INNOVATION IN HEALTHCARE

Medication Therapy Management Services to Reduce Readmissions for Patients with Psychiatric Illness

PROVIDER
Fairview Pharmacy Medication Therapy Management Department

CONTACT:
Holly Budlong, PharmD, PhD, BCPS • 612-617-3501 HBudlon1@Fairview.org

CHALLENGE
An estimated 43.4 million adults in the United States have a mental, behavioral or emotional disorder. Patients with psychiatric illness are at a higher risk of hospital readmissions. While many programs focus on general medical discharge transitions of care, there are not specific services to address the complex, high-risk patient populations discharged from inpatient behavioral health units.

INNOVATION
We implemented a post discharge Medication Therapy Management (MTM) referral process for patients discharged from inpatient behavioral health units with services intended to identify, resolve and prevent medication therapy problems which may contribute to avoidable hospital readmissions.

IMPROVING HEALTH
• Identification of high-risk patients who may benefit most from MTM transitions of care ensures patients receive additional support when transitioning out of inpatient units
• Addressing medication-related therapy problems, specifically high dosage, convenience and unnecessary drug therapy, results in optimization of therapy and ultimately better clinical outcomes, including fewer hospital readmissions

ENHANCING PATIENT EXPERIENCE
• Adding support through MTM team, ensuring correct medication and medication use
• Helping bridge patient’s medication needs post-discharge until they can be seen by their psychiatrist or primary care provider
• Identifying medication errors or opportunities to optimize their medications
• Ensuring appropriate lab monitoring is occurring

TAKING AIM AT AFFORDABILITY
• Ultimately, decrease all-cause readmissions
• Decrease medication costs through dose reduction and discontinuation of unnecessary medications
• Remove cost as a barrier by providing service to patients regardless of insurance coverage status