

A SHORT CONVERSATION CAN MAKE A BIG DIFFERENCE.

Here's How Pharmacists Can Help Patients Like You.



Talk to Your Pharmacist About...



USING YOUR MEDICATIONS SAFELY

Pharmacists help you maximize the benefit and minimize the risk of your medications.



VACCINATIONS

Your pharmacist can administer vaccinations for the flu, shingles, various travel vaccines, and more.



MANAGING DIABETES

Ask your pharmacist for help getting your blood glucose under control.



ASTHMA AND COPD

Pharmacists can help you manage your asthma and COPD and use your inhalers correctly.



FINDING THE RIGHT OTC MEDICATION

Pharmacists can help you select the correct product and inform you of potential interactions.



CHOOSING SUPPLEMENTS

Before you choose and use a dietary supplement, talk with your pharmacist about appropriate use.



HIGH BLOOD PRESSURE

Pharmacists can help you prevent and manage high blood pressure.



PAIN MANAGEMENT

Learn how to manage your pain safely with the help of your pharmacist.



SMOKING CESSATION

Find support and resources for quitting by talking to your pharmacist.



YOUR HEALTH CARE TEAM

As a member of your health care team, your pharmacist can help you optimize your medication plan so you can feel safe and confident.

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Here's How Pharmacists Can Help Patients Like You.



Talk to Your Pharmacist About...

USING YOUR MEDICATIONS SAFELY

Pharmacists help you maximize the benefit and minimize the risk of your medications by helping you understand the medication label and learn about interactions with other drugs or foods. They can also help with packaging your tablets and serving as a bridge between you and your prescriber.

VACCINATIONS

Nearly 1 in 4 adults receive their influenza vaccinations at their community pharmacy. Will you be one of them? In addition to receiving a flu vaccine, your pharmacist can discuss other vaccine-preventable diseases with you, such as pneumonia, shingles, or HPV, and help determine which immunizations are appropriate for you or a loved one.

MANAGING DIABETES

You can prevent—or manage—diabetes with help from your health care team, including your pharmacist. Pharmacists use their expertise to help you get your blood glucose under control and reach your goals.

ASTHMA AND COPD

You can control your asthma or manage your COPD with help from your pharmacist, including learning how to use your inhaler correctly to maximize your benefit.

FINDING THE RIGHT OTC MEDICATION

Cough and cold. Pain. Fever. Upset stomach. Pharmacists are trained in both prescription and OTC medications, so they can help you pick the perfect product and tell you about potential interactions with foods, other drugs, or dietary supplements.

CHOOSING SUPPLEMENTS

Did you know that FDA does not regulate supplements as it

does prescription and over-the-counter medications? **Before you choose and use a dietary supplement, talk with your pharmacist** to ensure you choose products from a reputable manufacturer that follows quality standards, and to find out how your supplements, medications, and foods may interact.

HIGH BLOOD PRESSURE

Did you know that high blood pressure puts you at risk for heart disease and stroke? **Pharmacists can help you prevent and manage high blood pressure** through team-based care and ensure your blood pressure is tested and documented regularly.

PAIN MANAGEMENT

Pain is the number one cause of adult disability, and if you have pain, you want relief. **Pharmacists can take an active role in your pain management**, help you make the best use of your medications, and help you manage pain safely with your health care team.

SMOKING CESSATION

It's your time to stop smoking. CDC has declared 2019 the Year of Cessation. **Pharmacists can help you quit** by actively supporting you, helping you start cessation medications when needed, and provide medication management. Pharmacists can also refer you to resources for counseling or more support and education.

YOUR PHARMACIST & HEALTH CARE TEAM

Your health care team begins with you and includes your pharmacist and other health care providers. Physicians, physician assistants, nurses, pharmacists, and others can help you meet your health care goals.

Pharmacists' Patient Care Process

Pharmacists use a patient-centered approach in collaboration with other providers on the health care team to optimize patient health and medication outcomes. An essential first step is the establishment of a patient–pharmacist relationship that supports engagement and effective communication with patients, families, and caregivers throughout the process. In addition, at the core of the process, pharmacists continually collaborate, document, and communicate with physicians, other pharmacists, and other health care professionals in the provision of safe, effective, and coordinated care. This process is enhanced through the use of interoperable information technology systems that facilitate efficient and effective communication among all individuals involved in patient care. (Figure 1).

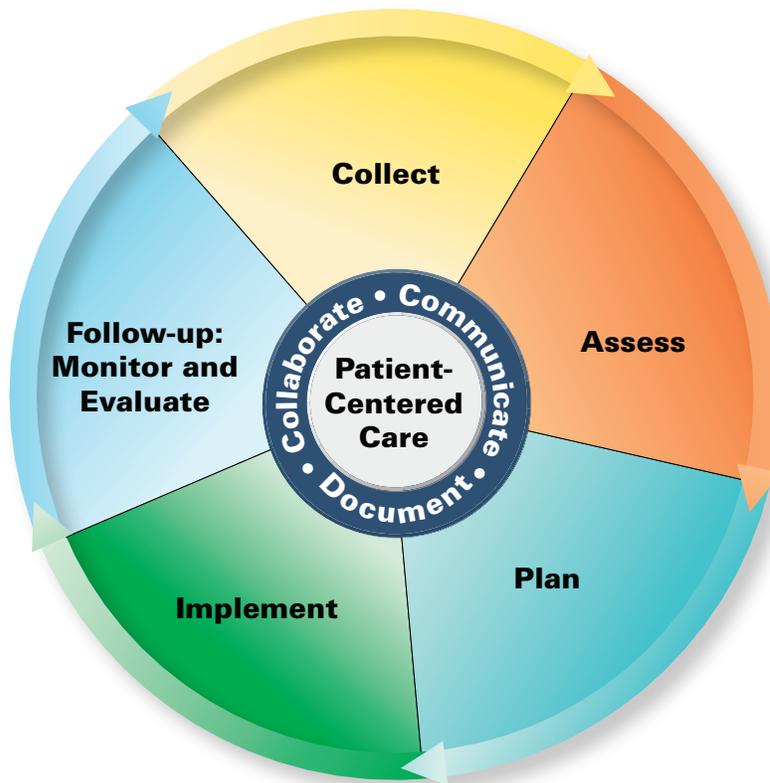


Figure 1: Pharmacists' patient care process

Pharmacists' Patient Care Process

Pharmacists use a patient-centered approach in collaboration with other providers on the health care team to optimize patient health and medication outcomes.

Using principles of evidence-based practice, pharmacists:

Collect

The pharmacist assures the collection of the necessary subjective and objective information about the patient in order to understand the relevant medical/medication history and clinical status of the patient.

Assess

The pharmacist assesses the information collected and analyzes the clinical effects of the patient's therapy in the context of the patient's overall health goals in order to identify and prioritize problems and achieve optimal care.

Plan

The pharmacist develops an individualized patient-centered care plan, in collaboration with other health care professionals and the patient or caregiver that is evidence-based and cost-effective.

Implement

The pharmacist implements the care plan in collaboration with other health care professionals and the patient or caregiver.

Follow-up: Monitor and Evaluate

The pharmacist monitors and evaluates the effectiveness of the care plan and modifies the plan in collaboration with other health care professionals and the patient or caregiver as needed.

Using principles of evidence-based practice, pharmacists:

A. Collect

The pharmacist assures the collection of necessary subjective and objective information about the patient in order to understand the relevant medical/medication history and clinical status of the patient. Information may be gathered and verified from multiple sources including existing patient records, the patient, and other health care professionals. This process includes collecting:

- A current medication list and medication use history for prescription and nonprescription medications, herbal products, and other dietary supplements
- Relevant health data that may include medical history, health and wellness information, biometric test results, and physical assessment findings
- Patient lifestyle habits, preferences and beliefs, health and functional goals, and socioeconomic factors that affect access to medications and other aspects of care

B. Assess

The pharmacist assesses the information collected and analyzes the clinical effects of the patient's therapy in the context of the patient's overall health goals in order to identify and prioritize problems and achieve optimal care. This process includes assessing:

- Each medication for appropriateness, effectiveness, safety, and patient adherence
- Health and functional status, risk factors, health data, cultural factors, health literacy, and access to medications or other aspects of care
- Immunization status and the need for preventive care and other health care services, where appropriate

C. Plan

The pharmacist develops an individualized patient-centered care plan, in collaboration with other health care professionals and the patient or caregiver that is evidence-based and cost-effective. This process includes establishing a care plan that:

- Addresses medication-related problems and optimizes medication therapy
- Sets goals of therapy for achieving clinical outcomes in the context of the patient's overall health care goals and access to care
- Engages the patient through education, empowerment, and self-management
- Supports care continuity, including follow-up and transitions of care as appropriate

D. Implement

The pharmacist implements the care plan in collaboration with other health care professionals and the patient or caregiver. During the process of implementing the care plan, the pharmacist:

- Addresses medication- and health-related problems and engages in preventive care strategies, including vaccine administration
- Initiates, modifies, discontinues, or administers medication therapy as authorized
- Provides education and self-management training to the patient or caregiver
- Contributes to coordination of care, including the referral or transition of the patient to another health care professional
- Schedules follow-up care as needed to achieve goals of therapy

E. Follow-up: Monitor and Evaluate

The pharmacist monitors and evaluates the effectiveness of the care plan and modifies the plan in collaboration with other health care professionals and the patient or caregiver as needed. This process includes the continuous monitoring and evaluation of:

- Medication appropriateness, effectiveness, and safety and patient adherence through available health data, biometric test results, and patient feedback
- Clinical endpoints that contribute to the patient's overall health
- Outcomes of care, including progress toward or the achievement of goals of therapy