

10 Steps to Achieve Comprehensive Medication Management (CMM)

Pharmaceuticals are the most common medical intervention, and their potential for both help and harm is enormous. Ensuring that Americans get the most benefit from advances in pharmacology is a critical component of improving the national health care system.*

What is CMM?

A systematic approach to medications where physicians and pharmacists ensure that medications (whether they are prescription, nonprescription, alternative, traditional, vitamins, or nutritional supplements) are individually assessed to determine that each medication is appropriate for the patient, effective for the medical condition, safe given the comorbidities and other medications being taken, and able to be taken by the patient as intended.**



10 steps to CMM:



#1

Identify patients that have not achieved clinical goals of therapy.



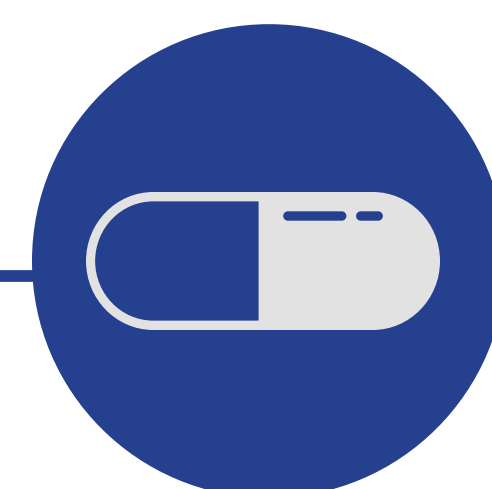
#2

Understand the patient's personal medication experience, history, preferences, & beliefs.



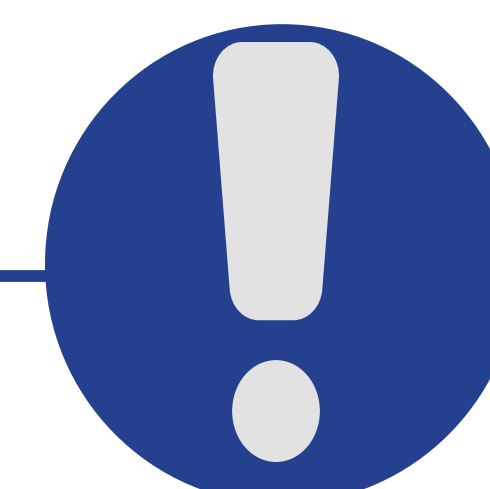
#3

Identify actual use patterns of all medications including OTCs, bioactive supplements & prescribed medications.



#4

Assess each medication for appropriateness, effectiveness, safety (including drug interactions) & adherence, focusing on achievement of the clinical goals for each therapy.



#5

Identify all drug-therapy problems.



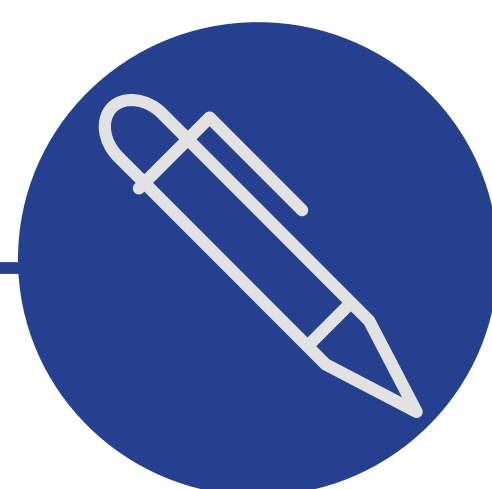
#6

Develop a care plan addressing recommended steps including therapeutic changes needed to achieve optimal outcomes.



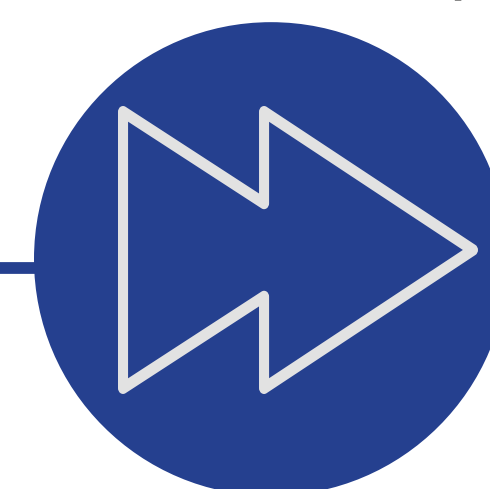
#7

Ensure patient agrees with & understands care plan which is communicated to the prescriber or provider for content & support.



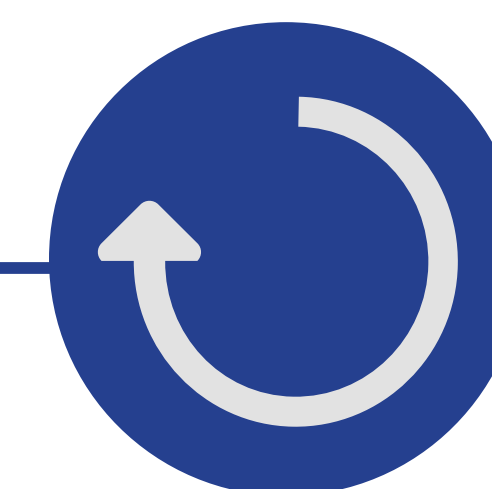
#8

Document all steps & current clinical status vs. goals of therapy.



#9

Follow-up evaluations are critical to determine effects of changes, reassess actual outcomes & recommend further therapeutic changes to achieve desired clinical goals & outcomes.




#10

CMM is a reiterative process! Care is coordinated with other team members & personalized goals of therapy are understood by all team members.



About the GTMRx Institute

The GTMRx Institute is a catalyst for change that brings critical stakeholders together, bound by the urgent need to get the medications right. We are physicians, pharmacists, nurses, patients, health IT innovators, drug and diagnostics companies, consumer groups, employers, payers—aligned to save lives and save money through comprehensive medication management. By showcasing [evidence](#) and innovation, we motivate practice transformation and push payment and policy reform. Together, we ACT to champion appropriate, effective, safe and precise use of medication and gene therapies. Learn more at gtmr.org.

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* "Pharmaceuticals: The Good and the Bad." *Informing the Future: Critical Issues in Health, Fourth Edition*, Institutes of Medicine, National Academy of Sciences, 2007, pp. 13–17. Accessed 4 Jan. 2018. <http://nationalacademies.org/hmd/~media/files/about%20the%20iom/itf4.pdf>.

** McInnis, Terry, et al., editors. *The Patient-Centered Medical Home: Integrating Comprehensive Medication Management to Optimize Patient Outcomes*. 2nd ed., Patient-Centered Primary Care Collaborative, *The Patient-Centered Medical Home: Integrating Comprehensive Medication Management to Optimize Patient Outcomes*. PCPCC Medication Management Task Force collaborative document.