Utilizing a pharmacist for pharmacotherapy consultations at a quitline

Stephen S. Michael, MS
Director, ASHLine
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- Stephen has been the director of the ASHLine (Arizona Smokers’ Helpline since 2006) continuing a career in behavioral health intervention services for over 25 years. He has just wrapped up his tenure on the NAQC advisory council and is now focusing energies on completing his doctoral work in public health.
2010 ASHLine Funded through CPPW funds to work with behavioral health providers to adopt policy that makes referrals to quitlines standard operating procedure (SOP).
Context

Combined effort with Arizona Dept of Health Services Bureau of Tobacco and Chronic Disease and Division of Behavioral Health Services in partnership with University of Arizona’s ASHLine, Magellan Healthcare and the Community Partnership of Southern Arizona.
### Arizona BH Overview

**Tobacco Use by RBHA**
*(Estimated at 50% smoking)*

<table>
<thead>
<tr>
<th>RBHA</th>
<th>Number of Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>NARBHA</td>
<td>6864</td>
</tr>
<tr>
<td>Cenpatico 2</td>
<td>1989</td>
</tr>
<tr>
<td>Cenpatico 4</td>
<td>2939</td>
</tr>
<tr>
<td>Magellan</td>
<td>30379</td>
</tr>
<tr>
<td>Cenpatico 3</td>
<td>1872</td>
</tr>
<tr>
<td>CPSA 5</td>
<td>11572</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>55614</strong></td>
</tr>
</tbody>
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Division of Behavioral Health, http://www.azdhs.gov/bhs/
Core Components

Reduce the impact of persistent myths about tobacco and those with mental illnesses through:

– Provider education
– Peer involvement and persuasion
– Policy change
– Culture change
Why a Pharmacist?

Field surveys indicated that many prescribers in behavioral health felt uncomfortable supporting tobacco quits due to medication issues.

Thus: a pharmacist brought on board to conduct medication reviews and provide recommendations regarding meds.
The Pharmacist

Martha Fankhauser, MS Pharm, FASHP, BCPP, Clinical Professor, University of Arizona, College of Pharmacy, Pharmacotherapy Specialist with over 30 years of experience in mental health settings.
Two trainings with Dr. Jodi Prochaska:
- Front line staff in behavioral health facilities
- Prescribers in behavioral health facilities

Onsite trainings with the ASHLine Referral Development team:
- Focus on 2 A’s & R plus policy change
The Assessment

Pharmacy assessment collected data:

– Current prescriptions
– Current OTC use
– Illicit substances
– Caffeine use
– Herbal Supplements
– Other Supplements
– Lifestyle factors: diet and exercise
Some Results

100 clients referred to the pharmacist for consults - 98 Consults completed
Lesson Learned

- Although expensive, clients find this service very useful.
- Impact of adding a pharmacist on tobacco outcomes is cost prohibitive.
- Impact on a model of total well-being in an integrated health care setting is positive.
- Who should fund this???
Opportunities

- Quitlines are seeing large numbers of people with complicating co-occurring conditions that need medication consults.
- Pharmacy consults are currently reimbursed under Medicare and Medicaid.
- Integrated health care provides a ripe environment for using pharmacy consults with recommendations to all prescribers.
Thank You

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