



## Medication Therapy Management (MTM) Services for Individuals Program Expansion Coming Fall 2016

### OVERVIEW

#### MTM services will help clients and caregivers:

- Navigate the complex pharmacy system with the help of a Pharmacy Coach to answer common medication or pharmacy related questions
- Optimize the use of client's medications to achieve safe, effective and most cost-effective results; including a Personal Medication Record and Medication Action Plan

#### MTM services are useful for clients who have:

- High prescription drug costs
- New or multiple diagnoses or conditions
- Been recently discharged from a hospital
- Changed their medications within the past 2-3 months
- More than one doctor who prescribes their medications
- More than one pharmacy that fills their prescriptions
- Medications that require laboratory monitoring



### SERVICES

#### 1. Pharmacy Coaching Session

Cost Per Session: \$70 (typically 30 minutes, if more time needed will be billed at same rate after client agreement)

#### Common medication-related questions as requested by client or caregiver. For example:

- Education regarding current drug treatment options (prescription & over-the-counter) for medical conditions
- Medicare Part D open enrollment planning and pharmacy benefit optimization for cost-effective drug coverage
- Medication storage/disposal, administration, and adherence guidance
- Health promotion medication consultations (e.g. smoking cessation, immunizations, cholesterol-lowering drugs)
- Research to identify investigational drugs and studies (clinical trials)

The **Pharmacy Coaching Session** is not a complete review of a client's full medication regimen (prescription, over-the-counter, and supplements). See **Personalized Medication Therapy Management (MTM) Consultation Session** below.

#### 2. Personalized Medication Therapy Management (MTM) Consultation Session

Cost Per Session \$270 (typically about an hour); \$70 for Pharmacy Coaching Session can be applied.

#### Personalized and complete review of medication and medical history:

- Identify all current drug therapies (prescription, OTC, supplements)
- Pharmacist evaluates for:
  - *Safety* – adverse drug reactions, interactions (drug and food), and duplications
  - *Effectiveness* – dosing, more effective agents, adherence, over-/under-utilization, and administration challenges
  - *Cost* – client cost challenges
- Provide client with Personal Medication Record and Medication Action Plan after visit
- Follow-up with prescribers and pharmacies as needed for emergent problems after visit with client

#### MTM session provided via phone or televideo visit with UC San Diego pharmacist:

- Secure, HIPAA-compliant system used for scheduling, conducting MTM session, and client follow-up as well as communication, documentation, and follow-up with prescriber as needed.
- Sessions can include clients and caregivers.
- Sessions may involve student pharmacists in some aspects of providing MTM services under the direct supervision of a licensed pharmacist.

The **Personalized Medication Therapy Management (MTM) Consultation Session** is a complete, HIPAA-compliant review of a client's full medication regimen (prescription, over-the-counter, and supplements).



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### PHARMACIST PROFILES

Services are provided by clinical faculty from the UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS). In addition to providing MTM services, our clinical faculty have a wide variety of practice sites and experience in the clinic and community.

**Sarah McBane, Pharm.D., CDE, BCPS, FCCP**

Health Sciences Associate Clinical Professor

Read more about Dr. McBane at <https://pharmacy.ucsd.edu/faculty/bios/mcbane.shtml>



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