

Improving Hypothyroid Outcomes Through Pharmacist Integrated Care

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Practice Setting	<ul style="list-style-type: none">● Rocking Horse Community Health Center (RHCHC) is a Federally Qualified Health Center that cares for many underserved patients in Springfield and the surrounding areas. RHCHC's philosophy is to provide comprehensive care to individuals regardless of their ability to pay.● The clinic has a 340B pharmacy on the second floor to provide timely access to essential medications at an affordable price.● Pharmacists in the clinic are credentialed to work under a collaborative practice agreement which includes services for diabetes, hypertension, hyperlipidemia, anticoagulation, asthma, smoking cessation, hepatitis C, and COPD.
Executive Summary of the Practice Initiative	<ul style="list-style-type: none">● Amend the existing collaborative practice agreement (CPA) to authorize pharmacists to order labs for hypothyroid management and allow for comprehensive endocrine care within a team-based model.● Patients with existing endocrine disorders, including diabetes, are more likely to develop hypothyroidism. Regular lab monitoring would assist in recognition and management of hypothyroid symptoms.
Sustainability Plan	<ul style="list-style-type: none">● Utilize Medicaid pharmacist reimbursement and existing clinic infrastructure to maintain financial viability without requiring additional startup costs.
Key Outcomes	<ul style="list-style-type: none">● Achieve target TSH levels (0.5 - 4.5 mU/L) in hypothyroid patients seen by the pharmacist through consistent lab monitoring, patient centered counseling, and reducing dose-adjustment delays.
Adoption by Others	<ul style="list-style-type: none">● Amend an existing CPA to implement hypothyroid management into pharmacist-led patient visits● Standardize implication through utilizing templated documentation notes, patient education materials, and referral forms
Future Directions	<ul style="list-style-type: none">● Expand pharmacist-led management to include more hypothyroid care beyond ordering labs● Evaluate long-term clinical, financial, and patient satisfaction outcomes to support expansion of pharmacist services at the clinic

