ANNUAL MEDICATION REVIEW BY A CLINICAL PHARMACIST IN AN ADULT CYSTIC FIBROSIS CENTER

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Objective

The complexity of cystic fibrosis (CF) drug regimens is a major challenge for patients and CF specialists. A multidisciplinary approach is thus essential and a clinical pharmacist can help optimize medication [1]. 2011’s CF UK Trust suggests that patients should be seen annually by a pharmacist [2].

Aim of the project: to implement a pharmacy consultation during the annual review, and to analyze the pharmaceutical interventions.

Methods

A one-hour interview with a clinical pharmacist and CF patients was included in their annual review (‡Fig.1). Pharmacists reviewed medication with patients using a form assessing the drug list, administration and storage items (‡Fig.2). Drug interactions were systematically checked. A feedback was then given to CF physicians.

Number and types of the following parameters were recorded: (a) patient’s questions, (b) pharmacist’s interventions to patient, and (c) pharmacist’s interventions to physician.

Results

From December 2013 to May 2016, 2 pharmacists conducted 31 interviews for 26 patients (14 women, 12 men).

- Mean age of the CF patients: 32 (± 10) years (range: 19-49)
- Medication lists contained a mean of 15.2 (± 6.4) drugs (range: 6-27), of which 76% were chronic and 24% were ‘as needed’ (example ‡Fig. 3).

Per interview,

- patients had 1.9 (± 1.6) questions,
- pharmacists addressed 2.0 (± 1.3) interventions to patients, and
- 1.7 (± 1.2) to physicians.

The most frequent types of questions/interventions concerned administration issues (15%), adverse events (12%), dose timing (11%), drug stability and storage (11%), drug adherence (9%) and drug interactions (9%) (‡Fig. 4).

Discussion

Pharmacy consultation permitted to address several issues of drug safety and use with CF patients, and to share relevant information with the CF team in order to optimize treatment. The numerous drugs taken by CF patients also represent an opportunity for clinical pharmacists to motivate them regarding adherence. The satisfaction of the CF participants and the impact of pharmacist’s interventions on clinical outcomes remain to be evaluated.