



Exploring the Role of a Clinical Pharmacist in an Outpatient HIV Practice



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Objectives

- Describe the value of a clinical pharmacist in a HIV ambulatory setting as demonstrated at Spectrum Medical Group
- Explain the ways a clinical pharmacist can enhance patient care and improve outcomes
- Establish the importance of a pharmacist in the collaborative management of the HIV patient

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Background

- The role of a clinical pharmacist in a HIV practice is not only novel and uncommon, and but also constantly evolving.
- With the increasing complexity of HAART regimens and the management of HIV positive patient with comorbidities, the role of the pharmacist is critical in health care paradigm.
- Limited data is available to specifically address the role of the pharmacist and HIV
 - Saberi et al. The impact of HIV clinical pharmacists on HIV treatment outcomes: a systematic review. April 2012¹
 - Kibicho et al. in AIDS Patient Care, Jan 2012²
 - Ma et al. in AIDS Care, October 2010³

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Roles of a Pharmacist

Role of a Traditional Retail Pharmacist

- Order transcription and product verification
- Pill identification, dosage check and drug interaction management
- Limited access to medical chart and patient history

Role of a Clinical Pharmacist

- Proactive detection and management of medication related problems
- Therapeutic recommendations and collaboration
- Enhanced access to patient medical records
- Comprehensive patient care and optimization of therapy

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Advantages of a Clinical Pharmacist

Directly Involved in Patient Care

- Monitor patient response, adherence, and outcomes
- Not limited to a single practice setting

Drug Therapy Expert

- Focus on pharmacologic and non-pharmacologic interventions
- Highly trained specialists in complex disease states

Evidence Based Value Added Services

- Statistical impact on adherence and outcomes^{1, 2, 3}
- Reimbursable services designed to optimize therapy regimens

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Pharmacists and the IHI Triple Aim⁴

Increasing Patient Outcomes

- Assumes accountability for achieving therapeutic goals
- Innovative health and wellness solutions

Improving Patient Satisfaction

- Communicates frequently with patients and care givers
- Empowers patients to take responsibility in their own care
- Develops sustained relationships

Decreasing Costs

- Evaluates cost and alternative assistance options
- Value added services and cost benefit evaluations

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Purpose

The purpose of this pilot is to explore the role of a clinical pharmacist in an outpatient HIV practice.

- Pharmacists detect and manage both potential and actual medication-related problems through the medication reviews and patient consultations.
- Pharmacists also make therapeutic recommendations by working collaboratively with other staff including physicians, nurses, case managers, and social workers.
- Pharmacists serve as a drug information resource for HIV/AIDS pharmacotherapies, including antiretroviral therapy dosages, drug interactions, and genotypic resistance assay interpretation.

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Methods

- Walgreens Pharmacy provided a non-dispensing clinical pharmacist to Spectrum Medical Group, one day per week for four years.
- The pharmacist was extensively trained in HIV and had full interactive access to patient medical records and worked under the supervision of the Medical Director, Dr Thanes Vanig.
- Patient education targeted patients with a recent HIV diagnosis, new start ARV treatment, new switch in ARV treatment and those with persistent problems with adherence.
- Patients were contacted at 2 weeks post medication initiation or change and were followed at regular intervals thereafter.
- Significant support and follow-up was also documented with regard to patient barriers of any kind.

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Responsibilities of the Clinical Pharmacist at Spectrum

- Primary Responsibilities
 - Patient HIV/AIDS education
 - Adherence counseling
 - Side effect management
 - Medication therapy management
 - Mitigation of patient barriers to treatment and staying in care.
 - Drug cost management and optimization
- Secondary Responsibilities
 - Management of comorbidities
 - Community involvement

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Exploring the Many Roles of a Clinical Pharmacist

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Results

- Outcomes were loosely measured by the number of patient encounters per day and retrospective data tracking patient adherence and continuation in care.
- 768 clinic hours were evaluated
- Over 1200 HIV positive patient lives have been improved by interaction with the clinical pharmacist through over 2350 individual interventions.
- Over 75% of patients at Spectrum Medical have had at least one interaction with the clinical pharmacist

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Conclusions

- Anecdotal results show that by enhancing patient care and increasing adherence with pharmacist education and intervention, patients are able to maintain a healthy prognosis while living with HIV.
- The clinical pharmacist is a critical part of the health care team in achieving the IHI Triple Aim
- Limitations included lack of statistical analysis, control group, and patient channeling bias
- Ongoing evaluation of the current program will enable us to identify areas for future growth and expansion.

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References

1. Saberi P et al. Patients Prefer Adherence: The impact of HIV clinical pharmacists on HIV treatment outcomes: a systematic review. 2012;6:297-322. Epub 2012 Apr 5.
2. Kibicho J. A patient-centered pharmacy services model of HIV patient care in community pharmacy settings: a theoretical and empirical framework. AIDS Patient Care STDS. 2012 Jan;26(1):20-8. Epub 2011 Dec 8
3. Ma A et al. Improving adherence and clinical outcomes through an HIV pharmacist's interventions. AIDS Care. 2010 Oct;22(10):1189-94.
4. Institutes for Healthcare Improvement. www.ihp.org.

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Additional Resources

Walgreens  **AIDS**

<http://www.greaterthan.org/walgreens>



<http://spectrummedgroup.com>



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