

Using Medication Therapy Management (MTM) to Improve Patient Adherence and Outcomes

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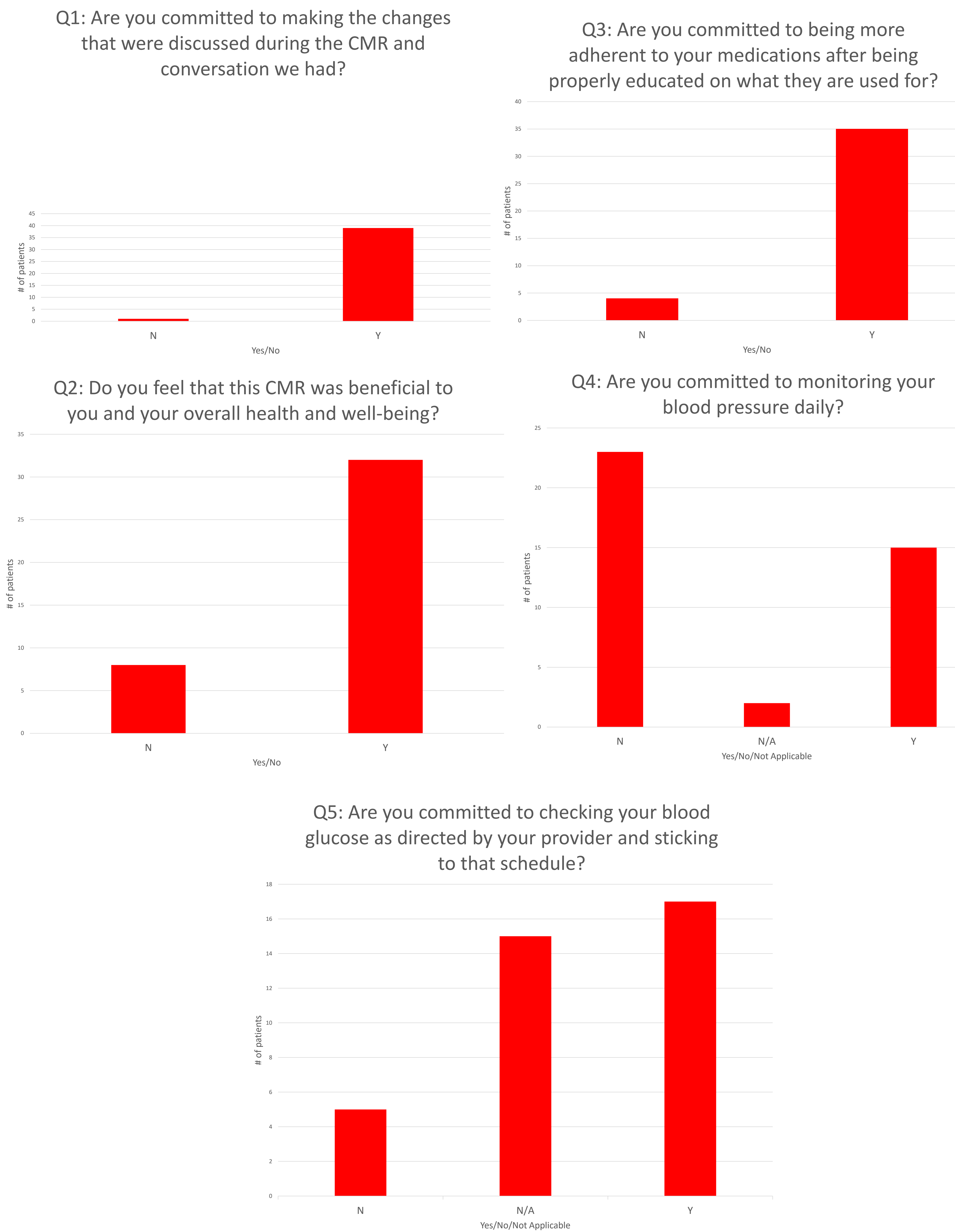
BACKGROUND

- Medication Therapy Management (MTM) is a patient-centered approach that optimizes therapeutic outcomes
- Pharmacists have a crucial role in MTM services by conducting CMRs (Comprehensive Medication Reviews)
- CMRs help increase adherence, prevent adverse events, and improve health outcomes
- Assessing patient satisfaction after the completion of a CMR has not been previously studied.

METHODS

- 40 Comprehensive Medication Reviews (CMR) completed
- Patients were identified in OutcomesMTM portal, accessed at a Walgreens pharmacy in Ottawa, Illinois
- Demographics were not collected, due to being deemed unnecessary for the analysis
- 5 question verbal satisfaction survey provided after the CMR with patient consent
- Patients answered yes/no questions on commitment to make changes discussed in CMR, if the CMR was beneficial to their overall health, commitment to adherence, commitment to monitoring blood pressure and blood glucose daily.

RESULTS



LIMITATIONS

- Small sample size (40 participants)
- No demographic data, besides age, collected
- Follow-up was not conducted after the initial interview
- “Question #5: Are you committed to checking your blood glucose as directed by your provider and following that schedule, if applicable?” did not apply to the entire group of participants.

CONCLUSION

- This project highlights the importance of pharmacist-led MRM services.
- MTM services positively enhance patient care and health outcomes.
- The findings of the interview represent that patients are acceptive of making changes to medication adherence, blood pressure, blood glucose monitoring, and staying up to date on vaccines.
- Further research should be conducted in the future to include larger, more diverse populations and follow-up measures to explore the long-term effects of MTM services on patient outcomes and adherence.