

Outcomes of clinical medication reviews in the United States and Australia

Introduction. Home Medicines Review (HMR) in Australia and Medication Therapy Management (MTM) in the United States are clinical medication review models that are implemented in the health care system in these two countries.

Aim. To describe published evidence of the economical, clinical and humanistic outcomes of HMR and MTM.

Results. Based on retrieved publications (n=9) and project reports (n=3) HMR decreases medication costs, but not enough to cover the cost of HMR. HMR can improve appropriateness of pharmacotherapy and may decrease hospitalization rates for certain patient groups, but has no effect on health-related quality of life. Based on 17 retrieved studies, MTM improves clinical patient outcomes, may decrease health care costs, does not decrease medication expenses, and has a modest positive impact on humanistic outcomes. Regarding both medication review models stronger evidence on their outcomes is needed.

Conclusions. A clinical medication review model with several patient encounters (MTM) may be effective in improving clinical patient outcomes.

Saija Leikola (Ph.D.)
University of Helsinki
Division of Social Pharmacy