



COMPREHENSIVE MEDICATION MANAGAMENT (CMM):

THE VALUE-BASED SOLUTION TO MANAGING MEDICATION THERAPY PROBLEMS IN ACCOUNTABLE CARE ORGANIZATIONS (ACOs) & RISK-BEARING ENTITIES



The GTMRx Institute defines CMM as:

The standard of care that ensures each patient's medications (whether they are prescription, nonprescription, alternative, traditional, vitamins, or nutritional supplements) are individually assessed to determine that each medication is appropriate for the patient, effective for the medical condition, safe given the comorbidities and other medications being taken, and able to be taken by the patient as intended. ¹



CMM can drive improvements in quality metrics used to support value-based payment (VBP) models ²

CMM can reduce total costs of care resulting from non-optimized medication therapy in ACOs & risk-bearing entities ³⁻⁶



1



\$528 billion

Annual cost of waste associated with misuse, overuse & underuse of medications (long-term care, hospitalizations, ED visits, additional provider visits, additional medications)

2



3:1-12:1 ROI

This results in a reduction of the direct mean medical cost of \$1200 to \$1872 per patient per year for each of the first 5 years ⁶

Steps ACOs & risk-bearing entities can take to implement CMM services



Demonstrate Benefit of CMM to Organizational Leadership

- Clinical and Financial Leaders
- Board Members
- Other Steering Committees



Hire/Partner with Experienced CMM Clinicians

- Identify physician champions
- Identify appropriately skilled clinical pharmacists



Identify Target Population(s)* for CMM

- Patients that have not achieved clinical goals of therapy
- High-cost patients

**e.g., uncontrolled chronic disease(s), high health care utilizers, patients with nonadherence or polypharmacy*



Implement and Monitor CMM Services

- Focus on fidelity of practice
- Create shared philosophy of practice ⁷
- Establish outcome measures
- Implement accountable & actionable patient care process

CMM has demonstrated success in all aspects of the quintuple aim. ^{8,11}



Reduced Costs

Total cost of care savings from CMM are primarily from reductions in health care utilization:

- ↓15.1% in ED visits
- ↓10.2% in hospital days
- ↓9.4% in hospitalizations
- Significantly lower 30-day readmission rates



Better Care

CMM results in improved control of chronic diseases frequently targeted in ACO & risk-bearing entity metrics:

- Significantly reduces A1c, systolic and diastolic blood pressure, and LDL
- Addresses high-risk medication quality measures and adherence
- Improves Star ratings and HEDIS measures



Improved Patient Satisfaction

- CMM helps with:
 - Medication self-management
 - Improved health literacy
- CMM integration increases patient access to primary care



Improved Clinician Work Life

- Majority of clinicians strongly agree that CMM decreases their workload
- Decreases physician burnout ⁹⁻¹⁰



Improved Health Equity

- Optimized medication services improved glycemic control in Native Hawaiians who experience increased mortality from Type 2 Diabetes compared to non-Hispanic whites ¹¹
- CMM and medication optimization services can help address social determinants of health ¹²⁻¹⁴

Learn what CMM can do for your ACO or risk-bearing entity. For more information and resources visit www.gtmrx.org



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Developed by the Best Practices and Innovative Solutions Subgroup of the GTMRx Practice and Care Delivery Transformation Workgroup:



Jaclyn Boyle, Pharm.D., MS, MBA, BCACP, BCPS, Associate Professor of Pharmacy Practice and Assistant Dean, Student Success, Department of Pharmacy Practice, Northeast Ohio Medical University
Amie D. Brooks, Pharm.D., FCCP, BCACP, Director, Strategic Initiatives, American College of Clinical Pharmacy
Katherine Diehl, Pharm.D., BCACP, Accountable Health, Clinical Pharmacy Specialist II, Partners/University of Rochester Medical Center
Erica Dobson, Pharm.D., BCPS-AQ ID, Manager, Pharmacy Services, Accountable Health Partners
Kelly C. Rogers, Pharm.D., BCCP, FCCP, FACC, Professor of Clinical Pharmacy and Translational Science, University of Tennessee College of Pharmacy
Terry Seaton, Pharm.D., FCCP, BCPS, Professor, Department of Pharmacy Practice, University of Health Sciences and Pharmacy in St. Louis; Clinical Pharmacist, Mercy Clinic
Izzy Serji, MPH, Director, Project Management and Operations, GTMRx Institute

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