Participant Information Sheet

Study Title (Public Title):

Helping Albertans with Diabetes: A Pharmacist-Led Care Program in Community Pharmacies

Study Leads

- Principal Investigator: Dr. Ross Tsuyuki, University of Alberta
- Co-Principal Investigator: Dr. Stephanie Gysel, University of Alberta
- Co-Investigator: Dr. Dave Campbell, University of Calgary

Why is this study being done?

People with type 2 diabetes sometimes find it hard to reach their blood-sugar goals. This study will look at whether pharmacist-led programs in Alberta community pharmacies can help improve diabetes control and reduce the risk of diabetes-related complications.

Who can take part?

Adults (18 years or older) with type 2 diabetes whose blood-sugar (A1C) is above target are invited to join. You must receive your care through a participating community pharmacy in Alberta.

What does participation involve?

If you decide to take part:

- You will be randomly assigned to one of two groups.
- You will have regular appointments with your pharmacist in person or by phone for 6 months.
    - Group A: Visits every 3 months (first visit ≈ 60 min; follow-ups ≈ 10–20 min).
    - Group B: Visits every 6 weeks (first visit ≈ 60 min; follow-ups ≈ 10–20 min).
- Your pharmacist will take your blood pressure, height, and weight, review your medications, and discuss lifestyle habits such as diet, exercise, and quitting tobacco.
- You will be asked to complete blood and urine tests, through Alberta Health Services labs, to check your blood sugar, cholesterol, liver, and kidney function.

Your pharmacist will share results with your family doctor or nurse practitioner to coordinate your diabetes care.

Are there risks?

Some people may experience side effects from medication changes such as dizziness, light-headedness, or stomach discomfort. Blood and urine collection may cause brief pain or minor

bruising. These risks are small, and all care changes will be monitored by your pharmacist and family doctor or nurse practitioner.

Are there benefits?

You may:

- Better understand and manage your diabetes.
- See improvements in blood sugar, blood pressure, or cholesterol.
- Receive help with healthy lifestyle goals and tobacco cessation.

Even if your diabetes control does not improve, your participation will help pharmacists and researchers learn how to better support people living with diabetes.

Do I have to take part?

No. Participation is voluntary. You may withdraw at any time without affecting your care at your pharmacy or doctor's office. You can also withdraw your data until December 31, 2026, after which information will already be anonymized.

Will I be paid?

No payment is offered for participation.

What happens to my information?

- Your personal information (name, contact details, health card number) will be used only for your care and communication with your healthcare team.
- Once data collection is complete, your identifying details will be removed and replaced with a code.
- Data will be stored securely in a password-protected system managed by the EPICORE Centre, University of Alberta, for at least 5 years.
- Only authorized researchers and ethics auditors may review coded data for quality and compliance.

Who is funding and approving the study?

The study is funded by the Primary Care Pathway Intervention Grant through the University of Alberta and has been approved by the University of Alberta Research Ethics Board (Ethics ID Pro00145395).

Who can I contact for questions?

- Study Coordinator: Lorena Holtz dpathstudy@gmail.com
- Participant Rights: University of Alberta Research Ethics Office – ethics@ualberta.ca or 780-492-2615