Clinical Community Pharmacists

BEVERLY SCHAEFER, RPh
KATTERMAN’S SAND POINT PHARMACY
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

![Patient Intake Form](image)
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

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.

Trigeminal (or lamisil) is a prescription medication used to relieve the pain, causes, 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 fever, chills, stiff neck, rash, numbness or trouble speaking
# Getting the Word Out

**Clinical Community Pharmacist**

**Katterman’s Pharmacy**  
5400 Sand Point Way NE, Seattle, WA 98105  
(206) 534-2311  
Beverly Schaefer, Clinical Community Pharmacist

## Immediate Needs Treatments Available

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

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
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!