An Advance Pharmacy Practice Experience (APPE) for a Pharmacist E-Consultation Service with Primary Care Providers
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INTRODUCTION

To develop an APPE with an innovative, technology-enabled, virtual team pharmacy practice model with primary care providers (PCPs). We designed an APPE rotation for PharmD student involvement to collaborate with PCPs who do not have access to a clinical pharmacist. Most non-academic PCPs do not have access to a pharmacist in their practices. For the past 3 years, PCPs have used e-consultations to send questions to medical colleagues (e.g., cardiologists, dermatologists) when they have a complex case or need a second opinion on treatment options. Our service positions clinical pharmacists as the pharmacotherapy specialist available to PCPs. PCPs use secure electronic technology to send a pharmacist a patient-specific pharmacotherapy question.

METHODS / APPROACH

PCPs send an e-consultation that includes the medication-related question, pertinent patient health information and lab results, and current patient medication list. The APPE students reviewed the e-consultation question and pertinent patient info, assessed the current med list, and wrote an actionable recommendations to PCPs for review by the fellow, and the e-consult note was sent to the PCP within 48 hours of receiving an e-consult question. This demonstrates a pharmacy practice transformation opportunity where pharmacists are a virtual health team member with primary care practices.

E-CONSULT QUESTION and NOTE

Pharmacist Assessment
1. Oral SGLT2 inhibitors with proven CV benefit + known to help improve weight loss
   - Options (consider based on Medicare insurance plan variations):
     - Empagliflozin (Jardiance) (#1 choice)
     - Dapagliflozin (Farxiga)
   - 5mg PO QD, may increase to 10mg if needed
   - 10mg PO QD (prior to first meal), may increase to 20mg if needed
   - AEs include: GI infection, Fournier’s gangrene, dehydration, renal failure, hypoglycemia, increased LDLs and hypoglycemia in conjunction with sulfonylurea or insulin. If selecting a SGLT-2 inhibitor, counsel patient on use of hypoglycemia and risks of falls.

Pharmacist Recommendations
1. Recommend a SGLT-2 inhibitor for cardio-protective/weight-loss
2. If selecting a SGLT-2 inhibitor: Empagliflozin (Jardiance) – see assessment for dose & AEs.
3. Counsel patient on risk of hypoglycemia.

RESULTS and CONCLUSIONS

Students learned to: (1) assess data in an e-consultation format; (2) write concise and actionable notes for treatment recommendations; and (3) document clinical pharmacist assessments, recommendations, and time involved to propose reimbursement for pharmacist e-consultation services.

Pharmacists e-consultations are a practical method of introducing clinical pharmacist expertise to PCPs in non-academic settings. Healthcare technology enables the integration of clinical pharmacist expertise as a virtual team member to address complex medication-related questions from PCPs.