

# Medication Therapy Management:

*Improving care for your plan participants and reducing costs by optimizing medication use*

## What is medication therapy management ?

Medication therapy management (MTM) is a distinct service or group of services that optimize therapeutic outcomes for individual patients. MTM services are independent of, but can occur in conjunction with the provision of a medication product.<sup>1</sup>

## Medication-Related Problems

A significant public health issue in the U.S., the inappropriate use of medications contributes to more than 1.5 million preventable, medication-related adverse events each year and accounts for an excess of \$177 billion in morbidity and mortality.<sup>2,3</sup>

## Improving patient care through collaboration

The impact of medication-related problems can be minimized by using a structured service model design for MTM and by pharmacists working collaboratively with the patient's physician, the patient, and his or her other healthcare providers. Pharmacists can improve patient care through MTM by identifying, prioritizing, and resolving medication-related problems; actively collaborating; and empowering patients to take an active role in medication and healthcare self management.

## The overall goals of MTM

The Institute of Medicine (IOM) advocates that healthcare should be safe, effective, patient centered, timely, and efficient in meeting patients' needs. The IOM also encourages patients to participate actively in the healthcare process to prevent medication-related problems. MTM seeks to enhance patient care by improving collaboration among pharmacists, physicians, and other healthcare professionals; enhancing communication between patients and their healthcare team; and empowering patients to optimize medication use for improved healthcare outcomes.

## The potential impact of MTM services on the healthcare system

MTM services, when delivered consistently and efficiently, optimize medication use for improved patient outcomes, contribute to medication error prevention, enable patients to be actively involved in medication self-management, and improve the continuity and coordination of patient care.

## Who may potentially benefit from MTM services?

Any patient using prescription or nonprescription medications, herbal products, and other dietary supplements could potentially benefit from MTM services, especially if medication-related problems are discovered or suspected.

Patients who may benefit the most include individuals who

- Have experienced transitions of care
- Have changed medication regimens
- Have multiple chronic conditions or take multiple medications
- Have a history of nonadherence
- Have limited health literacy
- Want to reduce healthcare costs

# MTM Core Elements Service Model

***“An organized framework to provide consistent, efficient, and effective medication-related care to your plan participants”***

## **MTM in Pharmacy Practice: Core Elements of an MTM Service Model Version 2.0**

A publication developed by the American Pharmacists Association (APhA) and the National Association of Chain Drug Stores (NACDS) Foundation, with the assistance of an expert advisory panel of pharmacy practice leaders from diverse patient care settings, to promote quality, consistent, and effective MTM service delivery in patient care settings where patients or their caregivers can be actively involved in managing their medications.

### **What are the core elements of services provided by pharmacists in the MTM Service Model?**

**Medication Therapy Review:** A systematic process of collecting patient-specific information, assessing medication therapies to identify medication-related problems, developing a prioritized list of medication-related problems, and creating a plan to resolve them.

**Personal Medication Record:** A comprehensive record of the patient’s medications (prescription and nonprescription medications, herbal products, and other dietary supplements).

**Medication-Related Action Plan (MAP):** A patient-centric document containing a list of actions for the patient to use in tracking progress for self-management.

**Intervention and/or Referral:** Consultative services and pharmacist interventions to address medication-related problems. When necessary, the pharmacist refers the patient to a physician or other health care professional.

**Documentation and Follow-Up:** MTM services are documented and communicated to the prescriber and patient in a consistent manner, and a follow-up MTM visit is scheduled based on the patient’s medication-related needs, or the patient is transitioned from one care setting to another.

### **For More Information on MTM**

Visit [www.pharmacist.com/MTM](http://www.pharmacist.com/MTM) or [www.nacdsfoundation.org](http://www.nacdsfoundation.org) for more information. To submit a request for a single print copy of the MTM Core Elements Service Model Publication, visit [http://fs6.formsite.com/APhA-NACDS/print\\_request/index.html](http://fs6.formsite.com/APhA-NACDS/print_request/index.html)

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