

## Abstract

**Title:** Assessing the impact of pharmacist-led medication group on healthcare utilization outcomes in psychiatric inpatients

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**Introduction:** Patients often lack an adequate understanding of their medications. This lack of knowledge has been identified as a confounder in low medication adherence and can affect a patient's ability to actively participate in their own care. Current literature on pharmacist-led medication groups is limited, especially in psychiatric units. The impact of a pharmacist-led medication group on adult psychiatric inpatients understanding of medications has previously been studied at this facility in this patient population. The purpose of this study is to evaluate the impact of this pharmacist-led medication group on healthcare outcomes, as well as compare patient demographics for patients who attend and who do not attend group.

**Methods:** In a single-center, retrospective study, psychiatric and overall admissions and psychiatric-related emergency department (ED) visits were compared for a 90-day period before and after hospitalization for patients who attended a pharmacist-led medication group. Baseline characteristics for patients who attended group were compared to patients who did not attend group.

**Results:** Final analysis included 136 patients (n=68 per group). The primary outcome of change in psychiatric admissions decreased statistically from before to after group, (n=48 and n=19 respectively,  $P=0.008$ ). Overall admissions (n=54, n=33 respectively,  $P=0.148$ ) and psychiatric-related ED visits (n=42, n=19, respectively,  $P=0.098$ ) decreased non-significantly.

**Conclusions:** Patients attending the group had significantly lower psychiatric 90 day readmission rates, non-significantly lower overall readmissions rates and psychiatric-related ED visits following group.