Urging Payment For Comprehensive Medication
Management (CMM) Provided By Psychiatric Pharmacists
Improve Patient Outcomes and Reduce Health Care Costs



Patients With Psychiatric Disorders Have Complex Medical Needs

FACT: People living with mental illness have high rates of morbidity and mortality, frequently caused by modifiable risk factors¹

There is a **2-3X higher** mortality rate in individuals living with serious mental illness (SMI), dying 13-30 years earlier than individuals in the general population

60% of **early mortality** is due to inadequately treated medical conditions



Higher rates of obesity, heart disease, and diabetes often result from adverse effects of psychiatric medications

FACT: People living with SMI have higher readmission rates resulting in increased health care costs²



23.1%

with SMI have a **medical readmission within 30 days** vs 13.8% without SMI



19.3%

with SMI have a surgical readmission vs 9.4% without SMI

PSYCHIATRIC PHARMACISTS ARE UNDERUTILIZED EXPERTS IN PSYCHOPHARMACOLOGY



WHO THEY ARE

Advanced practice, clinical pharmacists who specialize in optimizing medications for people living with mental health (MH) and substance use disorders (SUD)



WHAT MAKES THEM UNIQUE

Extensive knowledge of medications plus skill in treating the whole patient



WHERE THEY PRACTICE

Multiple clinical practice settings including public, private, outpatient clinics, inpatient hospitals



HOW TO USE THEM

Include psychiatric pharmacists on the health care team working in collaboration with the patient and other health care providers including psychiatrists, other physicians, therapists, social workers, and nurses



WHY USE THEM

Increase capacity of the health care team to care for patients with psychiatric and substance use disorders as well as improve patient outcomes and reduce overall health care costs

What Can Congress Do? Enact legislation to cover Comprehensive Medication Management (CMM) by Board Certified Psychiatric Pharmacists (BCPP) for Medicare beneficiaries with complex medical needs under Medicare Part B

Obstacles Built Into The System

61 million seniors and people with disabilities enrolled in Medicare Part B currently have no access to CMM services that could advance achievement of the quadruple aim Patient access to psychiatric pharmacists' services, including CMM, is currently limited by CMS' lack of recognition of pharmacists as providers which severely limits mechanisms for payment for these services

Only 10% of Medicare Part D beneficiaries receive covered Medication Therapy Management (MTM) services³ and these services are limited in scope, medication centered, and indirectly delivered

Psychiatric Pharmacists Address Obstacles and Bridge the Gap

as important members of the health care team, by providing expert, evidence-based CMM services for the most complex patients with mental health and substance use disorders.

This can only happen if these psychiatric pharmacist services are covered.

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Psychiatric Pharmacists, As Part Of The Health Care Team, Use The Process Of CMM To:^{4,5,6}



Assess all of a patient's medications – prescription, nonprescription, vitamins, and supplements



Assess each medication to ensure that it is appropriate, effective, safe, and can be taken as intended



Identify and address medication-related problems



Develop individualized care plans with therapy goals and personalized interventions



Prescribe medications and order laboratory or other diagnostic tests (varies by state)



Follow up to evaluate response, adverse effects, progress toward treatment goals, and to adjust medications as needed



Educate patient and family about medications and lifestyle modifications



Refer to other providers and specialists for services such as diagnostic clarification, psychotherapy, and dietary counseling



CMM Services Provided By Psychiatric Pharmacists Benefit Patients:

- Needing complex care coordination between multiple providers
- With multiple chronic conditions
- On complex medication regimens
- Who are not meeting treatment goals
- Who have serious medication adverse effects
- ✓ Transitioning between health care settings
- Taking clozapine or long-acting injectable antipsychotic medications
- Who would benefit from genetic testing to optimize their medication regimen
- With tobacco, alcohol, opioid, or other substance use disorders (SUD) who may benefit from medication treatment
- Receiving antipsychotic medications as children

FACT: Seniors take a large number of medications, leading to frequent drug interactions and adverse effects⁷



56.7% of CMS beneficiaries are on 5 or more medications

6.3 is the average number of medications

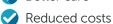
FACT: Medicare Part D Covered Medication Therapy Management (MTM) is Not Enough^{8,9}

- Focuses on medication instead of targeting treatment goals or outcomes
- Typically completed by a pharmacist working for the plan, unknown to the patient and provider
- Patient eligibility criteria vary from plan to plan
- Typically only targets poor adherence, duplications of therapy, and/or missing medications based on disease state
- Usually completed by phone not allowing for important in-person assessment

- Often done without access to patients' medical records or clinical data making the assessment incomplete
- Follow-up is missing with recommendations faxed to provider to implement

FACT: CMM Results In

Better care



Improved access to care

Improved provider work life

Improved patient satisfaction

Improved outcomes

Improved quality of care

The American Association of Psychiatric Pharmacists (AAPP) is a professional association representing psychiatric pharmacists nationwide. Our members integrate into teams of health care professionals, making a difference in overall costs, treatment efficiencies, patient recovery, and quality of life.

References available at: https://aapp.org/advocacy/cmm