

Comprehensive Medication Management (CMM)

What is the work?

There are four central elements of comprehensive medication management:

- Identify high-risk patients for CMM. As part of your care management strategy, your practice should develop a process to identify individuals at increased risk of experiencing medication therapy problems. Patients most at risk include those recently discharged from the hospital and those receiving longitudinal care management. Your practice can incorporate all sources of information (e.g., medical history, health literacy, social needs, interactions between the care team and patient) to determine ideal candidates for comprehensive medication management support.
- Assess the patient and evaluate medication therapy. For patients identified as at increased risk and referred to the CMM specialist, important initial elements include:
 - Patient assessment, including a review of medical records and medication history.
 - Conversation with the patient (and caregiver) to facilitate assessment of the appropriateness and value of current medications in multiple domains (e.g., effectiveness, safety, affordability, therapy adherence).
 - Identification of medication-related risks or problems.
 - A strategy (including prioritization) to address medication-related risk or problems. The results of this initial patient assessment should be communicated to the patient's primary care team.
- Develop and initiate a plan. After the initial patient assessment, the CMM specialist can develop an individualized action plan to address any medication-related risks or problems and offer potential alternatives in the context of the patient's therapeutic goals. The plan may include a discussion of self-management support and financial barriers to medication use.
- Follow up and monitor medications. Scheduled patient monitoring and follow-up allow the CMM specialist to assess the value of the plan in the patient's care, to alert the primary care team of potential new risks or concerns, and to ensure that the patient's goals are achieved.