

ABSTRACT

Introduction: Medication Therapy Management (MTM) is a comprehensive, patient-centered approach designed to optimize therapeutic outcomes. By conducting Comprehensive Medication Reviews (CMRs), pharmacists can engage directly with patients, answer their questions, and ensure their medications are being used safely and effectively.

Methods: In this study, forty comprehensive medication reviews were conducted, and a patient satisfaction survey was administered after completion of the comprehensive medication review and obtaining patient consent. Questions in the survey included whether the patient was committed to making changes discussed during the CMR, if the CMR was beneficial to the patient and their overall health and well-being, if the patient is committed to being adherent to their medications, and if the patient is committed to monitoring their blood pressure and blood glucose daily.

Results: Over five weeks, 40 comprehensive medication reviews were completed, with 100% of patients expressing commitment to discussed changes. 80% of patients felt CMRs were beneficial to their health, and 90% reported increased medication adherence. Additionally, 38% committed to monitoring their blood pressure, while 43% agreed to check their blood glucose as directed. Although, some patients were not applicable to blood pressure or blood glucose monitoring due to not having those pre-existing conditions.

Conclusion: Based on the findings of this study, patients are acceptive of making changes to their medication regimens with the support of pharmacists via comprehensive medication reviews. This study reinforces the importance and the value of pharmacist-led MTM services.