MEDICATION THERAPY MANAGEMENT SERVICES (MTMS)

QUICK FACT SHEET

Description of Service:
Medication therapy management describes contemporary models in which drug therapy decisions are coordinated collaboratively by physicians, pharmacists, and other health professionals together with the patient.\(^1\) MTMS, recognized in official CPT® health reporting nomenclature, encompasses a practice in which a pharmacist, working in collaboration with physicians and other care-givers, takes responsibility for all of a patient’s medication-related needs and is held accountable for this commitment.\(^2,3,4\)

During an initial MTMS encounter, the patient and pharmacist work together to assess all prescription and over-the-counter medications to ensure that the patient is achieving desired goals of therapy while avoiding or minimizing the adverse consequences of medication use.

Societal Need:
The societal problem addressed by MTMS relates to drug-related morbidity and mortality ranging from adverse drug reactions and drug interactions to unsuccessful therapies and treatment failures.\(^4,5,6\) These drug therapy problems cost the United States healthcare system over $177 billion annually.\(^7\) It has been estimated that approximately 106,000 people die every year in the U.S. from these unfortunate medication consequences.\(^8\)

Causes:
Causes of drug therapy problems are due to system failures, rather than the fault of individuals.\(^9\) Approximately 50-60% of drug therapy problems are preventable when there is a rational and consistent medication use system in place.\(^5,10,11,12\)

Results:
Pharmacists working in collaboration with physicians through redesigned medication use systems reduce drug-related morbidity and mortality.\(^13,14,15\) For every $1 invested in systems that integrate pharmacists’ services into medication therapy management, almost $17 is saved in total healthcare expenditures.\(^16\) In addition, the overall benefit to cost ratio for clinical pharmacy services and other MTMS has been estimated to be in excess of $23:1.\(^17\)
Medication Therapy Management Services

REFERENCES:


