

Assessment of an Employee Wellness Clinic with the Clinical Pharmacist Practitioner Model

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Abstract

Objective: To assess outcomes of an employee Chronic Conditions Management Program (CCMP) with the clinical pharmacist practitioner (CPP) model in a Patient-Centered Medical Home (PCMH).

Methods: This IRB approved, cross-sectional, electronic chart review includes patients > 18 years old enrolled in CCMP from June 2011 to January 2014 with > 2 visits, and with diabetes, and/or hypertension, and/or dyslipidemia. Excluded patients had no biometrics 6 months before or during the study period. The primary outcome is percent of study patients meeting clinical goals vs. published historical rates from the mid to late 2000s from outside studies.

Results: There were 33 included patients. In the non-diabetes group, 67% (95% CI 47.8%-81.4%) met their low density lipoprotein (LDL) goal vs. 33% nationally, and 82% (95% CI 63.3%-91.8%) met their blood pressure (BP) goal vs. 48% nationally. In the diabetes group, as compared to data from the southwest, 80% (95% CI 58.4%-91.9%) met their Hemoglobin A1c (HbA1c) goal vs. 37%, 65% (95% CI 43.3%-81.9%) met their LDL goal vs. 23%, and 75% (95% CI 53.1%-88.8%) met their BP goals vs. 41%.

Conclusion: Patients enrolled in MAHEC's CCMP have well-controlled diabetes, and/or hypertension, and/or dyslipidemia. Additional research on the value of pharmacists as supervised prescribers in employee wellness programs should be considered.

Key words: Employee wellness, CPP, Clinical Pharmacist Practitioner, Collaborative practice agreement, Ambulatory care, PCMH, Chronic disease state management, Clinical pharmacy