

Clinical Community Pharmacists



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SEATTLE, WASHINGTON**

NABP/AACP DISTRICT IV ANNUAL MEETING

NOVEMBER 8, 2013

History of Project



- FDA consideration of 3rd class of drugs
 - Background
 - Testimony March 2012
 - Results – no opinion!
- How can we move forward locally?
 - Infrastructure: CDTA in Washington
 - Need: Develop list of potential drugs that pharmacists can use to treat minor ailments
 - Infrastructure + Need = Action!

Overarching Goals



- Increase access to health care using pharmacists' clinical skills
- Decrease cost to the health care system
- Create additional revenue sources for pharmacists and WSPA

Patient Care Goals



- Provide education on treating symptoms of minor discomfort
- Improve patient safety by checking for drug interactions
- Improve patient safety by making recommendation to seek immediate medical help if appropriate
- Improve access to care for symptoms of minor discomfort in a timely manner
- Improve overall continuity of patient care by notifying patient's PCP

First Steps



- **Identify unmet needs**
 - Minor ailments
 - Patients in “gray area” of health care system
 - Experience in pharmacy/working with patients
- **Utilize relationship with providers**
 - “Floated” clinical pharmacist idea to several area MDs
 - Listened for MD concerns about pharmacist ability to initiate patient care

Which Disease States?



- **Develop protocol/treatment list**
 - Human & Animal Bites
 - Bee Stings
 - Burns
 - Contraception
 - Eye Allergies
 - Hay Fever
 - Herpes Virus
 - Lacerations & Abrasions
 - Malaria Prophylaxis
 - Migraines
 - Motion Sickness
 - Nausea & Vomiting
 - Shingles
 - Shortness of Breath/Wheezing
 - Sinusitis
 - Swimmer's Ear
 - Traveler's Diarrhea
 - Urinary Tract Infection

Patient Forms



- Patient Intake Forms
 - Subjective and Objective
 - Patient will fill out on arrival
- Patient Outcome Forms
 - Assessment and Plan
 - Communicated to patient's provider

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Patient Info	Name:	Date:
	Address:	Zip Code:
		Phone:
	Date of Birth:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
	Family Doctor:	Doctor Phone:

Concern	What brings you here to see the clinical community pharmacist today?
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History of Present Illness	When did the symptoms start? How long have you been experiencing the symptoms?
	Where are the symptoms located?
	Describe the character of your symptoms (sharpness, severity, etc)
	What makes the symptoms better?
	What causes or makes the symptoms worse?
	Have you ever been prescribed a medication for this symptom? <input type="checkbox"/> Yes <input type="checkbox"/> No

For the Patient



- Develop Patient Handout
 - Disease-state focused
 - Symptoms
 - Causes
 - Self-care
 - Treatments
 - Prevention
 - When to see provider
- Increase patient awareness of pharmacist clinical consultation

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MIGRAINES

WHAT ARE MIGRAINES?

Migraines are significant headaches that cause intense throbbing or pulsing in one area of the head. Migraines can cause pain for hours to days.

WHAT ARE THE SYMPTOMS?

Symptoms of migraines include:

- Aura before migraine – flashes of light, blind spots, tingling in arm or leg
- Pulsating, throbbing pain on one side of head
- Sensitivity to light, sounds, or smells
- Nausea and vomiting
- Blurred vision

WHAT CAUSES MIGRAINES?

The causes of migraines are not well understood. Migraines may be caused by imbalances of brain chemicals, especially serotonin, which regulates pain.

Exposure to certain triggers may result in a migraine. Common migraine triggers include:

- Hormonal changes in women/exposure to oral contraceptives and hormone replacement therapy
- Foods – commonly beer, red wine, aged cheeses, chocolate, aspartame, caffeine, MSG.
- Stress
- Bright lights, sun glare

TREATMENTS

Medications are most effective at onset of headache. Take first dose as soon as migraine is recognized.

Acetaminophen 500mg to 1000mg and NSAIDs may be used at onset of headache.

Triptans (ex **Imitrex**) are prescription medications used to relieve the pain, nausea, and sensitivities that are associated with migraines.

PREVENTION

Prevent migraines by:

- Sitting in the front passenger seat of a car, and refrain from reading
- Travel facing forward
- Focus on the horizon or a distant, stationary object.
- Keep your head still
- Avoid spicy or greasy foods, overeating, alcohol consumption, or tobacco smoke

WHEN TO SEE YOUR PROVIDER

See your provider if:

- The headache does not follow your usual headache pattern
- Headache pain is not relieved after two doses of **sumatriptan**
- You experience the most severe headache you have ever had
- You have headache with fevers, chills, stiff neck, rash, numbness or trouble speaking

Getting the Word Out



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IMMEDIATE NEEDS TREATMENTS AVAILABLE

NEED	TREATMENT
Animal Bites (Human, dog, cat)	Antibiotics
Bee Stings	Prednisone tablets for swelling
Burns (Minor)	Silver sulfadiazine cream
Eye Allergies	Antihistamine eye drops
Hay Fever	Antihistamine nasal spray
Cold Sores/Herpes	Antiviral tablets
Cuts and Scrapes	Antibiotic ointment
Hormonal Contraceptives (Patients w/ previous prescription)	1 to 3 month supply contraceptive
<u>Epi-Pen</u>	Replacement of <u>out-dated</u> units
Malaria Prevention	Antimalarial for travel
Migraines (Patients w/ previous diagnosis)	<u>Sumatriptan</u> tablets
Motion Sickness	<u>Scopolamine</u> patch
Nausea and Vomiting	<u>Ondansetron</u> for 24 hour treatment
Shingles	Antiviral tablets
Shortness of Breath	Albuterol rescue inhaler
Sinusitis	Steroid nasal spray
Swimmer's Ear	Ear drops
Traveler's Diarrhea	Antibiotics for travel
Urinary Tract Infection (Females only)	Antibiotics

SEE BEVERLY FOR MORE INFORMATION

CONSULTATION FEE \$35

Partnerships



- **Mirixa**
 - Tailor-made outcomes database
- **UW and WSU**
 - Development of education modules
 - Incorporation into curricula
- **WSPA**
 - Certificate program
- **Board of Pharmacy**
 - Pathway for similar CDTAs

Mirixa®
The Power of Pharmacy®

The Mirixa logo features the brand name in a blue, sans-serif font with a registered trademark symbol. Below it, the tagline "The Power of Pharmacy" is written in a smaller, italicized, blue font, also with a registered trademark symbol.

WSPA
WASHINGTON STATE **PHARMACY** ASSOCIATION

The WSPA logo consists of the letters "WSPA" in a large, bold, dark blue, sans-serif font. Below this, the full name "WASHINGTON STATE PHARMACY ASSOCIATION" is written in a smaller, dark blue, sans-serif font, with "PHARMACY" in bold.

Funding Sources



- Mirixa In-Kind Donation
- Elmer M. Plein Endowed Research Fund in Pharmacy
- Community Pharmacy Foundation Grant
- Cardinal Health Educational Grant

Revenue Stream



- **Individual Pharmacist**
 - Charge for the services at selected market price
- **WSPA**
 - Charge for certificate training program

Next Steps



- **Pharmacists in WA**
 - Utilize educational opportunities
 - Confer with practitioner of choice for CDTAs
 - Use the CDTA list as a starting point
- **Outcomes Measurement**
 - Publication
 - Share model with others
- **Beverly Schaefer, 1st Clinical Community Pharmacist**
 - Expand program

Mirixa Data Handling



- Data collected governed by Mirixa similar to MTM data
- Data release for calculating the impact of the program has been approved by the Human Subjects Division at the University of Washington.
- All data will be non-identifiable.

MirixaEdge™ Program



- **Data entry workflow**
 - Visit date/time
 - Pt age
 - Pt zip code
- **List of chief complaint and treatments**
 - Treatment options include
 - ✦ None
 - ✦ OTC
 - ✦ Referral to PCP
 - ✦ Referral to Urgent Care
 - ✦ Referral to ER
- **Payment**
 - Out-of-pocket costs
 - Direct medical cost offset
- **Travel and visit time**
- **Patient satisfaction survey**
 - Health condition impact on work, productivity, daily activities
 - Visit experience

Thank You!

