



Transition to Wellness: The Impact of Community Pharmacist Discharge Education on Readmission Rates for Patients with Chronic Obstructive Pulmonary Disease, Heart Failure, or Diabetes

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BACKGROUND

- In 2012, Centers for Medicare and Medicaid Services (CMS) introduced payment penalties for readmission for patients with certain medical conditions.
- Patients may be more likely to be readmitted if they lack follow-up care post-discharge or do not understand discharge instructions or medications.
- Involving pharmacists in a transition of care process has the potential to reduce readmission rates.
- Realo Discount Drugs and Onslow Memorial Hospital collaborated to develop a transitions of care program entitled Transition to Wellness.

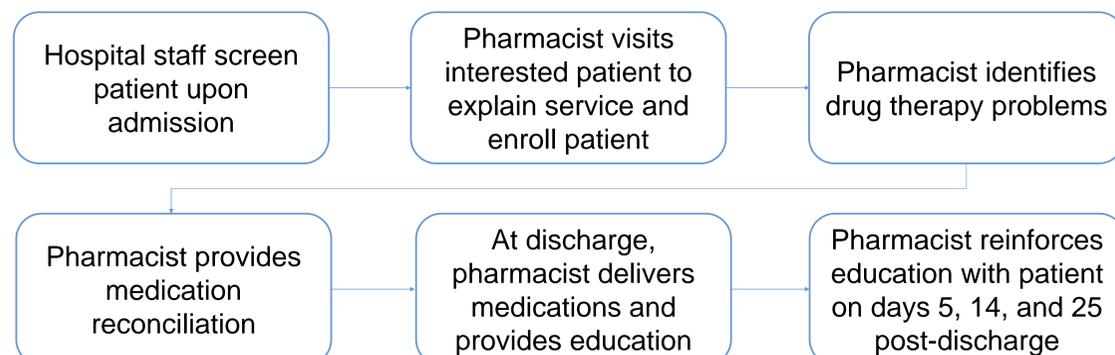
OBJECTIVES

- **Primary Objective:** Assess the impact of discharge education and follow-up by community pharmacists on 30-day readmission rates.
- **Secondary Objective:** Evaluate the number of drug therapy problems (DTPs) identified by community pharmacists.

METHODS

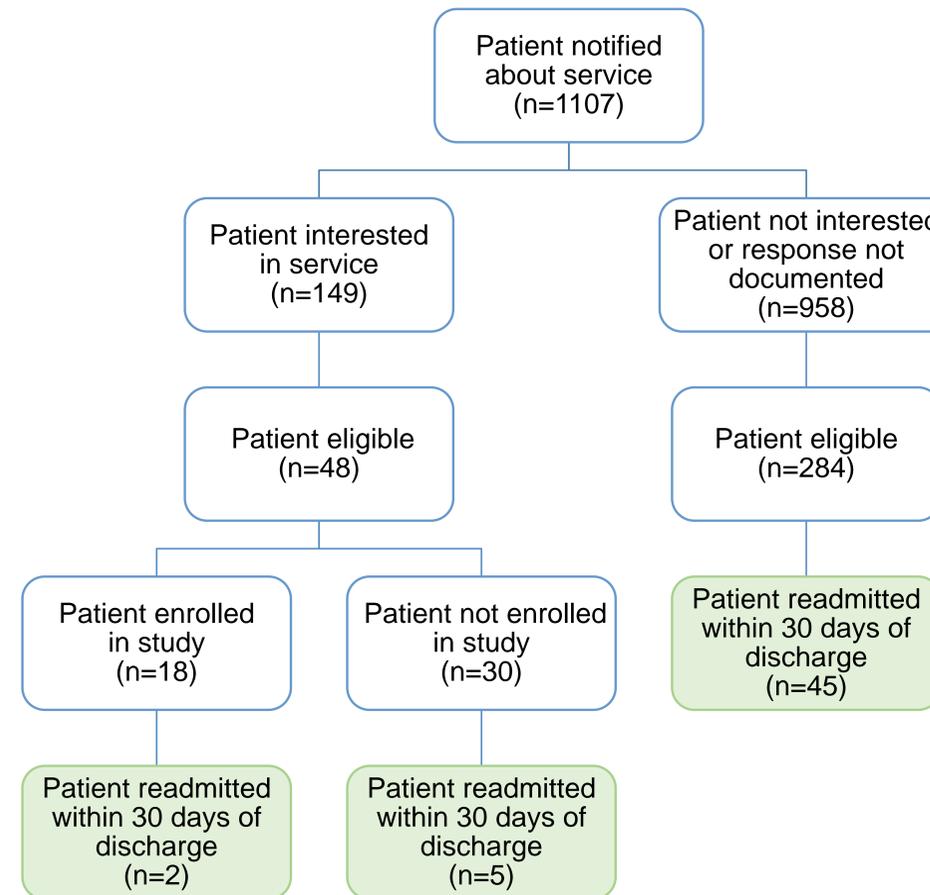
- **Study Design:** Prospective study conducted in conjunction with a rural hospital in eastern North Carolina and an independent community pharmacy
- **Study Timeframe:** October 5, 2016 to February 26, 2017
- **Inclusion Criteria:**
 - Patient ≥18 years
 - Admitted with a primary diagnosis of COPD, heart failure or diabetes
 - Discharged from the hospital to home
- **Exclusion Criteria:**
 - Discharged to nursing facility or other facility
 - Does not speak English
 - Decisionally impaired or does not have a healthcare power of attorney to provide consent

Transition to Wellness Service



RESULTS

Enrollment and Readmissions



Patient Demographics (n=18)		N (%)
Age in years, mean (range)		53 (43-77)
Gender		
Female		13 (72%)
Male		5 (28%)
Medical Condition		
COPD		10 (56%)
Heart Failure		9 (50%)
Diabetes		6 (33%)
Number of medications, mean (range)		
Prior to admission		8 (0-16)
At discharge		11 (4-23)

Drug Therapy Problems (DTPs)		Number
Type of DTP		
Indication		
Duplicate therapy		4
Adherence		
Patient forgets to take		2
Patient prefers not to take		1
Other Discrepancies		
No prescription given		28
Medication to be continued was omitted		4
New medication required prior authorization		1
Addition of unintended discharge medication		1
Dose discrepancies on discharge orders		1
Total Number of DTPs Found		42

DISCUSSION

- A large number of patients (86%) were eligible for the study but were not interested. Pharmacists are continuing to provide education to hospital staff to increase understanding of the service and improve marketing to potential patients.
- The most common DTP identified was no prescription given to patient for medications they were to continue after discharge. There is a common misconception among hospitalist if the patient was on a medication prior to admission the patient already has the medication at home.

CONCLUSIONS

- Transition to Wellness is a unique service developed by Realo Discount Drugs in partnership with a local hospital.
- Community pharmacists may serve a valuable role in preventing readmissions through patient education and resolution of identified drug therapy problems.

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