

PSYCHIATRIC PHARMACISTS: OPTIMIZING INPATIENT CARE REDUCING LENGTH OF STAY



Feeling Better Sooner

The Missouri Psychiatric Center offers short-term, intensive inpatient treatment services for adults, adolescents and children at a facility adjacent to University Hospital in Columbia, Missouri. The center provides care through 80 inpatient beds.

Dr. Austin Campbell is the only psychiatric pharmacist within this large health care system serving almost the entire state. He works as part of the health care team on the acute inpatient units providing care to a diverse population with a wide array of diagnoses.

Before adding a psychiatric pharmacist, the average length of stay for a patient was 7.5-8 days. With the addition of Dr. Campbell, the center was able to reduce this by more than one full day - reducing hospital costs and getting patients home sooner.

Cost Savings for Patients

Using the latest, most effective psychiatric medicines, including progressive new therapies available only through clinical trials, Missouri Psychiatric Center offers a variety of treatment options, including long-acting injectable (LAI) antipsychotic medications.

Clinical evidence suggests that using LAI antipsychotic medications to treat schizophrenia is associated with better outcomes – a reduction in the number of rehospitalizations and improved medication adherence.

“Having a psychiatric pharmacist on a treatment team means adding another layer of knowledge, experience, and confidence to that team.”

- Muaid Ithman, MD, Associate Professor of Psychiatry, Associate Medical Director of Missouri Psychiatric Center



Last year, Dr. Campbell was able to help the center achieve drug cost savings of more than \$550,000 through drug formulary management and LAI antipsychotic medication replacement programs, which directly translated to savings for patients.

IMPACTFUL RESULTS

The following results show the broad reach and impact of having a psychiatric pharmacist at the Missouri Psychiatric Center.

92% Compliance with Safety Measures

Centers for Medicare & Medicaid Services (CMS) measures compliance with recommended monitoring (weight, blood pressure, cholesterol, blood glucose) of patients prescribed antipsychotic medications. Compliance measured 50% prior to Dr. Campbell's arrival, increasing to 92% within 6 months.

\$550,000 Savings

Drug formulary management and antipsychotic long-acting injection (LAI) replacement programs yielded drug cost savings of more than \$550,000 in 2018.

1 Day Reduction

The average length of stay was reduced by more than 1 full day.

20% Reduction in Readmission

The 30-day readmission rate has been reduced by 20% since Dr. Campbell joined the team.

4x More Access

The use of clozapine (an antipsychotic used for refractory schizophrenia) increased by more than 4 times, from 12 cases per year to 50+ patients per year.

“Dr. Campbell is amazing. Whenever a medication question or concern occurs, he is able to address it immediately.”

- Laine Young-Walker, MD Associate Dean for Student Programs, Professor of Psychiatry, Division Chief – Child and Adolescent Psychiatry

Go the Extra Mile

A woman in her late 60s came to the Missouri Psychiatric Center in need of help. Her medical history was complex. She had multiple sclerosis, major depressive disorder, and had experienced numerous strokes.

Due to her multiple chronic health problems, her list of prescriptions was lengthy. She was experiencing uncontrollable side effects, including tremors in her jaw, from a long-term medication she had been taking. Dr. Campbell was able to work with her insurance company to obtain approval for a trial of a new medication. The involuntary movements were curbed and her depression responded to the treatment. She went from a wheelchair to a walker and started eating better.

The change in medication made a significant difference in her overall health. Dr. Campbell worked to ensure she would be able to continue this new medication at home.

College of Psychiatric
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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.

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