

COMPREHENSIVE MEDICATION REVIEW INVOLVING COLLABORATION BETWEEN PHARMACISTS AND PHYSICIANS - PRACTICE IN FINLAND

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**Objective:** To describe the Finnish collaborative Comprehensive Medication Review (CMR) procedure.

**Method:** The development of the CMR procedure was integrated in a 1.5 year training for pharmacy practitioners to qualify in CMR. The procedure has adopted some parts of the review practices in other countries, particularly in US and Australia, but is a unique one designed to the local health care system. The development was started in 2005 with 26 CMR training participants who each made their own prototype of the procedure. These prototypes were analysed, and a new prototype was piloted with 45 practitioners in 2006-2007.

**Result & Conclusion:** CMR process includes the following parts: 1) assignment and patient's background information from the physician, 2) patient interview at the patient's home, 3) review and a written report, 4) case conference with the physician and 5) follow-up. The patient interview is conducted by using a structured interview form that includes e.g. a Health Related Quality of Life measure (EQ-5D). Patient counselling and promoting adherence are essential parts of the interview. The actual review process is guided by a structured reporting form. The issues to be considered are e.g. drug-drug and drug-disease interactions, drug doses, unnecessary and missing medications, current care guidelines, drug costs, factors influencing adherence (e.g. practical problems), potentially harmful medications according to Beers criteria and other inappropriate drug choices. Pharmacist's findings and recommendations are discussed with the physician preferably in a face-to-face meeting. A follow-up patient interview is highly recommended. Thus the effectiveness of CMR considering drug related problems and HRQoL can be evaluated.