

Impact of a pharmacist consultation service on patient's medication-related burden quality of life



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BACKGROUND

- The Medication Therapy Services Clinic is a pharmacist-run clinic operated by the School of Pharmacy at Memorial University
- Patients receive in-depth comprehensive medication assessments (CMA) to identify issues and optimize therapy; recommendations are sent to primary care providers and specialists
- CMAs have been shown to improve adherence, reduce hospital admissions, and are associated with high patient and provider satisfaction.¹ Less is known about impact on patient quality of life (QoL)
- The Medication Related Burden Quality of Life (MRB-QoL) is a validated tool used to measure the burden of medicine on functioning and well-being from the patient perspective

PURPOSE

To assess the impact of CMA on medication related burden quality of life at six weeks in patients with complex medication needs.

METHODS

Design

- Before-after study

Enrollment Criteria

- Consecutive patients aged 16 or older who received CMA between Feb 2021 and May 2023
- Two or more chronic medical conditions and taking five or more medications **OR** had a specific medication related concern impacting QoL

Intervention

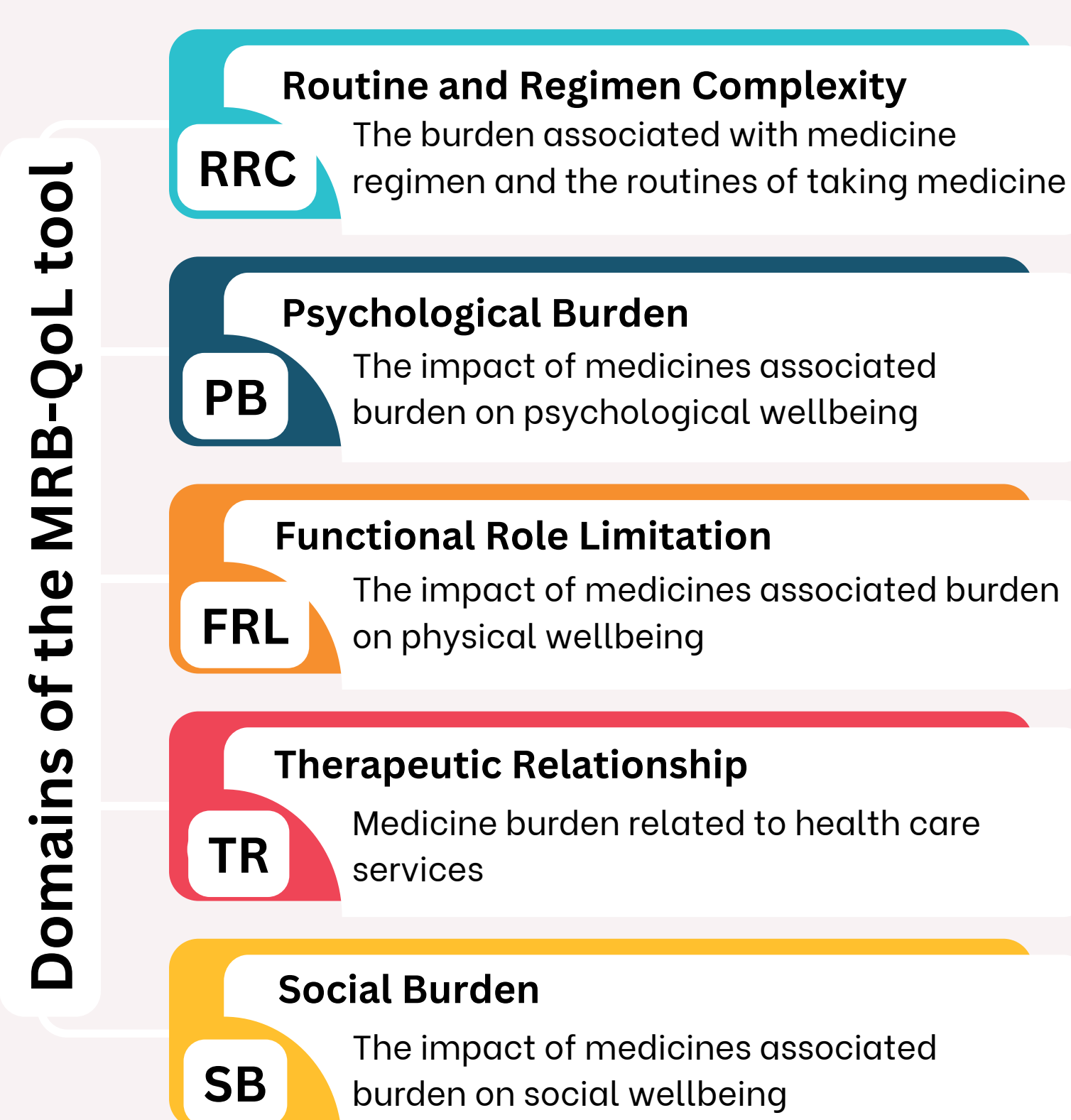
- One hour initial CMA in person or through distance delivery
- Patients completed the MRB-QoL survey pre visit, and again at six and 12 weeks post visit
- Survey questions used a 5-point Likert-type scales (1-strongly disagree to 5-strongly agree)

Analysis

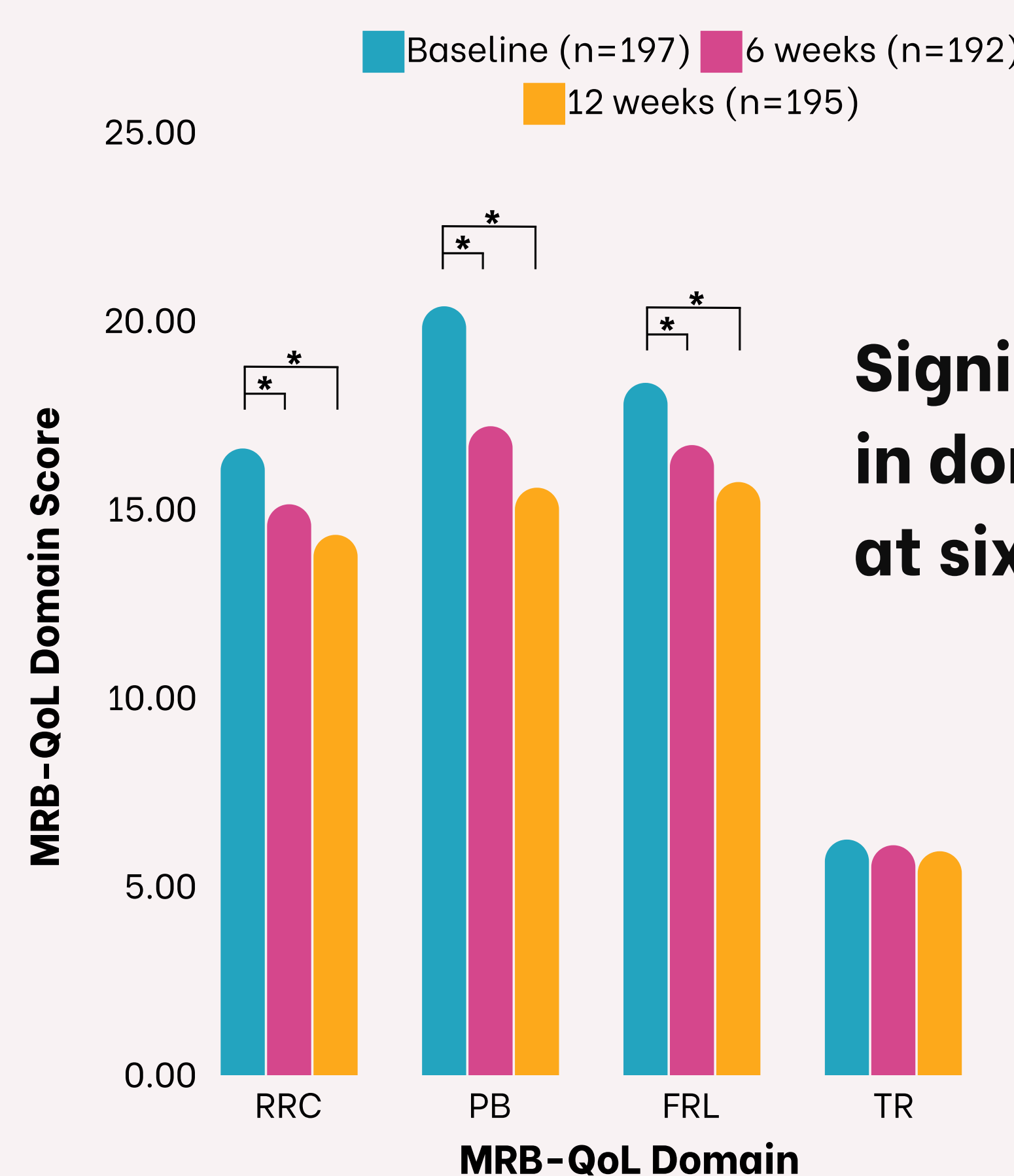
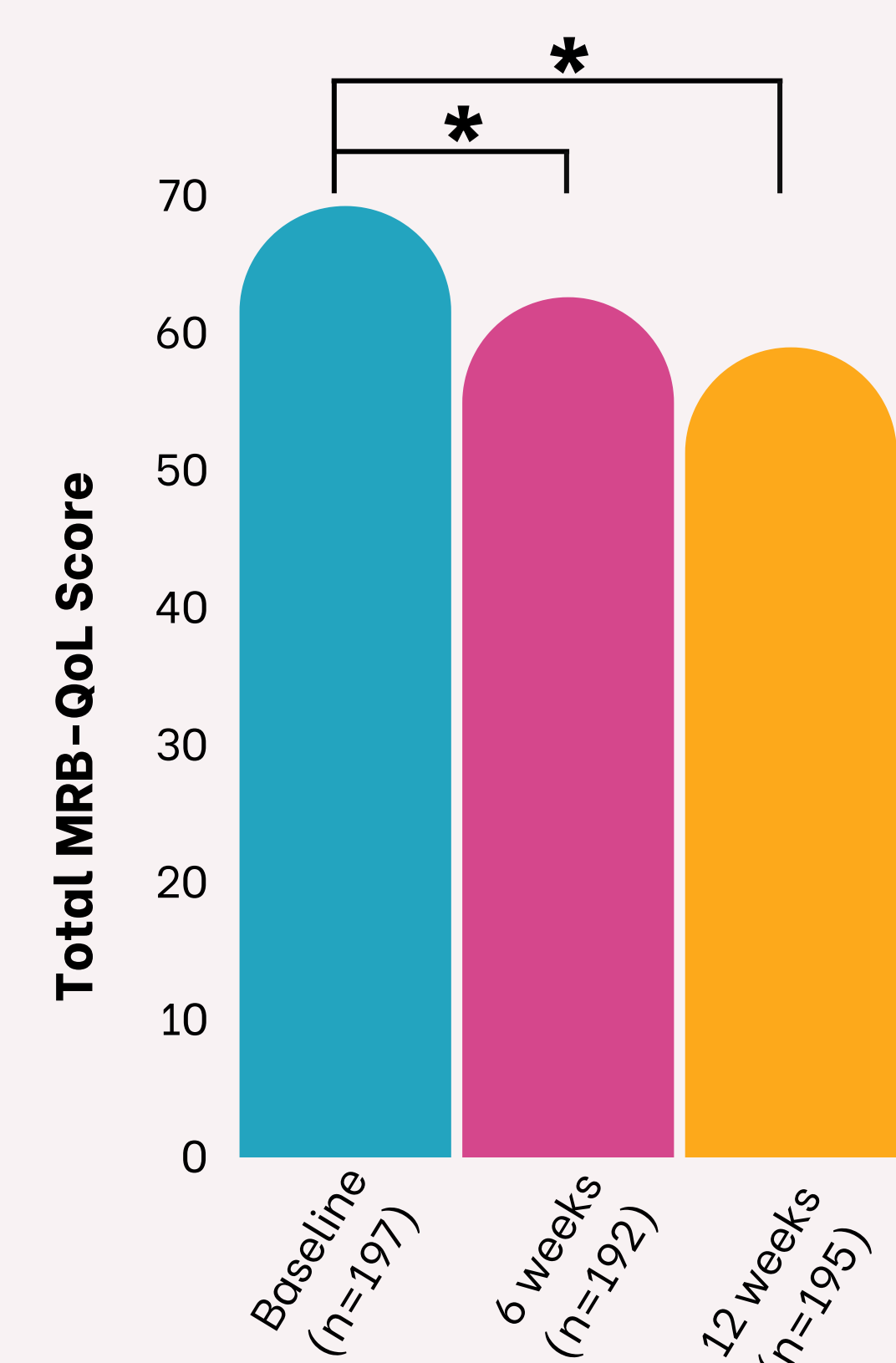
- Descriptive statistics were used to analyze demographic variables
- Changes in MRB-QoL scores were analyzed using paired t-test

RESULTS

Of 234 participants enrolled, 197 received CMA and completed pre and post surveys:



Significant improvement in overall MRB-QoL at six and 12 weeks post visit



Significant improvement in domains RRC, PB, FRL at six and 12 weeks post visit

No significant change in domains TR and SB at six and 12 weeks post visit

CONCLUSION

Pharmacist-led CMAs resulted in improved medication related quality of life in patients with complex medical needs. Further investigation is warranted to determine clinical significance of this quality of life improvement.

REFERENCES

1 McFarland MS, Buck ML, Crannage E, Armistead LT, Ourth H, Finks SW, McClurg MR. Assessing the impact of comprehensive medication management on achievement of the quadruple aim. *Am J Med.* 2021 Apr 1;134(4):456-61.

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More Information

