

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

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