

SPANISH APPROACH TO COGNITIVE SERVICES: MEDICATION REVIEW WITH FOLLOW-UP

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A national consensus was reached defining three Cognitive Pharmaceutical Services (CPS) that should be incorporated into the usual practice by Community Pharmacies in Spain: (1) Dispensing Service, (2) Minor Illness Service, (3) **Medication Review with follow-up (MRF-up)**.

The PCNE definition: *“Medication review is an evaluation of patient’s medicines with the aim of managing the risk and optimizing the outcome of medicine therapy by detecting, solving and preventing drug-related problems”* does not fully conceptually define MRF-up since in our view;

- a) MRF-up concentrates on improving the health status of the patient
- b) MRF-up considers drug use as process not an outcome
- c) MRF-up not only corrects the process of drug use by identifying and solving DRP but aims to optimise all health outcomes
- d) “optimizing the outcome of health and medicines” requires follow-up, to assess if outcomes have been achieved
- e) Uses the concept of “negative clinical outcomes” (NCO) or sometimes referred as negative outcomes as the result of use or non use of a medication (RNM) (defined in the Spanish consensus classification)

MRF-up commences with an interview, after having obtained informed consent from the patient. Information is collected, using as “assessment form” on: health problems (differentiating those diagnosed and those simply experienced by the patient), medicines, clinical and biological parameters affecting diseases and medication use, patient concerns and views of their diseases and medications.

The study and evaluation phases of the MRF-up elucidates the health issues, DRP, the effectiveness and safety of the medications, the urgency required to intervene with the patient or to communicate with other health professionals. After the evaluation phase, any interventions are made, an action plan is agreed with the patient and importantly a date and outcomes to be assessed in the follow-up. In the presentation various actual MRF-up examples with outcomes will be presented.

Currently in Spain community pharmacists do not have direct access to patient history thus the MRF-up approach can be classified as PCNE class II “the Intermediate medication review”.