

Core elements of Medication Therapy Management (MTM) and medication reconciliation

Priyam Mithawala
Ohio State University, USA

MTM is a unique service that optimizes therapeutic outcomes for individual patient. MTM services involve the review and evaluation of patient's complete medication therapy regimen rather than focusing on an isolated medical product. Several studies have shown that patients receiving face-to-face MTM services provided by pharmacists in collaboration with health care professionals experienced improved clinical outcomes and lower total health expenditures. Medication reconciliation is a crucial part of MTM services and can help solve medication related problems within health care system. Patient centered integrated care can make healthcare safe, effective and timely. MTM services should be considered for any patient with actual or potential medication related problems regardless of the number of medications used, specific disease states or the health plan coverage. MTM services are currently recognized in public sectors (Medicaid programs and Medicare part D plans) as well as private sectors. Key role of pharmacists in MTM services is to provide patient with a comprehensive assessment and follow up plan to identify and resolve medication related problems. Commonly patients may be referred to a pharmacist by their health plan or other healthcare professional when patient is experiencing a transition of care or patient is suspected to be at higher risk of medication related problems. Systematic approach is necessary to establish pharmacist led MTM program that can focus on reconciling patient's medication to ensure appropriate medication management. As new opportunities arise, all pharmacists regardless of practice settings must share a common vision for patient centric MTM programs that can improve overall medication therapy outcomes, adherence and ensure smooth transition of care.

Biography

Priyam Mithawala is a MTM certified Pharmacist who has experience in establishing pilot MTM/medication reconciliation programs in various health care setting to improve patient care and therapeutic outcomes. She has received her PharmD from The Ohio State University last year.

mithawala.25@gmail.com