



Medication Therapy Management – My Experience at Cummins

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On Site Pharmacist Role

Medication Therapy Management

- **Who:** Active employee/dependent populations for Southeastern Indiana
- **What:** Targeted or Comprehensive
- **Where:** Cummins Health Center or work location
- **Why:** Patient Self Referrals, Physician Referrals, Other Vendor Referrals

Group Education

- Lunch and Learns at the worksite locations
- Health and Safety Fair participation
- Lifestyle Program facilitation
- Special Needs (example: Prescription Drug Abuse program)

Resources/Support

- Providers
- Other Health/Wellness Vendors
- Key Cummins Contacts (Benefit Team, HR, Health Champions)

Transitions in Care MTM Case

Issue Identified:

- 56 year old woman with diabetes prescribed different dosages of same statin medication by two separate physicians following hospitalization for heart attack

Risks:

- Muscle pain & breakdown, kidney damage, possible worsening of diabetes

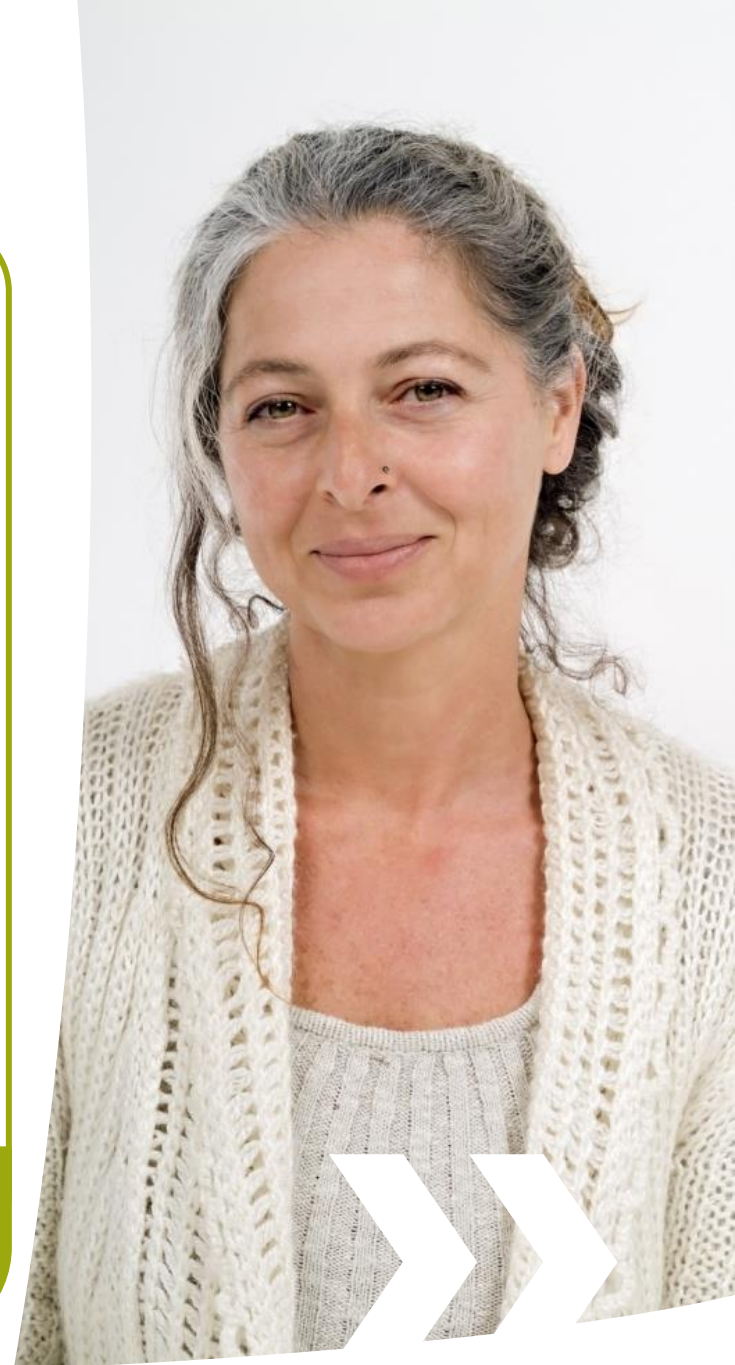
On-site Pharmacist Intervention:

- Discovered that patient was confused about her therapy
- Contacted both physicians on behalf of patient to clarify intended medications and directions in order to provide accurate patient education

Healthier Outcome:

- Avoided serious adverse events
- Avoided unnecessary copayment

Prevention of serious adverse events
& cost savings through MTM intervention



Polypharmacy MTM Case

Issue Identified:

- 32 year old woman with a high pill burden (prescribed approximately 40 doses of oral medications each day)

Risks:

- Unnecessary medications, interactions, adverse effects, dose omissions, inappropriate administration

On-site Pharmacist Intervention:

- Created a complete medication list and administration timing chart for caregivers and physicians
- Segregated current medications from ones that had been discontinued
- Identified medications available in liquid formulation and medications that were not to be crushed

Healthier Outcome:

- Unnecessary medication elimination plan created
- Simplified medication storage and administration to ensure necessary medication doses not missed

Reduced pill burden and risk of adverse events through MTM intervention



Non-adherence MTM Case

Issue Identified:

- 59 year old female prescribed > 10 medications for > 5 chronic illnesses
- Patient admitted to not taking several medications and taking many others at reduced doses/frequencies

Risks:

- Uncontrolled diabetes, high cholesterol, high blood pressure, thyroid disorder and depression

On-site Pharmacist Intervention:

- Provided education regarding the use of each medication
- Explained the dangers of not taking medication and not communicating medication changes with physician
- Referred patient to Employee Assistance Provider

Healthier Outcome:

- Patient had open conversation with physician
- Patient began to take medications as prescribed

Reduced risk of complications, increased medical costs through MTM interventions



Employer Centric Model

Advantages

- Availability of Prescription Data
- Population Health/Predictive Analytics Tools and Resources
- Opportunities to interact with employees
- Internal knowledge of Formulary/Benefit Plan
- Collaboration with other Health/Wellness Vendors
- Annual Wellness Screening involvement
- Knowledge of Local Resources

Service Opportunities

- Lack of access to Medical Data (labs and test results)
- Employee contact information
- Documentation System/EHR



What does the future hold?

On Site Clinic

- » Providers will be devoted to Cummins employees
- » Pharmacist working with the providers
- » Access to Medical and Prescription Data
- » Collaboration with on site health coaches

Transitions in Care Pilot with Local Hospital

- » Pharmacist notification of admission/discharge (with patient consent)
- » Pharmacist follow up within 48 hours of discharge

Wellness Integration

- » Medication adherence as an annual wellness goal



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