



# Taking Control of Your Health

*A Monthly Newsletter from Antonella Martino, June 2017*

## ***Why Medication Therapy Management (MTM) And A Routine Health Check Are Important***

- **When did you have your last blood work done?**
- **Do you know what tests you should request your doctor to perform?**
- **Do you know your numbers and what they mean?**
- **Do you know how you get better or stay healthy?**



This is part of having a consultation with the pharmacology specialist, the pharmacist. Having a routine consultation with a pharmacist helps you keep track of your medication progress and stay focused on your ongoing health goals. For example, it helps you avoid unpleasant pharmaceutical related issues such as taking a medication which does not work for your body type.

Medication Therapy Management (MTM)) includes a broad range of professional activities, including but not limited to an individualized medical assessment with a comprehensive medication review, the formulation of a medication treatment plan, the monitoring of the efficacy and safety of medication therapy, the enhancement of medication adherence through personal empowerment and education, and the communication for prescribers in order to maintain comprehensive care.

In addition, MTM assists in the identification and prioritization of medication-related problems. During that first MTM encounter, the pharmacist develops a medication list for you to use; it lists all prescription and nonprescription products and requires updating as necessary. After assessing and identifying medication-related problems, the pharmacist develops a an action plan specific to each person. This is a list of self-management actions necessary to achieve specific health goals. Often, the pharmacist collaborates with other health care professionals to resolve medication related problems and determines appropriate consultation follow-up.

Pharmacists undergo years of training and experience in managing medication therapies. As a result they are the best qualified health care providers to help individuals manage and use their medications effectively.

Today, the practice of pharmacy is occurring in an information-rich environment in which technology affords access to more information than ever before; additionally, dispensing technologies are making it easier for the pharmacist to be acknowledged for the knowledge they impart in facilitating positive patient outcomes. This knowledge is often shared with each individual and other allied health professionals, more and more today.



**Pharmacists are increasingly embracing their roles as educators.**

# New CDC Guide Links Pharmacists and Physicians as Partners to Improve Health

*From the American Pharmacists Association, May 2017*



As community pharmacists continue to provide patient care services, partnerships become that much more essential. One of these necessary partnerships is the one between pharmacists and physicians in caring for patients with chronic disease.

In this context, CDC's Division for Heart Disease and Stroke Prevention, in collaboration with APhA – American Pharmacists Association and the AMA – American Medical Association, published a guide on establishing “linkages” between community pharmacists and physicians to appreciate the value this collaboration brings to the healthcare system and each individual under their care.

Pharmacists are key to this effort, and their “education and training fully prepare them for participation in and contribution to team-based care, disease management, and the provision of wellness services,” stated the report, *Creating Community-Clinical Linkages Between Community Pharmacists and Physicians*.

The guide focuses on programs like Medication Therapy Management (MTM) and collaborative drug therapy management (CDTM) as examples of collaborative care models involving pharmacists and physicians.

The guide also provides a framework for how community pharmacists and physicians can begin to approach the development of what CDC calls the LINKAGE Framework. Pharmacists can use the framework, as well as the examples, to think about how to approach the development of these linkages.



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