

# Clinical medication review using patient questionnaires and expert teams (Opti-Med) through Pharmacotherapeutic Audit Meeting facilitates implementation.

Jacqueline Hugtenburg, Sek Hung Chau, Jacintha Domic, Petra Elders, Francois Schellevis.

**Background** Clinical medication reviews (CMRs) are time consuming for general practitioners (GPs) and community pharmacists (CPs). The Opti-Med method is a promising method to increase the efficiency of CMRs. To implement this method in clinical practice, CPs and GPs require training and tools.

**Purpose** To gain insight into the facilitators and barriers of the implementation of the Opti-Med method in Pharmacotherapeutic Audit Meeting (PTAM) groups and to assess its effect on the quantity and quality of CMRs.

**Method** The study had a one armed mixed-methods design. Eligible PTAM-groups were approached via care groups and regions. All included PTAM-groups were instructed to perform CMRs according to the Opti-Med method. Adaptive implementation was applied. The participants received the Opti-Med procedures, patient questionnaire and information sheet and attended three PTAM meetings, aiming to inform them about the study procedures and to evaluate the results. Primary outcome measures were the number of performed CMRs, the time to perform a CMR, and the decrease in time consumption over the study period. Quantitative data were analyzed using SPSS IBM Statistics (version 26). Qualitative results obtained using semi-structured interviews, were recorded, transcribed verbatim and coded using Atlas Ti. 8.

**Findings** One PTAM-group reported data regarding drug related problems and proposed and performed interventions. The other groups only reported the number of performed CMRs. On average the groups performed  $28 \pm 31$  CMRs. In group 2, 72.7% of the proposed changes in medication were applied by the GP, from which 85.0% were accepted by the patient. The semi-structured interviews showed that Opti-Med increased the efficiency of the organization of CMRs. Especially the patient questionnaire and information sheet appeared to be helpful tools.

**Conclusion** The Opti-Med method provides structure in the organization of CMRs and leads to high quality CMRs. This method is recommended in PTAM-groups where the workability of implementing and executing CMRs is low.