Implementing Mental Health Screenings in a University-Affiliated Community Pharmacy: A Description of Process

Sarah R. Piccinno, Pharm.D. Candidate 2019, Marlecia Birkel, Pharm.D. Candidate 2019, Brian Freyden, Pharm.D. Candidate 2019, Brian Oslone, Pharm.D. Candidate 2019, Ashley Garling, Pharm.D. Candidate 2019, Stephen R. Sakkas, Pharm.D., BCPP, Clinical Professor and Director of Psychiatric Pharmacy <Sakkas@uthscsa.edu>

(1) The University of Texas at Austin College of Pharmacy, Austin, Texas (2) UT Health San Antonio, San Antonio, Texas

BACKGROUND

- Mental health is poorly understood by the general public and many healthcare providers.
- Depression affects about 17% (24 million in US) in their lifetime.
- Highly stigmatized and associated with low rates of utilization of care.
- Demand for psychiatrists is estimated to exceed the supply by 6,000 to 15,000 by 2025.
- Pharmacies: Among the most highly respected health care providers, they have the highest frequency of contact with the public.
- The PHQ-2 and PHQ-9 are validated tools commonly utilized to screen individuals for symptoms of depression.
- Community Pharmacies are a valuable resource.
- Opportunity to screen patients while picking up their prescriptions.
- When trained in Mental Health First Aid (MHFA) provide a readily available community resource to increase screening for mental health problems.
- Identify available treatment resources.
- Implement a new service in an existing campus pharmacy to screen for depression and identify treatment resources.
- Identify campus and local resources equipped to manage both low-risk and high-risk cases of depression.
- Demonstrates the importance of a community pharmacy-based depression screening protocol.
- Measures the role of identifying depression and providing resources for patients with MHFA-trained pharmacists.

METHODS

- Four UT pharmacy students received MHFA training through Integrated Care and collaborated with UT Austin’s Forty Acres Pharmacy (FAP) administration to coordinate MHFA training for pharmacists.
- FAP080 was modified to incorporate depression screening.
- FAP080 is an ideal setting to implement mental health screenings since it is in the Student Services Building, with the Counseling and Mental Health Center, Women’s Health Clinic, Urgent Care, and General Medicine Clinic.
- A task force composed of university-affiliated medical and mental health stakeholders, including a board-certified psychiatrist pharmacist, was developed to ensure a unified message to students, staff, and faculty and to enhance replication of services.

DISCUSSION / IMPLEMENTATION

- Depression Screening is Outside Pharmacist’s Scope of Practice
- MHFA-trained Pharmacists Would Undermine Established Healthcare Providers
- Beliefs that Delayed Implementation
- We Need to Determine the Impact of Depressive Depression Screening
- Patients Resulting in Informing of Additional Resources
- MHFA-trained Pharmacists are Guiding to Safety Selectivity for Depression

ACKNOWLEDGEMENT

- Andrew Rubin, Victor Encarnacion, and Nathan D. Pope, Pharm.D., BCPP, PHQ4 for contribution to expulsion of pharmacy service project as part of the UT community pharmacy management course.
- Austin Travis County Integral Care for providing MHFA training.
- FACA Foundation for Implementing The Future Change-choose.
- The pharmacists and staff at Forty Acres Pharmacy.

REFERENCES


DISCLOSURES & QR Code

Authors of this presentation have the following to disclose concerning personal financial or professional relationships with commercial entities that may have direct or indirect interest in the subject matter of this presentation:
- Sarah R. Piccinno, Pharm.D. Candidate 2019 Received a research grant from the College of Psychiatric and Neurologic Pharmacists (CPNP) Foundation.
- Ashley Garling, Pharm.D. Candidate: Employees of The University of Texas at Austin College of Pharmacy.
- Stephen R. Sakkas, Pharm.D., BCPP, Employee of The University of Texas at Austin College of Pharmacy, Appointed to the Texas Health and Human Services Commission, San Antonio South Texas Emergency Services, UT Health San Antonio Long School of Medicine, Consultant for Alkermes, HCP Pearson, and others, speakers bureau for Alkermes and L挡住, employees of several professional organizations, Treasurer for the CPNP Foundation, Business Development Council for CPNP, Expert witness on both defendant and plaintiff sides. No direct stock ownership in pharmaceutical corporations.

FOURTY ACRES PHARMACY

FORTY ACRES PHARMACY

FORTY ACRES PHARMACY