



# Medication Therapy Management (MTM) Service for the North Coast of Oregon



## Providence Seaside Hospital

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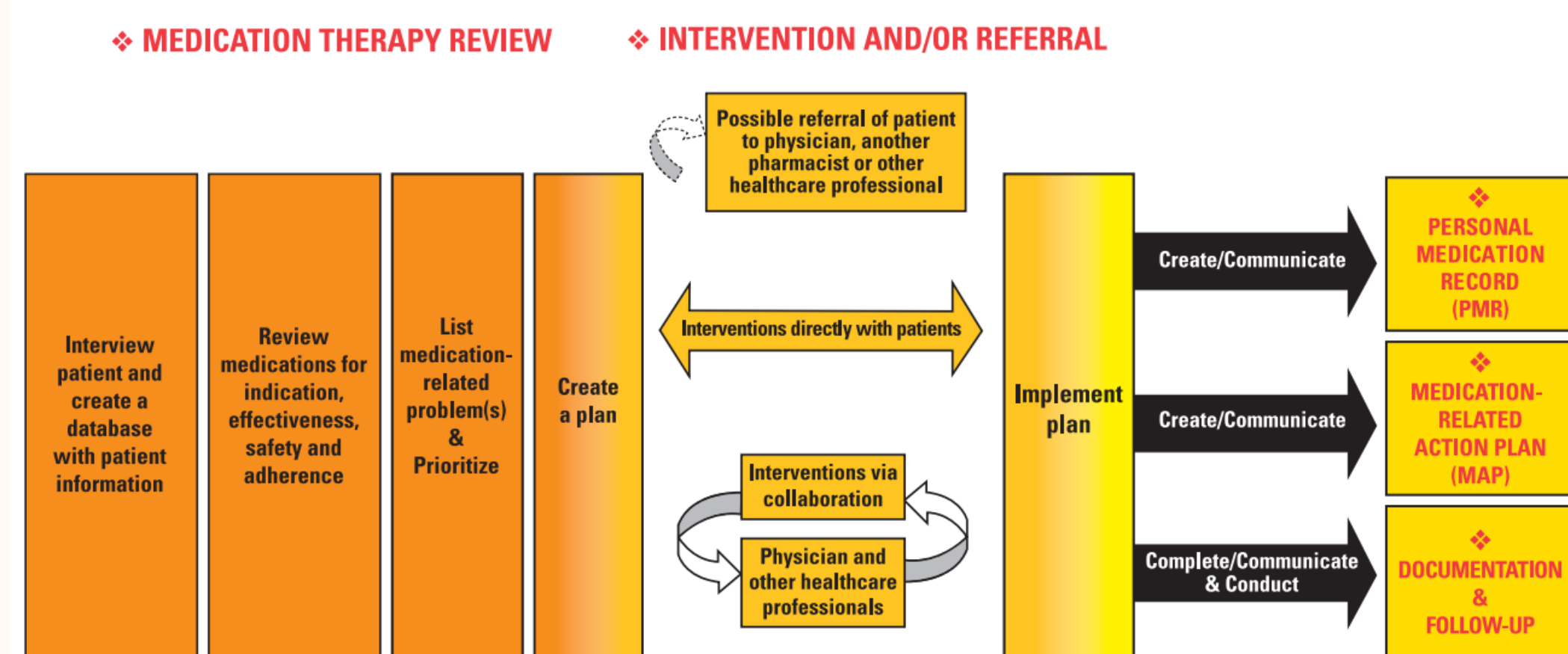
### Background

Inappropriate use of medications costs the U.S. more than \$200 billion annually. This includes about 10 million avoidable hospital admissions, 78 million outpatient treatments, 246 million prescriptions, and 4 million emergency department visits. This makes up 8% of total annual health care expenses.

Providence North Coast Clinic cares for 1246 Columbia Pacific CCO patients (payer mix is 33% Medicaid, 34% Medicare, 33% other) and has the highest risk-adjusted acuity of any Providence clinic in Oregon.

#### The Medication Therapy Management Core Elements Service Model

The diagram below depicts how the MTM Core Elements interface with the patient care process to create an MTM Service Model.



### Project description

The aim of this project is to establish an ambulatory care pharmacist position in a patient-centered medical home. The pharmacist will complete annual comprehensive medication reviews on patients and follow up as needed to assist patients to reach their medication therapy goals in collaboration with physicians and advanced practice clinicians.



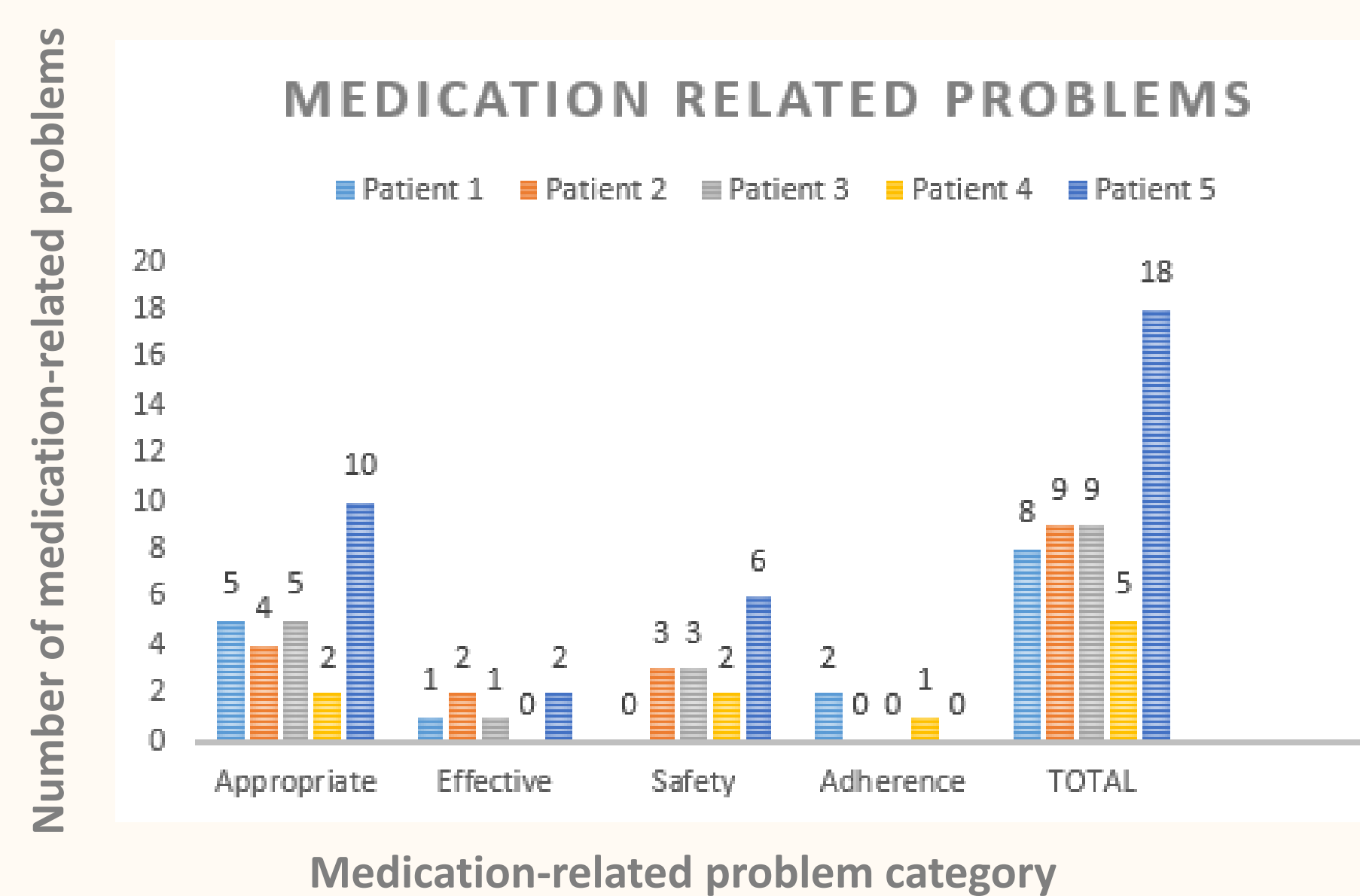
### Objectives

1. Identify medication related problems
2. Decrease number of medications
3. Assess value added for primary care providers and advance practice clinicians
4. Decrease emergency department/hospital visits

### Outcomes

6 Patient Pilot (in progress) – Snapshot Preliminary findings:

- \*54 yo, 14 medications, 18+ conditions, 8 medication-related problems identified
  - 56 yo, 30 medications, 21+ conditions, 9 medication-related problems identified
  - \*56 yo, 32 medications, 20+ conditions, 9 medication-related problems identified
  - 44 yo, 17 medications, 16 conditions, 5 medication-related problems identified
  - \*65 yo, 28 medications, 18 conditions, 18 medication-related problems identified
  - \*55 yo, 25 medications, 14+ conditions, pending
- \*Columbia Pacific CCO patient



### Definitions

**Medications:** prescription medications, over-the-counter medications, herbal products, dietary supplements

**Medication Related Problems:**

- **Appropriateness** – eliminate unnecessary medications; initiate necessary medications not being taken
- **Effectiveness** – identify most effective medication in specific patient; increase dosages to effective levels
- **Safety** – eliminate toxicities by decreasing dose or identifying drug-drug interactions; identify adverse reactions
- **Adherence** – increase patient’s willingness/ability to adhere to medication regimen

### Lessons learned.

- Comprehensive medication interviews elicit medication-related problems patients don’t readily identify themselves.
- Talk to all stakeholders (CCO, clinic, and pharmacy teams) earlier in the process.
- Communicate pharmacist participation on medical team intended to augment services.

### References

- 1 American Pharmacists Association, National Association of Chain Drug Stores Foundation. Medication therapy management in community pharmacy practice: core elements of an MTM service (version 2.0). March 2008. Accessed October 9, 2015 at: [http://www.pharmacist.com/sites/default/files/files/core\\_elements\\_of\\_an\\_mtm\\_practice.pdf](http://www.pharmacist.com/sites/default/files/files/core_elements_of_an_mtm_practice.pdf).
- 2 The Patient-Centered Primary Care Collaborative (PCPCC). The Patient-Centered Medical Home: Integrating Comprehensive Medication Management to Optimize Patient Outcomes. 2012. Accessed October 9, 2015 at: <http://www.pcpcc.org/sites/default/files/media/medmanagement.pdf>

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