Implementation of a polypharmacy clinic in vulnerable elders (PAVE clinic) within integrated patient aligned care teams (PACT) in Primary Care

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Background: Polypharmacy

Definitions:
- Polypharmacy: use of medications that are incorrectly dosed, duplicative, or not clinically indicated
- Potentially Inappropriate Medications (PIMs): medications with an ↑ risk of adverse effects in elderly patients

Prevalence in the Elderly:
- Elderly patients are vulnerable to unnecessary medication utilization
  - Longer life expectancy, ↑ chronic disease and severity
  - ↑ risk in ambulatory care settings and nursing homes
  - 58.6% in the community took ≥ 1 unnecessary prescription
  - 37.1% of men and 36% of women between 75-85yo took ≥ 5 chronic prescriptions

Risks of Polypharmacy in the Elderly:
- Polypharmacy ↑ risks for drug interactions, medication non-adherence, falls, cognitive and functional impairment, and ↑ mortality
- 4.3 million healthcare visits attributed to an adverse drug event (ADE)
- 35-40% of elderly patients have experienced an ADE

Background: Pharmacist Interventions

- Integrated pharmacy run initiatives may ↑ medication appropriateness, ↓ number of PIMs, ↑ patient satisfaction
- Pharmacist interventions and interdisciplinary approaches → favorable effects on therapeutic appropriateness, adherence, safety, and hospitalizations

Methods

Selection Criteria:

- Inclusion Criteria: ≤75yo
- Exclusion Criteria: ≥10 active prescriptions

PCP at community based outpatient clinic (CBOC)
- Residing in an extended care facility (ECF)
- Home based primary care (HBPC)

Design:

1. Provider survey
2. Patient recruitment
   - Opt-out letter
   - High risk patients identified in provider panels
   - Clinic consult for referrals
3. Pre-clinic phone call
4. Phone, home visit, or in-person clinic appointment to address
   - Barriers to treatment, PIMs, MAI, compliance, drug interactions, and screening for health literacy
5. Provide recommendations, patient satisfaction survey, follow up

Outcomes

- Survey to outpatient providers to understand perceptions and communication preferences
- As of 03/27/2017 n=31

Preliminary Results

- 70% of providers reported that they would recommend the program to other providers
- 61% of providers reported improved medication management
- 68% of providers reported improved communication with patients
- 77% of providers reported improved patient satisfaction
- 23% of providers reported improved medication adherence
- 13% of providers reported improved quality of life

Future Direction

- Continue to recruit patients
- Provide education to providers
- Collaborate with G-HELP home based services to provide at home visits

References/Disclosures

References:


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The purpose of this study is to implement and evaluate the outcomes of an innovative polypharmacy clinic targeting elderly patients within the primary care PACT clinics at the VASLCHCS.