

Medication Therapy Management (MTM)

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Community and Clinical Connections for Prevention and Health Branch



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

**Community & Clinical
CONNECTIONS
for Prevention & Health
Branch** NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

What is MTM?

- Services provided by pharmacists to ensure the best therapeutic outcomes for patients
- Evidence-Based Program based on Asheville Project
 - City of Asheville partnered with Mission Hospital (Mission- St. Joseph) and community pharmacists in 1997
 - City employees with chronic disease
 - Participants experienced improved A1C levels, lower total health care costs, fewer sick days and increase satisfaction with their pharmacists' services
 - Inspirational healthcare model

MTM in North Carolina

- Supported by CDC funding that focuses on prevention and management of Diabetes, Heart Disease, and Stroke
- Promotes the adoption of MTM between pharmacists and physicians for the purpose of managing HTN and high blood cholesterol and for lifestyle modification
- Recruits in high priority areas
 - Targets underserved, historically marginalized populations
 - Community pharmacists serve in high- burden populations and communities

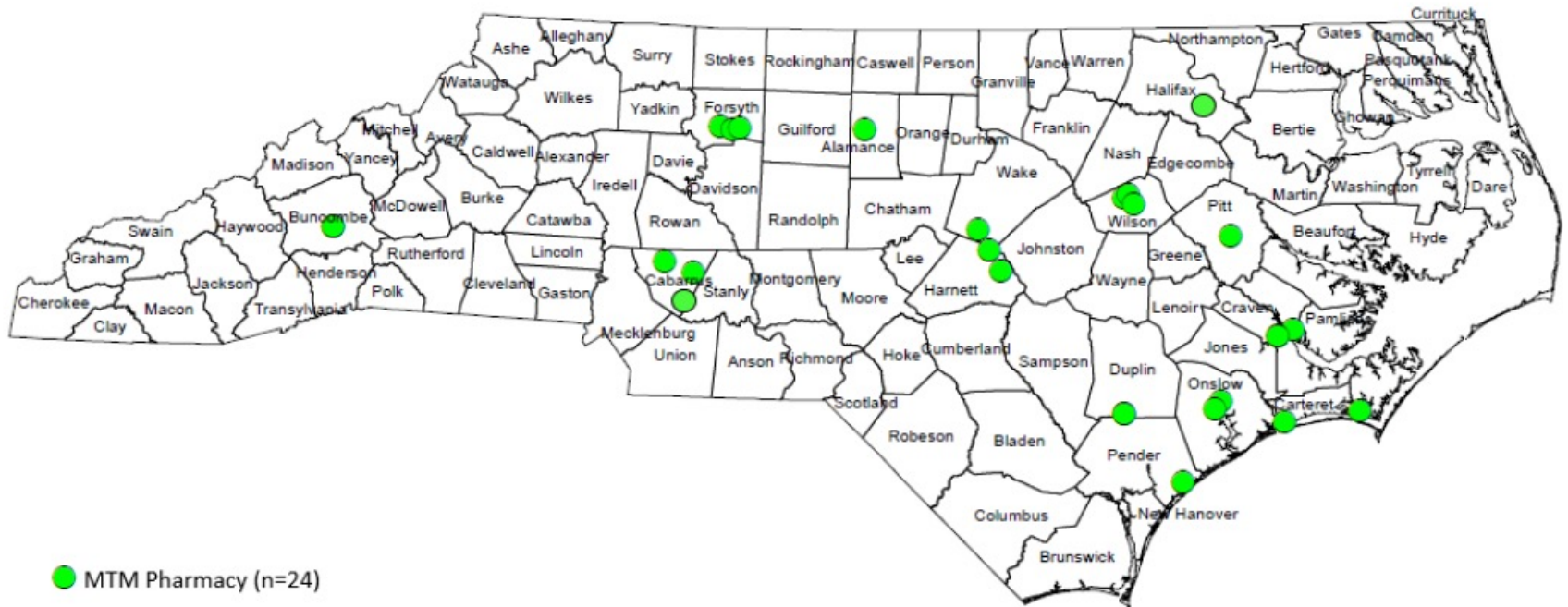
MTM Pharmacist Role

- Establish Collaborative Practice Agreement (CPA) with providers
 - Authorization of refills
 - Therapeutic interchange
 - Hypertension management
- Create new policies and workflow changes
 - Bi-directional referral for medication non-adherence, hypertension and hyperlipidemia
 - Educate patients on CVD and medication therapies
 - Advise patients on health behaviors and lifestyle modifications for better health outcomes
 - Document and follow up

MTM Successes

- 19 community pharmacists serve in high priority areas.
- MTM pharmacists served 3,209 adults with a diagnosis of hypertension. 76% have achieved BP control.
- MTM patients became more engaged in their healthcare.
- Approximately 12% of those served were uninsured and 20% on Medicaid.

Locations of MTM Pharmacies Working With CCCPH November 2022



MTM Promotion Videos



<https://vimeo.com/616961887>



<https://vimeo.com/616969612>

- <https://www.communityclinicalconnections.com/resource/>

Contact information

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