



CASE STUDY:

Avoiding Re-hospitalization with Value-Based Pharmacy Services

SUMMARY

A woman on multiple medications for chronic conditions was referred to Mosaic Pharmacy Service

Member was experiencing unwanted drug side effects and had hospitalization due to overdose

Pharmacist review and RxAnte's Therapeutic Decision Support™ technology identified opportunities to resolve adherence barriers and health risks

Following regimen optimization done in coordination with the member's provider, the member is now adherent to her regimen

TOTAL COST SAVINGS:

Member: \$1,104/year

Health Plan: \$2,676/year

"I haven't fallen and I feel so much better since you helped change my medications, thank you for all you did for me!"

-Mosaic member

RxAnte

DISCOVERY

MEMBER BACKGROUND

A 71-year-old female was referred to Mosaic by her health plan. This member had a medical history including hypertension, overactive active bladder, brain tumor, glaucoma, high cholesterol, asthma, and cellulitis. On her virtual visit, she reported having muscle aches, swelling, falls, and dry mouth. She also reported being hospitalized due to overdosing on her medications. The member was on 18 medications.

THERAPY PROBLEMS

During the medication review, a Mosaic pharmacist identified the following issues with the member's drug regimen:

- **Dosage:** the member had two falls as a result of a high dosage of gabapentin
- **Side effects:** unwanted side effects included dry mouth and daytime drowsiness
- **Cost:** two prescribed medications were high cost, making it challenging for the member to stay adherent
- **Drug-drug interactions:** combined use of warfarin, diclofenac gel, and ibuprofen resulted in increased risk of bleed
- **Forgetfulness:** the member regularly forgot whether she had taken all of her medications

INTERVENTIONS

Mosaic pharmacists communicated with the member's provider and made recommendations for decreasing the dose and cost of the members medication. RxAnte's Therapeutic Decision Support™ (TDS) technology was used to identify cost savings and manage side effects.

- **Consulted with the member's primary care physician** to recommend a decreased dose of gabapentin, change in the dose of divalproex sodium, discontinuation ibuprofen 600mg, and a bone density test
- **Educated member** on signs and symptoms of bleeding
- **Used TDS to identify tier alternatives for cost savings;** the member switched one medication to Tier 1 and discontinued another medication
- **Advised member to start over-the-counter medication** to help with dry mouth
- **Started member on Mosaic medication packaging** to improve safety and adherence

OUTCOMES

Mosaic improved the member's adherence by simplifying her regimen, decreasing medication costs, and managing unwanted side-effects. Regimen improvements additionally resulted in cost savings to the health plan.

- **No additional falls** have been reported since the dose of gabapentin was decreased
- **Ibuprofen was discontinued**
- **Side-effects of dry mouth and daytime drowsiness have been reduced**
- **The member is now adherent to all medications** and is not worried about overdosing
- **Member cost savings:** \$1104/yr; **health plan cost savings:** \$2,676/yr