Effect of clinical pharmacy specialist intervention on metabolic markers in patients receiving long-acting antipsychotic injection therapy

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Background

❖Metabolic syndrome is a cluster of symptoms that increases an individual's risk of developing chronic disease states such as type 2 diabetes and atherosclerotic cardiovascular disease[1-2]

❖The risk of metabolic syndrome is increased in patients with severe mental illness (SMI) with a prevalence of up to 68%[3-5]

❖Complications from metabolic syndrome is one of the leading causes of death in patients with SMI[6]

❖Early recognition and management of metabolic symptoms can prevent progression to a state of increased morbidity through the development of type 2 diabetes and cardiovascular disease[9]

❖American Diabetes Association has released guidelines for the regular screening of metabolic parameters in patients receiving atypical antipsychotic therapy, however these are not consistently followed in current practice[7,10]

❖Numerous studies have demonstrated the clinical benefit of pharmacist-physician collaboration in the management of chronic disease states, including metabolic syndrome[8]

Outcomes

Primary: Analyze the effect of clinical pharmacy specialist intervention on metabolic parameters in patients receiving a long-acting antipsychotic injection including:

- ❖ Waist circumference
- ❖ Blood pressure
- ❖ Fasting blood glucose
- ❖ Triglyceride level
- ❖ HDL level

Secondary objectives: frequency of emergency room visits and number of hospitalizations during study period

Methods

❖Study Design: Prospective quality analysis

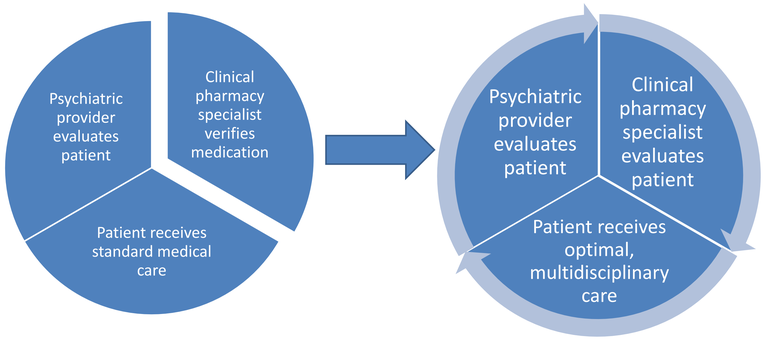
❖Data collection initiated November 29, 2016

❖Patients receiving long acting injectable antipsychotic therapy at the study location were referred to the pharmacist-run long acting therapy (LAT) clinic

❖Baseline labs were ordered for all patients and at specified intervals throughout the study base on ADA guidelines

❖Trends in metabolic parameters were collected and analyzed

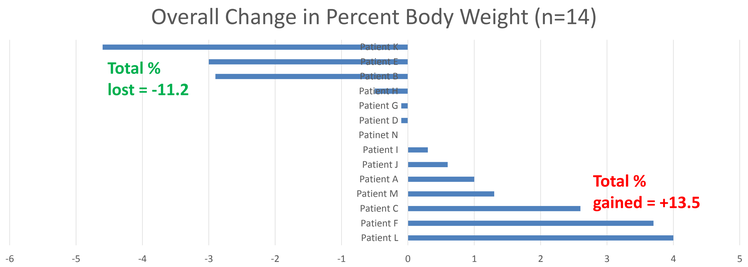
LAT Clinic Framework

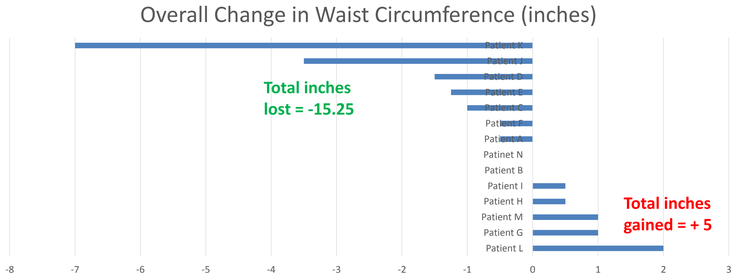


Clinical Pharmacy Specialist's Role

- ❖ Ensure appropriateness of long acting agent and assist in patient access to medication
- ❖ Assess for medication efficacy and adverse effects using validated scales
- ❖ Provide patient education and set goals to maintain healthy lifestyle choices
- ❖ Establish therapeutic alliance with patient to promote adherence to medication regimen
- ❖ Enhance continuity of care through regular communication with patient and medical team, as well as coordination of all LAT appointments

Results





Outcomes

Limited hospitalizations n = 1 patient	Limited ED visits n = 1 patient	Improved quality of patient care

Discussion

❖Total of 14 patients had more than one appointment with clinical pharmacy specialist since beginning of study

❖Favorable effect on waist circumference observed in short period of time

❖The investigators plan to continue collecting data over the next several months to assess long term impact of clinical pharmacy specialist services

❖Interdisciplinary approach to treatment has shown promising results over short amount of time. Longer duration needed to fully evaluate impact of service.

❖Labs ordered for every patient, only 8 patients had baseline labs drawn – limitation. Addition of on-site laboratory to treatment location will likely improve compliance in very near future.

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Disclosure Panel

Authors of this presentation have the following to disclose concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation:

Samantha Themas:	Nothing to disclose
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