

Workforce: Clinical Pharmacist Practitioners

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Older Adults with Mental Health Conditions

- Approximately two out of three people age 65 and older have multiple chronic conditions
 - May require multiple medication regimens, risk of polypharmacy
- In primary care, older adults are:
 - More likely to receive inappropriate pharmacological treatment
 - Less likely to receive psychotherapy
- Increased risk of experiencing drug interactions, adverse events due to changes in how the body processes and eliminates medications with aging
 - prescription, over-the-counter, herbal medications
- By 2030, there will be 15 million people > 65 years of age with a psychiatric disorder
- Shortfalls in provision of psychiatric care in usual-care settings
 - 50% of older adults with mental health disorders have unmet needs

Boersma P et al. *Prev Chronic Dis*. 2020;17:200130.

Bartels et al. *Psychiatric Services*. 2002; 53:1419-31.

Dahal R et al. Strategies To Reduce Polypharmacy in the Elderly. StatPearls.



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Clinical Pharmacist Practitioner (CPP) is an Interprofessional Care Team Provider

Demonstrated positive impact on:

- Mental Health (MH) and Substances Use Disorders (SUD) Care Access
- Patient Engagement
- Treatment Retention
- Telehealth Care Delivery

Key role across practice settings in:

- Screening, Brief Intervention
- Treatment or Referral
- Risk Mitigation
- Population Health

Comprehensive Medication Management (CMM) Approach

- Patient-centered approach to medication optimization delivered by a CPP working with the patient, physicians and other members of the health care team
- Ensures medications are assessed for appropriateness, effectiveness, and safety given the patient's clinical status, comorbidities, concurrent medications, and patient's ability to adhere to medication regimen
- **Quintuple Aim:** better care, reduced health care costs, improved patient experience, provider well-being, achieve health equity
- **Part of the solution for the unmet need in older adults**

McFarland MS, et al. Amer J Medicine. 2021;134(4):456-461.
Nundy, et al. JAMA 2022;327(6):521-522.



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The Patient Care Process of CMM

1. Collect and Analyze

2. Assess the Information and Formulate a Medication Therapy Problem List

3. Develop the Care Plan

4. Implement the Care Plan

5. Follow up and Monitor

- The patient care process includes an **individualized care plan** that achieves the intended **goals of therapy** with appropriate **follow-up** to determine actual patient outcomes
 - Occurs over the health care journey of the patient
 - Prioritized health care needs of the patient is key
 - Deployed using variety of modalities of care (virtual, in-person)
 - Patient-centric, whole-health approach
- As part of CMM the CPP provides care and coordinates care when needed
 - Provide care within scope of practice/collaborative practice agreement
 - Refer/Connect to care as needed for prioritized problem list
- Considerations for older adults with mental health
 - Dose adjustments based on kidney or liver function changes
 - Multiple medications (e.g., polypharmacy), risk of adverse events
 - Drug-drug or drug-disease interactions

MH Clinical Pharmacist Practitioner Impact - Team Based Care

MENTAL HEALTH CARE, IMPROVED OUTCOMES

- CMM across the full spectrum of MH and SUD
 - **FY22: 844,726 interventions**
 - Performance metric impact
 - Screening, Brief Intervention and Referral for Treatment (SBIRT)
 - Complete suicide risk assessment and safety planning
 - Address other care needs (e.g., Pain Care, other primary care chronic diseases)
 - Alcohol use and opioid use disorder treatment/withdrawal management or referral
 - Harm reduction and risk mitigation
 - Population health
 - Care coordination
 - Referrals for diagnosis, psychotherapy, admissions, etc.



IMPROVED ACCESS TO CARE

- FY22
 - **522 MH Pharmacist Practitioner**
 - **>196,000 patient care encounters per quarter**
- Expanded access to MH services
- Enhance continuity of care
- Same Day Access
- Post-discharge visits

INTERPROFESSIONAL TEAMS

- Leverage each team member's unique talents
- Improve team efficiency and satisfaction
- Improve transitions of care
- Improve care coordination
- Population management
- Improve Veteran experience

Pharmacy Benefits Management (PBM), Clinical Pharmacy Practice Office (CPPO) Website. Available at https://www.pbm.va.gov/PBM/CPPO/Clinical_Pharmacy_Practice_Office_Home.asp. Accessed January 20, 2023

Clinical Pharmacist Practitioner Role in Mental health. PBM CPPO. Available at https://www.pbm.va.gov/PBM/CPPO/Documents/ExternalFactSheet_CPPOroleinMentalHealth_508.pdf. Accessed January 20, 2023

Evidence Bibliography: Clinical Pharmacy Practice in Mental Health. PBM CPPO. Available at https://www.pbm.va.gov/PBM/CPPO/Documents/EvidenceBibliography_ClinicalPharmacyPracticeinMentalHealth_508.pdf. Accessed January 20, 2023.



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Integration of a Clinical Pharmacist Practitioner into the Team

- CPPs deliver the Quintuple Aim: better care, reduced health care costs, improved patient experience, provider well-being, and health equity
- The CPP is the team force multiplier with expertise in medication management for older adults: access, quality, SUD treatment, fostering recovery + practice area multi-modal care management
- Perfectly positioned, accessible, highly trusted medication experts: care coordination, transitions of care, active risk mitigation

