

MTM The Future Today

Pharmacist Role in Managing Diabetes and Hypertension

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Medication Therapy Management

- Comprehensive Medication Review
- Targeted Medication Review

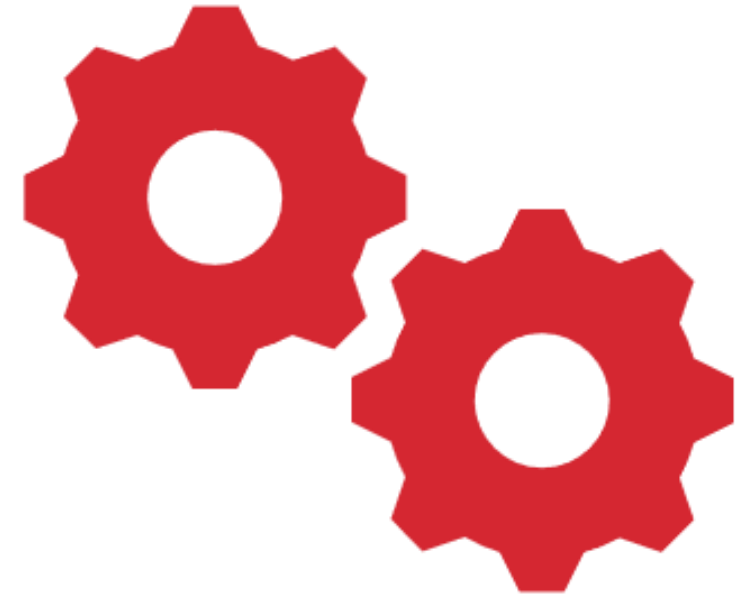


Measuring the Impact..



MTM Study #1

- 35 Pharmacies
- Arkansas, Oklahoma, Missouri
- Implemented MTM The Future Today program
November 2015



MTM Study #1



| | 2015 | 2016 | 2017 |
|-----------------|------|------|------|
| Diabetes PDC | 72.3 | 79.6 | 88.6 |
| RASA PDC | 75.2 | 81.2 | 89.7 |
| Cholesterol PDC | 74.7 | 79.6 | 88.6 |



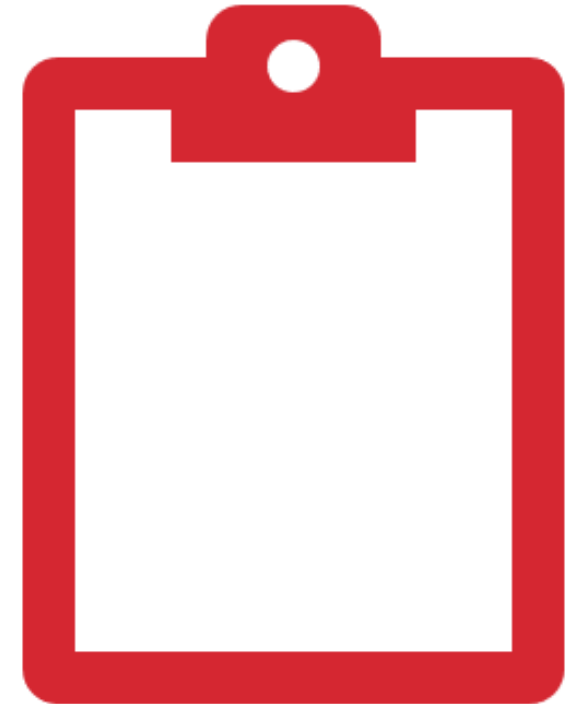
MTM Study #1

- Significant impact on adherence
- Adherence impact
 - Fewer medications
 - Fewer ED visits
 - Fewer inpatient hospitalizations



MTM Study #2

- MTM The Future Today Protocol
- Provided patients with testing supplies
- Patients self-monitored blood pressure and blood sugar daily
- Logged readings on charts provided by the pharmacy
- Pharmacists evaluated logs monthly
- Patient surveys conducted pre- and post-study



MTM Study #2

- Targeted Patients
 - Hypertension
 - Diabetes
 - PDC <80%



MTM Study #2

- Patient Survey Results
 - Increased knowledge of blood pressure goals on post-study surveys
 - Increased overall understanding of hypertension
 - Increased comfort with self-management of hypertension and diabetes



MTM Study #2

- Hypertension Patient Data
 - 2845 total blood pressure readings over 6 months
 - 95% of patients with PDC >80%
 - Increased blood pressure control



MTM Study #2

- Diabetes Patient Data
 - 519 blood glucose readings
 - 75% of patients with PDC >80%
 - Increased blood sugar control



MTM Study #2: Patient Cases

- Patient 301 is a 56-year-old female with both diabetes and hypertension
- Patient did not perform routine blood pressure or blood glucose monitoring prior to the program
- On follow-up, it was determined the patient was having symptoms of hypotension
- This led to referral for further evaluation and the patient's atenolol was then discontinued
- The patient continued to monitor her blood pressure and had an average blood pressure of 109/69mmHg for the last month of the program.



MTM Study #2: Patient Cases

- Patient 302 is a 71-year-old female patient with both diabetes and hypertension
- Patient was on Lantus and metformin for diabetes
- Patient was not performing routine blood glucose monitoring prior to this program.
- Follow-up with the patient revealed fasting blood glucose readings in the low 60s and 70s
- Patient was taking a beta-blocker for hypertension which was possibly masking the sign of hypoglycemia
- Patient was referred for adjustment of her Lantus dose and recommended to continue monitoring.



MTM Study #2: Patient Cases

- Patient 303 is a 70-year-old female patient with hypertension.
- After self-monitoring the first month, the patient noticed her initial blood pressure readings were uncontrolled.
- The pharmacist evaluated her logs and contacted her prescriber to adjust her dose.
- Her dose was adjusted, and she is currently at goal.



MTM Study #2: Patient Cases

- Patient 105 is a 66-year-old female patient with hypertension.
- Patient's blood pressure had been running >230/150mmHg prior to starting the program.
- Since the start of the program, the patient reports increased control and a better quality of life.



MTM Study #2: Patient Cases

- Patient 109 is a 61-year-old male patient with hypertension.
- The patient stated he routinely missed evening doses of his blood pressure medication “half the time” prior to starting the program.
- Since starting the self-monitoring program, he stated he now remembers to take his evening blood pressure medication every day and had a PDC of 100 during the program period.
- The pharmacist also counselled the patient on dietary guidelines, and the patient has now been monitoring his sodium intake.



MTM Study #2: Patient Cases

- Patient 102 is a 38-year-old male patient with diabetes.
- The patient stated that prior to starting this program a “bad day” on his blood glucose readings would be >500mg/dL.
- Since starting this program, his worst readings are in the low 200s and his average fasting was 140mg/dL the last month of the program.
- He recently had his A1C checked and it was 6.8.



MTM Study #2: Patient Cases

- Patient 112 is a 69-year-old female patient with hypertension.
- The patient was unaware how poorly controlled her blood pressure had been prior to beginning the self-monitoring program.
- She noticed trends in her blood pressure after eating out and began monitoring and attempting to decrease her sodium intake.



Continued Impact

- Train more pharmacies each year
- Work in underserved areas to ensure pharmacies are providing MTM services
- Specialized pharmacist training that targets patient self-management of hypertension and diabetes
- Specialized adherence programs to engage patients in care and improve outcomes



Questions?

