

A Pharmacist Led Micro- and Macronutrient Clinic in a Rural and Underserved Setting

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- ONU HealthWise is made up of an outpatient pharmacy, pharmacy services center, 2 mobile clinics, and drug information - located in Hardin county in Ada, OH.
- The goal of this study is to assess the impact of pharmacist-led nutrient interventions on overall patient health and wellness
- Although pharmacists are referred to as the medication experts of healthcare, there is a lack of involvement of pharmacists in nutrition and vitamin management.
 - Often not a main focus of health care, micro- and macronutrients depletions can cause a number of healthcare issues, as previously discussed
 - As pharmacists often get to see a patient's entire medication list during their interactions, it provides them with the perfect opportunity to help address any nutrient deficiencies that could be occurring
 - With the acknowledgement by pharmacists that they do not feel comfortable addressing these situations provides the perfect opportunity to increase education and help pharmacists get outside of their comfort zone
- By providing education to staff and creating prompts for counseling, our vitamin recommendations are being implemented directly into workflow within the pharmacy
 - Increasing patient interactions along with creating confidence within the staff to provide counseling on a wide variety of medications
 - Recommendations are being implemented in phases to minimize confusions and optimize the workload for staff
 - We continue to strive to increase the amount of appointments we are able to run out of our pharmacy patient care rooms
- Key outcomes of this study so far have included the building on the pharmacist-patient relationship as well as instilling confidence in pharmacy staff in regard to providing unique recommendation to patient
- Any future innovations could be adapted from this project to focus on additional nutritional deficiencies caused by medications. In addition to conducting appointments for patients on GLP-1 therapy, future appointments could focus on nutritional deficiencies in general. By conducting lab work to test for various deficiencies, pharmacists could then work under a collaborative practice agreement to treat and monitor found deficiencies.

Discussion Questions:

1. What types of OTC counseling do you and your team provide?
2. What background knowledge do you have related to nutritional deficiencies?
3. What accessibility do your patients have to dieticians, nutritionists, and/or routine follow up with their PCP?
4. What types of appointments do you conduct out of your pharmacy and/or wish that you could conduct?