The Role of Pharmacists in Chronic Disease Prevention and Health Promotion

Scot Schmidt, PharmD & Amy Schmidt, MSW
Wyoming is literally the great Frontier!
Rural residents are at higher risk of chronic diseases and premature death from all five leading causes of death.

- Heart Disease
- Cancer
- Unintentional Injury
- Chronic Lower Respiratory Disease
- Stroke

Compared to urban areas, rural areas have:

- Higher rates of unhealthy behaviors.
- Less access to healthcare.
- Less access to healthy foods.
Why utilize pharmacists in the community setting?

- 3.5 Primary Care Visits/Year
- 35 Pharmacy Visits/Year
CPESN® Pharmacies are Focused on More than Just Filling Prescriptions

Provide medication optimization activities and enhanced services for patients

Collaborate with the extended care team to improve patient health

Focus on interventions that change patient behavior lead to better health
Medication Reconciliation: Comparing a patient’s medication orders to all of the medications the patient has been taking to avoid medication errors during care transitions

Clinical Medication Synchronization: Timing a patient’s routine refills with a pharmacist’s clinical disease state management and monitoring progress toward desired therapeutic goals

Adherence Packaging: Assisting the patient with a system to help organize medications, take them at the correct time of day and improve patient compliance

Immunizations: Screening patients for recommended immunizations, educating patients about needed immunizations, and providing immunizations or referring to other health care providers

Complete Medication Reviews with Chronic Care Management: Providing ongoing evaluation of a patient’s chronic disease states, collaborating with other health care providers to ensure safe and effective medication use

Face to Face Access: Providing each patient receiving a dispensed medication from the participating pharmacy ready access to unscheduled face-to-face meeting(s) with a pharmacist employed by the participating CPESN pharmacy during operational hours
Medication Monitoring

- follow-up after prescription for medication effectiveness and safety, drug-related problems
  - Pharmacy Software
    - Auto Refills
    - Drug-Drug Interactions
    - Compliance Matrix
  - Continuum of Care
    - Hospitalist verses Primary Care Physician Patient Care Relationships
Medication Therapy Review/Medication Reconciliation

- Medication Therapy Review: includes medication reconciliation
  - Medication Reconciliation: Comparing a patient’s medication orders to all of the medications the patient has been taking to avoid medication errors during care transitions
  - Similar barriers as in Medication Monitoring
  - Requires workflow implementation, buy-in of pharmacy staff, buy-in of patient and TIME
Patient Medication Education/
Medication Reconciliation
Immunizations

- Screening patients for recommended immunizations, educating patients about needed immunizations, and providing immunizations or referring to other health care providers
  - Increases accessibility to everyone ages 7+
    - Targeting patients that may not have a primary care physician or out of the country travelers
  - Provides increased education on immunizations and misconceptions
  - Increases reporting to state registry
  - No appointment necessary
  - No cost for an office visit
Disease Self-Care and Support/Adherence Packaging/Medication Synchronization

- **Disease Self-Care and Support:** Facilitates access to other health care professionals, education about disease, lifestyle changes, etc.

- **Adherence Packaging:** Assisting the patient with a system to help organize medications, take them at the correct time of day and improve patient compliance.

- **Clinical Medication Synchronization:** Timing a patient’s routine refills with a pharmacist’s clinical disease state management and monitoring progress toward desired therapeutic goals.
Types of Adherence Packaging used at North Star Pharmacy and Infusion
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What Does the Medical Neighborhood Look Like?
The E-Care Plan

- A standard that allows for pharmacy technology providers to have a common method of exchanging information related to care delivery, including patient goals, health concerns, active medication list, drug therapy problems, laboratory results, vitals, payer information and billing for services.
eCare Plan 101

- The Pharmacist eCare Plan is a data repository and transmission standard
- It contains the latest clinical data for a given patient (Active med list, drug therapy problems, lab results, vitals, health concerns, patient goals, and more)
- It is not a platform
- It is not a clinical documentation system
- It is impartial to vendor (Can work with any system that has adopted it)
- It is an “open” standard (Any system can adopt it; Specifications are published)
- It is not a CPESN construct. It is an industry standard.
Results from pharmacists active involvement using enhanced patient care
CPESN® Pharmacies are Not Just Delivering Medication, but Results

- **Diabetes**
  - HgA1C: \( \downarrow 0.5\% \)
  - Reduction in HgA1C

- **Smoking Cessation**
  - $2,500/YR
  - In saved Medical Costs each time a member in PA quits smoking

- **High Blood Pressure**
  - Average Systolic and Diastolic Reduction: \( \downarrow 3.7\text{mmHg}, \downarrow 2.1\text{mmHg} \)

- **Medication Adherence**
  - 5-20% Higher Adherence Rates

- **Hospital Discharge**
  - 6.6M 46% reduction
  - Annualized Costs of Avoided Admission and Lower Hospitalization Rate

- **Overall Savings**
  - 10% reduction
  - $2,443 Per Patient, Per Year
Dreaming BIG…what could pharmacists do?

- Point of Care Testing
  - Flu and Strep Testing
- Opioid Antagonist
- Prescription of Oral Contraceptives
- Epinephrine Auto Injectors and Administer
- Administer Injectable Anti-Psychotics
- Continue Existing Therapies to Keep Adherence
- Access to EHR (WYFI)
- Lifestyle Coaching
  - Smoking Cessation, Weight Management, Hemoglobin A1Cs
- OVERALL INCREASES PRESENCE IN HEALTHCARE TEAM