

Clinical Pharmacy Services

The Clinical Pharmacist: A Key Part of the Primary Care Team

Most people think of a pharmacist as the individual behind the drug store counter who fills prescriptions. However, some pharmacists have completed advanced training to be able to provide a higher level of care for patients. This concept of a Clinical Pharmacist, embedded within the doctor's office delivering direct patient care, is new to many but has been our model for years!

At every visit, whether in-person or virtual, your Clinical Pharmacist will help you follow through on your health care goals and keep your primary care team updated.



What is a Clinical Pharmacist?

Clinical Pharmacists work directly with your primary care provider and specialists to ensure that the medications prescribed for you contribute to the best possible health outcomes.

Your primary care provider team will always be the one to diagnose your condition. However, certain chronic conditions do well with additional support. They have the training and credentials required to:

- Order and review lab tests
- Prescribe medications
- Teach you about your condition
- Answer your questions

Our Clinical Pharmacists help manage many chronic conditions such as:

- Anti-coagulation medications
- Blood pressure management
- Cholesterol management
- Diabetes management
- Depression monitoring
- Management of high risk chronic pain medication

Have your primary care provider write down the name of your Clinical Pharmacist on your team:

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My primary care provider has ordered a Clinical Pharmacist consultation... what next?

Hypertension Management

We want you to have the best and most efficient blood pressure management possible. A consultation with the Clinical Pharmacist can give you quick access to care for your high blood pressure (hypertension). The pharmacist will review your blood pressure values and may make medication changes as needed. Please use the Blood Pressure Log below to record your values.

If you have a blood pressure cuff, please bring it in from home as the pharmacist will confirm it is working correctly.

A visit for your blood pressure is also an opportunity to review your cholesterol (lipid) levels and lower your risk of heart attack and stroke. Please ask the pharmacist about your cardiovascular risk at any time.

Always bring a list of the medications you take at home.

This can include your prescribed medications, supplements, and vitamins.

BLOOD PRESSURE LOG

DATE	TIME	BP

Diabetes Mellitus

Studies have shown that working with a Clinical Pharmacist can help you get to your blood sugar goal faster through frequent, brief visits. Your Clinical Pharmacist has a significant amount of experience working with diabetic medications and will make adjustments as needed.

Please bring your blood sugar meter and log to all appointments.

Anticoagulation Clinic

The Anticoagulation Clinic is a service provided to all patients at Virginia Mason Franciscan Health taking oral anticoagulants (warfarin). The purpose of anticoagulants is to slow the body's own clotting process, thereby minimizing the risk of blood clots forming in certain high risk conditions.

To be effective, warfarin must maintain a specific level of anticoagulation in the blood. The Clinical Pharmacist will measure your "INR/protime". Close monitoring is required as excessive anticoagulation could put you at risk for unnecessary bleeding complications.

Chronic Pain and Chronic Opioid Therapy (COT)

The Opioid class of pain medications is a high risk group of controlled medications. Fortunately, we have our Clinical Pharmacist keeping us up to date on all requirements and safety concerns related to these medications. If you are on a medication agreement with your primary care provider, you will visit with the Clinical Pharmacist at least once per year to review your medications.

Depression Medication Review

Medications can be complicated and we understand it can be overwhelming at times. Our Clinical Pharmacist can be consulted by your primary care team to help monitor your medications for mental health.