

Medication Therapy Management (MTM)

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What is MTM?

- A comprehensive review of a patient's medications to assess for
 - Appropriateness
 - Efficacy
 - Safety
 - Convenience



Med Rec vs. MTM

- Medication Reconciliation involves creating a list of medications the patient is taking
- MTM involves medication reconciliation, but takes it a step further to assess the medications for appropriateness, efficacy, safety and convenience
- During MTM, the pharmacist works with other health care professionals to adjust medication problems that are found during the assessment

Why is MTM important?

- Medications are involved in 80% of all treatments of diseases
- Drug-related morbidity and mortality costs exceed \$200 billion annually in the U.S.
 - Medicare beneficiaries with multiple chronic illnesses see an average of 13 different physicians and have 50 different prescriptions filled per year
- Adherence to therapy for chronic diseases in developed countries averages 50 percent
 - major consequences of poor adherence are poor health outcomes and increased health care costs

Who benefits from MTM?

- Those who have not reached or are not maintaining the intended therapy goal
- Those who are experiencing adverse effects from their medications
- Those who have difficulty understanding and following their medication regimen
- Those in need of preventive therapy
- Those who are frequently readmitted to the hospital
- Those who take several medications and/or have multiple health conditions

Benefits of MTM on hospital readmissions

- One study looked at hospital readmission among 895 elderly home health patients.
 - The patients received a minimum of 2 MTM phone calls within 30-days of hospital discharge
 - Patients at low-risk of readmission had a 6-fold risk reduction within 30-days and a 3-fold risk reduction within 60-days
- Another study assessed hospital readmission rates in 90 primarily elderly patients discharged to home
 - Patient received MTM at 72-hr, 2 weeks and 30-days after discharge
 - Patients participating in MTM had a readmission rate of 7% compared to 20% in patients that did not meet with the pharmacist

Who does MTM and how do patients get an appointment

- Many community pharmacies provide this service
- Most health systems have pharmacists that provide this service
- Ideal timing of visit
- Medicare Part D payers are required to cover MTM services for eligible patients

Referring to MTM

Health System	MTM Scheduling Line
Patient's Preferred Pharmacy	Call to Schedule - Number in Patient Record or check online
Allina System	Internal Referral Only
CentraCare	River Campus IM 320-252-5131 Northway Clinic FM 320-240-3157
Essentia Health	218-576-0130
Fairview	612-672-7005 1-866-332-3708
First Light	320-225-6030
Health East	651-326-5650
HealthPartners	952-967-7969
Hennepin County Med Center	612-873-2195
Mayo Health System	1-800-266-5311
North Memorial	763-581-2153
Olmsted Medical Center	507-535-1974
Park Nicollet	952-993-9488
Ridgeview Medical Center	952-361-2450

References

- *Patient-Centered Primary Care Collaborative. Integrating Comprehensive Medication Management to Optimize Patient Outcomes: Resource Guide. Second Edition.* June 2012
- Zillich AJ, et al. A randomized, controlled pragmatic trial of telephonic medication therapy management to reduce hospitalization in home health patients. *Health Serv Res* 2014; 49: 1537-54. DOI: 10.1111/1475-6773.12176
- Luder HR, Frede SM, Kirby JA, Epplen K, Cavanaugh T, Martin-Boone JE, Conrad WF, Kuhlmann D, Heaton PC. TransitionRx: impact of community pharmacy post-discharge medication therapy management on hospital readmission rate. *J Amer Pharm Assoc* 2015;55:246-54. DOI: 10.1331/JAPhA.2015.14060.
