

# Comprehensive Medication Management

Issue #1

## WHAT IS CMM?

CMM is the standard of care that ensures each patient's medications (prescription, nonprescription, alternative, traditional, vitamins, and nutritional supplements) are individually assessed to determine that the medication is appropriate, effective for the medical condition, and safe given the comorbidities and other medications being taken. The patient should be able and willing to take the medicine as intended.

## WHAT ARE CMM SERVICES?

[Medication Therapy Management](#) Services for CMM Assess: (1)

- Potential for drug interactions
- Dosing
- Optimization
- Affordability
- Financial barriers
- Regimen
- Safety
- Allergies
- Med adherence
- Indications

## WHO NEEDS CMM?

CMM is the greatest benefit to patients who:



Not reaching or maintaining therapy goals



Experiencing adverse events from medication



Difficulty following medication regimen



Need preventative therapy



Often readmitted to hospital

## Key Metrics<sup>(2)</sup>



### \$2 Billion

Mismanagement of complex medication regimens among older adults may lead to approximately \$2 billion in avoidable health care costs each year.



## Depression and Polypharmacy

Medicare beneficiaries eligible for comprehensive medication management with the diagnosis of depression or with significant polypharmacy have the strongest associations of incurring a Medication-Related Problem (MRP).

## WHY IS THIS IMPORTANT?

1

CMM is associated with improved medication-related clinical outcomes, decreased utilization of health care services, increased patient satisfaction, and lower health care costs.

2

Many patients are at risk for medication-related adverse effects. On average, Americans 65-69 take nearly 14 prescriptions per year, jumping to 18 for those 80-84.

3

The CMM specialist or practitioner is able to incorporate the patient's values, goals, and lifestyle needs into their medication plan.

## WHO SHOULD PERFORM CMM?

Pharmacists' integration into patient care aligns with team-based models like the patient-centered medical home, offering local communities expanded access to resources. Their expertise in medications enhances diabetes treatment, blood pressure control, cholesterol management, and reduces healthcare expenses, emphasizing their pivotal role in comprehensive healthcare delivery. This [CDC Resource](#) highlights in detail the impact of pharmacists in collaborative arrangements.<sup>(3)</sup>

# SUGGESTED APPROACH TO COMPREHENSIVE MEDICATION MANAGEMENT



## 01

### Identify high-risk patients for CMM

Your practice/FQHC may develop a process to identify individuals at increased risk of experiencing medication therapy problems. You may identify such patients during your risk stratification process. It is effective to incorporate the identification of high-risk patient CMM into other care management processes to maximize efficiency. Your practice/FQHC can incorporate all sources of information (e.g., medical and behavioral health history, health literacy, social needs, interactions between the care team and beneficiary) to determine ideal candidates for comprehensive medication management support.

### Assess the patient and evaluate medication therapy

For patients identified as at increased risk, initial elements include:

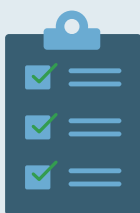
- Patient assessment and review of medical records and medication history
- Conversation with the patient and/or caregiver to assess current medications in multiple domains (e.g., effectiveness, safety, affordability, patient preferences)
- Identification of medication-related risks or problems
- A strategy (including prioritization) to address medication-related risks or problems

## 02



### Develop and initiate a plan

The CMM specialist can develop an individualized action plan to address any medication-related risks or problems and offer potential alternatives in the context of the patient's therapeutic goals. The plan may include a discussion of self-management support and financial barriers to medication use.



## 03

### Follow up and monitor medications

Scheduled patient monitoring and follow-up to allow the CMM specialist to assess the value of the plan in the patient's care, to alert the primary care team of potential new risks or concerns, and to ensure that the patient achieves their own goals.

## 04



### For more information about approaches to CMM:

1. [ACCP Leadership for Medication Management](#)
2. [Associations Between Chronic Disease, Polypharmacy, and MRP](#)
3. [CDC Program Guide: Partnering with Pharmacists](#)
4. [ACCP Comprehensive Medication Management in Team-Based Care](#)
5. [The Patient Centered Medical Home: Integrating Comprehensive Medication Management to Optimize Patient Outcomes](#)

