Activities and characteristics of prescribing pharmacists

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The plan

- Background
- Primary care prescribing pharmacists
  - The roles
  - The activities
  - The characteristics
- Where to from here?
Background

- **2012 – 14 pharmacists trained**
  - 7 registered in primary care

- **2018**
  - 24 pharmacists prescribers registered
  - 19 active prescribing pharmacists
    - 10 in primary care (and a 11\textsuperscript{th} retired)
    - 9 in secondary care
Primary care roles - developing

- In general practice
  - Disease specific conditions
    - Diabetes, CVD, gout, COPD, hepatitis C [Kerry Muller]
  - Complexity
    - Multiple medicines
  - Repeat prescribing

- Secondary – primary care liaison
- Marae-based
The (unique) activities

- 5 pharmacists - 3 to 4 days activities
- Clinics
  - Medicines initiation, titration, discontinuation
  - Reconciliation and follow up
  - Complex people – balancing / optimising multiple medicines; set targets
    - Benefit-risk assessments – antithrombotics
    - Shared decision making with patients
- *Decision making outside of guidelines*
Repeat prescribing

- 70 to 80% required further input / review
  - Recommendations for next visit
  - Invitation to clinic for medicines optimisation
  - Contact the person – phone, patient portal
  - Monitoring requirements
  - Correcting the prescription – prn / volumes
And more activities …

- **Interruptions / resource**
  - Walk in patients - opportunistic
  - On the spot GP questions –
    - Benefit-risk quantification, risk mitigation, selection
  - Nurse joint clinics
    - Join in clinic, triage, questions

- **Assessments**
  - Spirometry, depression …

- **Referrals / liaison**

- **Interprofessional teams – meetings**

- *Individualisation beyond guidelines*
Characteristics

- 9 (diverse) prescribing pharmacists …
  - Ability to make rapid, **definite decisions** [Megan Anakin]
    - Live with uncertainty, deal with unwanted effects, and keep learning
  - In-depth / comprehensive **understanding** of pharmacotherapy + the latest evidence
    - Life long learner
  - **Person-centric** - individualisation
    - Empathy, understanding, listening, joint decision making, compassionate, culturally competent, patient advocate, humility
- Communication skills – **consultation**
- Assessment
Personality traits?

- Passionate, determined, persistent, resilient
- Proactive
- Adaptable, flexible, pragmatic
- Holistic, broad approach
- Leadership, independent, take the initiative
- Collaborative
- Outward looking
- Confident / self assured
- Problem solver, strong work ethic
- Experienced, able to facilitate
Where to from here

- Required more definition of roles – our *unique* contribution
- Complexity vs complicated

<table>
<thead>
<tr>
<th>General, well population</th>
<th>At risk population</th>
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<tbody>
<tr>
<td>(population health – generic, broad, superficial)</td>
<td>(risk factors, new medical conditions, generic, some disease-specific information)</td>
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<table>
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<tr>
<th>Complicated</th>
<th>Complex</th>
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<tbody>
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<td>Single disease state requiring a specialised knowledge and understanding – in-depth e.g. oncology, renal.</td>
<td>The specialty of complexity. These are the people with multiple comorbidities; do not fit guidelines. The disease of drug-related morbidity and mortality</td>
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Conclusion

- **In primary care**
  - Dealing with complexity, uncertainty
    - Outside the guidelines

- **In secondary care – across boundaries?**
  - Infectious disease
  - Pain management
  - Mental health
  - Renal
  - Paediatrics
Acknowledgement:
Many thanks to the primary care prescribing pharmacists for their input

Nga mihi nui
Thank you