

Feel confident taking your medicine

It can be hard to manage all your medicine especially if you take numerous prescriptions. Meet with a pharmacist for free to find the right combination of medicine to feel your best.

This is different from the work your doctor does and different from the work the pharmacists at the store do when they fill prescriptions. Doctors diagnose and treat conditions. The pharmacists who fill your medicine ensure you get the right dose of the right medicine. Those are important, and this is a good addition. Plus, doctors recommend it.

MTM is especially effective for patients with multiple chronic conditions, complex medication therapies, high prescription costs, and multiple prescribers. MTM can be performed by pharmacists with or without a collaborative practice agreement (CPA), and it is a strategy that can be considered to straddle Domain 3 (health care system interventions) and Domain 4 (community-clinical links).

Medication therapy management (MTM) is a service provided by pharmacists to eligible patients who participate in a Medicare drug plan, namely part D. The geriatric population, which is included among the aforementioned eligible patients, is prone to taking numerous medications as they tend to have multiple disease states which lead to a plethora of medication-related problems. The goal of MTM is to optimize the therapeutic outcomes of an individual patient as well as detect and prevent costly medication related adverse events.¹ Through a comprehensive review of all medications including their potential side effects, financial barriers, and how well a specific medication is working, pharmacists can help their patients come up with action plans to ensure they are getting the most out of their prescriptions. Pharmacists also often collaborate with their patients healthcare providers to optimize medication use for improved health outcomes.

Medication-related adverse events are a major public health issue in the United States. The inappropriate use of drugs contributes to more than 1.5 million preventable, medication-related adverse events each year and accounts for an excess of one hundred and seventy seven billion dollars in morbidity and mortality.² MTM services help contribute to medication error prevention and enable patients to actively self-manage their therapy plans while simultaneously giving them the opportunity to be more knowledgeable about their health and medication use. Hence, pharmacists not only help patients reach their health outcome goals by optimizing therapy, they also empower them to be more responsible for their health.

The MTM core elements service model consists of five components which pharmacists use to deliver medication management services.² The first core element is medication therapy review, in which pharmacists collect patient-specific information and assess patient therapy to identify any discrepancies. The purpose of this step is to make a prioritized list of medication-related adverse events and create a plan to resolve them. The next two core elements personal medication record and medication-related action plan enable the pharmacist to create a list of all the patients medications including supplements, over the counter products, and herbal

products for the purpose of creating a list of actions the patient can personally take to track their progress. If there is a serious discrepancy or the pharmacist feels their patient needs consulting services, core element four, intervention and/or referral, can be acted upon. The last and most important core element is documentation and follow up. A summary of the MTM service is communicated effectively to the patient and prescriber, and a follow-up MTM visit may be scheduled.²

Patients and health-care systems alike greatly benefit from MTM services due to the overall reduction in health care costs. The risk of patients misusing or abusing their medications is greatly reduced as a result of pharmacists being able to catch discrepancies via the five core elements provided through MTM. Pharmacists play a significant role in making sure effective therapy is delivered to patients so that they can progress towards successfully being able to manage their disease states.

Medication therapy management (MTM) is a distinct service or group of services that optimize therapeutic outcomes for individual patients. MTM services are independent of, but can occur in conjunction with, the provision of a medication product. MTM encompasses a broad range of professional activities and responsibilities within the licensed pharmacists or other qualified health care providers scope of practice.

WHO BENEFITS FROM MTM

Patient has experienced a transition of care, and his or her regimen has changed

Patient is receiving care from more than one prescriber

Patient is taking one or more chronic medications (including prescription and nonprescription medications, herbal products, and other dietary supplements)

Patient has at least one chronic disease or chronic health condition (e.g., heart failure, diabetes, hypertension, hyperlipidemia, asthma, osteoporosis, depression, osteoarthritis, chronic obstructive pulmonary disease)

Patient has laboratory values outside the normal range that could be caused by or may be improved with medication therapy

Patient has demonstrated nonadherence (including underuse and overuse) to a medication regimen

Patient has recently experienced an adverse event (medication or nonmedication-related) while receiving care

Patient is taking high-risk medication(s), (e.g., warfarin, phenytoin, methotrexate)

These services include but are not limited to the following, according to the individual needs

of the patient:

Performing or obtaining necessary assessments of the patients health status

Formulating a medication treatment plan

Selecting, initiating, modifying, or administering medication therapy

Monitoring and evaluating the patients response to therapy, including safety and effectiveness

Performing a comprehensive medication review to identify, resolve, and prevent medication-related problems, including adverse drug events

Documenting the care delivered and communicating essential information to the patients other primary care providers

Providing verbal education and training designed to enhance patient understanding and appropriate use of his/her medications.

Providing information, support services, and resources designed to enhance patient adherence with his/her therapeutic regimens.

Coordinating and integrating MTM services within the broader health care management services being provided to the patient.