

Medication Therapy Management: Frequently Asked Questions

What is Medication Therapy Management?

Medication Therapy Management (MTM) is a healthcare service provided by a qualified healthcare provider, such as a pharmacist, to help patients and/or caregivers optimize the benefits of medication, minimize risks associated with medication use, and maximize the cost-effectiveness of medication therapy. Preferably, MTM services are conducted one-on-one and face-to-face between the patient and their pharmacist. MTM services do not need to be provided in conjunction with the provision of a medication product. MTM services can be obtained in many ways through individual pharmacies, through private insurance, and federally funded programs. Medicare Part D requires MTM for a select group of Medicare beneficiaries that meet certain criteria.

What is involved in an MTM consultation?

- Performing or obtaining assessments of the patient's health, including known allergies, laboratory measurements, and medical conditions
- Performing a review of all prescription and over-the-counter medications taken by the patient to identify, resolve, and prevent medication-related problems
- Helping patients understand the appropriate use of their medications
- Helping patients properly take their medications
- Formulating a medication treatment plan
- Selecting, initiating, modifying, or administering medication treatment
- Monitoring and evaluating the patient's response to medication
- Accurately recording the services delivered to the patient and communicating necessary information to the patient's other healthcare providers
- Helping to compile a Patient Medication Record
- Performing a Comprehensive Medication Review

What is a Patient Medication Record?

The Patient Medication Record (PMR) is a list of all prescription and over-the-counter (OTC) medications, and natural products. It includes the doses, how it is taken, when it was prescribed, and any other important information. The PMR should be taken to all doctor, dentist, and pharmacist visits as well as hospitalizations, so all your healthcare providers know what you're taking.

What is a Comprehensive Medication Review?

In some instances, a more in-depth review of a patient's medications is necessary. For such cases, the pharmacist can perform a Comprehensive Medication Review (CMR) which assesses:

- Why each medicine is being taken and whether any medicines are potentially unnecessary
- Whether each medicine is effective
- Whether each medicine could be causing side effects, worsening your other conditions, or interacting with other medicines

- Whether a medicine regimen can be simplified--fewer pills, perhaps, or a more convenient dosing schedule
- Whether a medicine regimen can be made more affordable or cost-effective
- Whether you understand what the medicines are for, and how to take them to get the most benefit

What benefit does pharmacist-issued MTM provide?

The value of MTM provided by pharmacists is evidenced by a decrease in overall healthcare costs, reduction of adverse medication events, trips to the emergency room, and shorter hospital stays. MTM also promotes safer and more effective medication use by patients and their caregivers.