requires much coaching of patients on diet and exercise as well as how to optimize their medication taking practices. The analysis will be extended to better understand how other providers adapt their practices to work alongside a pharmacist.

In addition to changes to the Alberta Health Professions act, adaptation of the Alberta Trilateral Master Agreement, College of Pharmacy standards and Capital Health Chronic Care programming is necessary. The next

phase of Carolyn's research will provide a more detailed understanding of how each piece fits into an emerging map of how changed practice has been textually mediated. This will be accomplished by interviewing many of the architects of change in government, academia, the health care system and professional societies.

The study is companion to the Vascular Intervention Project (VIP) - a randomized controlled trial investigating hypertension control in people with diabetes following the introduction of a pharmacist into physician led primary care clinics. At present, 3 clinics, one pharmacist and 80 patients are participating in the study, with more clinics joining as time progresses. Completion of this project is scheduled for fall 2008.

Involving pharmacists' directly in patient care has been shown to improve health outcomes while reducing drug costs and utilization of more expensive services. The VIP study hypothesizes that this is true for diabetes care in Canadian primary care settings. An economic analysis will be completed to see if this intervention is cost efficient or not from the perspective of the health care system.

## ACHORD: Seen and Heard (cont from Page 2)

### Recent Presentations

Johnson JA, Pohar SL, Majumdar SR. Health Care Utilization and Costs in the Decade Following Identification of Type 1 and Type 2 Diabetes: A Population-Based Study. *Can Diabetes Assoc Annual Meeting* October 18-21, 2006, Toronto, ON. *Canadian Journal of Diabetes* 2006:(Suppl)39;146.

Brown LC, Johnson JA. Development of Diabetes in Patients Taking Atypical Antipsychotic Agents: A Systematic Review. *Can Diabetes Assoc Annual Meeting* October 18-21, 2006, Toronto, ON. *Canadian Journal of Diabetes* 2006:(Suppl)39;145.

Pohar SL, Majumdar SR, Jacobs P, Johnson JA. Healthcare Utilization and Direct Healthcare Costs of Diabetes in Urban and Rural Saskatchewan, 1991-2001. *Can Diabetes Assoc Annual Meeting* October 18-21, 2006, Toronto, ON. *Canadian Journal of Diabetes* 2006:(Suppl)39;147.

Johnson JA, Pohar SL, Secnik K, Yurgin N, Hirji Z. Utilization of Diabetes Medication and Testing Supplies in Saskatchewan Prescription Drug Plan, 2001. *Can Diabetes Assoc Annual Meeting* October 18-21, 2006, Toronto, ON. *Canadian Journal of Diabetes* 2006:(Suppl)39;148.

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## ACHORD Chair

**Dr. Jeffrey Johnson**  
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## ACHORD Seen and Heard (cont from Page 3)

### Recent Presentations (cont)

Rucker D, Johnson JA, Lee TK, Eurich DT, Lewanczuk RZ, Simpson SH, Toth EL, Majumdar SR. Control of LDL-Cholesterol in Type-2 Diabetes: A Prospective Cohort Study. Annual Scientific Meeting of the *Canadian Society of Internal Medicine*, Calgary, AB November 2006. *Clinical and Investigative Medicine* 2006;29(5)326.

*Do Antidiabetic Drugs Improve Long-Term Prognosis? Sulfonylureas and CV Risk.* Diabetes Montreal Annual Scientific Meeting, Montreal, Quebec. October 6, 2006.

*Does it Matter How You Lower Blood Sugars in People with Type 2 Diabetes?* Canadian Society of Internal Medicine Annual Scientific Meeting, Calgary, AB. November 3, 2006.

*Oral Antidiabetic Agents and Cardiovascular Outcomes in Type 2 Diabetes.* Cardiology Rounds, University of Alberta, Edmonton, AB December 6, 2006.

*Oral Antidiabetic Agents and Clinical Outcomes: Does it Matter How You Lower Blood Sugar in Type 2 Diabetes?* Muttart Diabetes Research & Training Centre Seminar, University of Alberta, Edmonton, AB January 15, 2007.

## Why this Newsletter?

The purpose of the ACHORD Newsletter is to keep you updated on the activities of the ACHORD group and to provide reviews of recent, relevant diabetes literature. The newsletter is published three times a year.

If you have any questions about the newsletter, please call Jeffrey Johnson or any of the ACHORD staff at the Institute of Health Economics at (780) 448-4881.

You can expect to see the following in every issue:

- *Report from the Chair*
- *ACHORD Project Highlights*
- *ACHORD Seen and Heard*

## ACHORD Events

4th Annual ACHORD Retreat  
March 15-16, 2007  
The Banff Centre  
Banff, Alberta, Canada