

PSYCHIATRIC PHARMACISTS: **PROVIDING EXPERTISE** IN MENTAL HEALTH MEDICATIONS

Essential Knowledge & Support

As a pharmacist, Dr. Bridget Bradley practices as a clinical faculty member. She is associate professor at Pacific University School of Pharmacy and as part of her faculty position practices at one of Virginia Garcia Memorial Health Center's primary care clinics in Hillsboro, Oregon.

Within the health center's five clinics, Dr. Bradley is the only psychiatric pharmacist. She collaborates with the entire mental health team including other clinical pharmacists to start, stop, adjust or continue medications for the treatment of depression and anxiety.

Dr. Bradley's expertise in mental health medications and support during a time of limited access to specialty mental health providers is essential to her team and the patients she cares for.

Increasing Access

As Dr. Bradley balances her time between patients and students, she takes advantage of technology to maximize the number of patients she can see and care for.

Through clinic visits, telemedicine and a patient web portal, Dr. Bradley is able to increase availability and access to mental health care.

Dr. Bradley improves patient safety. She educates patients about the proper use of medications, side effects to watch for, and how to manage them.



“Having a psychiatric pharmacist in our organization has meant that we can deliver care in an evidenced based and safe manner.”

—Stephanie McAndrew, MD
Family Medicine Hillsboro
Primary Care Clinic

IMPROVED OUTCOMES

Virginia Garcia Memorial Health Center is a federally qualified health center with five primary care clinics serving over 44,000 patients of all ages each year.

Dr. Bradley joined the team at the Hillsboro Primary Care Clinic in January 2012 and has been improving patient outcomes ever since by:

- Expanding psychiatric medication monitoring
- Providing education and training to team members
- Teaching all levels of student pharmacists

“For many patients, having access to a psychiatric pharmacist means getting the appropriate care they have never had.”

—Stephanie McAndrew, MD
Family Medicine Hillsboro Primary Care Clinic

During a recent 11-month study of depression treatment involving the psychiatric pharmacist at Hillsboro Primary Care Clinic:



19.4%
Patients achieved remission after being referred for depression management (determined by PHQ-9 score)

Postpartum Impact

One of the most rewarding experiences for Dr. Bradley is when she sees a life improved because she was able to help them find “the right” medication.

Dr. Bradley was caring for a patient who was struggling with postpartum depression. When they first met, this new mom was trying her third medication to treat the disorder and it wasn’t working.

With persistence, Dr. Bradley found a medication that worked. At both her two-week and one-month check-in visits, this new mom expressed her thanks and reported loving interactions with her bundle of joy.

A clinical research project at another practice showed a 38% improvement in patient depression response rates when working with a psychiatric pharmacist.

(JPP, 2016)

College of Psychiatric
& Neurologic Pharmacists



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This information is brought to you by the College of Psychiatric and Neurologic Pharmacists (CPNP), a professional association representing more than 2,500 psychiatric pharmacists nationwide. Our members integrate into existing teams of health care professionals, making a difference in overall costs, treatment efficiencies, patient recovery and quality of life.

Learn more at cpnp.org/psychpharm.