

### Pharmacist

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### Patient Scenario

“One of the first Medication Therapy Management patients that I educated through using the MirixaPro<sup>SM</sup> platform had many of the typical ‘polypharmacy’ issues. She was prescribed 11 chronic medications; however, from her profile I could see that her adherence was not where it needed to be. I prepared for the visit in the standard manner—obtaining as much information from her pharmacy and MirixaPro platform profiles as possible. Prior to her appointment, I had contacted her and asked that she bring in all of the medications she took at home. These preparation steps allowed for more of a ‘brown bag’ comprehensive medication review.”

### Discovery

“As is the case with most of these interactions, there were numerous opportunities to educate and clarify information with the patient. I discovered she was taking four of the medications differently than prescribed because of how they made her feel. She was also inadvertently taking three other medications incorrectly. Additionally, she showed evidence of other minor inconsistencies with adherence, as well as duplications with OTC products and prescription medications.”

### Outcome

“Overall, this was a very productive encounter with positive patient outcomes. The visit resulted in the following:

- 🍊 Educating the patient on the benefits to adhering to the prescribed medication regimens
- 🍊 Stressing the importance of calling the pharmacy if she has questions or concerns—she’d been very hesitant to ‘bother us’
- 🍊 Clarifying medication directions

In addition to the standard post-visit patient documentation available through the MirixaPro platform, I created a simple spreadsheet for the patient that clearly outlined what she was supposed to take, and when. This easy step proved to be invaluable. With the patient’s consent I also sent a copy of this spreadsheet to her physicians so they were aware of her active medication regimens. Response from the patient and her physician has been very positive. Each time I see the patient in the pharmacy for her refills, we briefly review the document, make any quick changes, and she has what she needs. The MTM encounter and additional documentation that I supplied has certainly helped with her medication adherence. Most importantly, she feels better and her spirits seem much improved.”

### Great job Dan!