

# Quantitative evaluation of participant satisfaction with pharmacy student led healthy living assessments delivered off-campus

C. Langran | R. Hannan | B. Greenland | P. Donyai |

## Introduction

4<sup>th</sup> year pharmacy students at the University of Reading have been delivering on-site healthy living assessments (HLAs) to University staff and students since 2011. In 2014/15, we received funding to provide the HLAs to the local population of Reading.

## Method

The HLAs took place on four afternoons in January and March 2015, in two local community centres. 20 final year pharmacy students volunteered to undertake these HLAs. The students measured each participant's blood pressure, glucose and cholesterol, hip and waist circumferences, BMI and enquired about level of physical activity and fruit and vegetable consumption. Pharmacy students gave individualised health promotion advice and encouraged the setting of health improvement goals. Any participants with test results outside the reference range were referred to their GP. Participants were asked to complete an anonymous feedback questionnaire, in a separate seating area, at the end of their HLA.



## Results

A total of 123 HLAs were completed.

110 participants completed the feedback questionnaire (response rate 89%). Their responses are shown in the table below.

1. How would you rate the service of the pharmacy students who carried out your healthy living assessment?	Strongly agree	Agree	Disagree	Strongly disagree	Not applicable
a) They were very welcoming	95 (86%)	15 (14%)	0	0	0
b) They explained all the tests to me before the start of the healthy living assessment	96 (87%)	13 (12%)	0	0	1 (1%)
c) They carried out each test efficiently	97 (88%)	13 (12%)	0	0	0
d) They made me feel at ease	100 (91%)	10 (9%)	0	0	0
e) They explained each test result thoroughly	100 (91%)	10 (9%)	0	0	0
f) They gave me useful advice to improve my health	88 (80%)	18 (16%)	0	0	4 (4%)
g) They helped me set personal goals to improve my health	80 (73%)	21 (19%)	0	0	9 (8%)
2. Are you planning on making any lifestyle changes to improve your health as a result of your healthy living assessment results and advice given?	Yes, definitely	Yes, but not right now	Maybe	Definitely not	Not applicable: no improvements were identified
	83 (76%)	9 (8%)	8 (7%)	1 (1%)	9 (8%)
3. Overall how would you rate the healthy living assessment you received today?	Outstanding	Good	Adequate	Poor	Other
	65 (64%)	35 (34%)	2 (2%)	0	0

## Conclusion

The participants' rating of the service demonstrates that final year pharmacy students can deliver a high quality service to the public. The HLAs were perceived to be an excellent opportunity to advocate healthy lifestyles and 84% of participants stated they were planning on improving their health. The HLAs were useful to promote the University, the School of Pharmacy and the role of the Pharmacist.

### Acknowledgements

- This project was generously funded by the Earley Charity.

### Contact information

- School of Pharmacy, University of Reading, Reading, Berkshire, RG6 6AH, UK
- Email: [c.a.langran@reading.ac.uk](mailto:c.a.langran@reading.ac.uk)