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 disease1,2
- The risk of metabolic syndrome is increased in patients with severe mental illness (SMI) with a prevalence of up to 80%1

- Complications from metabolic syndrome is one of the leading causes of death in patients with SMI3
- 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 disease2
- 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 practice1,2
- Numerous studies have demonstrated the clinical benefit of pharmacist-physician collaboration in the management of chronic disease states, including metabolic syndrome4

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 on AHA guidelines
- Trends in metabolic parameters were collected and analyzed

Results

LAT Clinic Framework

- Psychiatric provider evaluates patient
- Clinical pharmacy specialist verifies medication
- Patient receives standard medical care
- Psychiatric provider evaluates patient
- Clinical pharmacy specialist evaluates patient
- Patient receives optimal multidisciplinary care

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

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 labs drawn – limitation. Addition of on-site laboratory to treatment location will likely improve compliance in very near future.

References