

Literature Review: The impact of clinical pharmacy services on patient outcomes in chronic disease management

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Abstract

Clinical pharmacy services have increasingly become part of healthcare systems for chronic condition management like diabetes, hypertension, and cardiovascular disease. These include medication therapy management, patient counseling, therapeutic drug monitoring, and care coordination with other health professionals. This review covers clinical outcomes, medication compliance, and healthcare use among patients with chronic illness as they are affected by clinical pharmacy interventions. The evidence indicates that clinical pharmacists significantly impact therapeutic results, hospital readmissions, and quality of life among patients. Incorporation of clinical pharmacy services within primary health care models is thus imperative to maximizing chronic diseases management.

Keywords: Impact; Clinical Pharmacy; Services; Patient Outcomes; Chronic Disease; Management

1. Introduction

Chronic diseases are among the main causes of morbidity and mortality globally. Treatment of such diseases may comprise complicated medication regimens and long-term follow-up. Clinical pharmacists, as part of the multidisciplinary healthcare team, are well-positioned to ensure safe, effective, and economical use of medications. Their role has evolved beyond dispensing to include direct patient care, medication reconciliation, and chronic disease education [4-6]. The need for enhanced chronic disease management strategies has placed greater emphasis on the contribution of pharmacists to clinical care.

2. Literature Review

Several studies have revealed the efficacy of clinical pharmacy services to enhance outcomes in chronic disease patients. For instance, a randomized controlled trial conducted by Chisholm-Burns et al. [7] identified that pharmacist interventions favored blood pressure control in patients with hypertension. Likewise, interventions by clinical pharmacists have improved glycemic control in diabetic patients, with considerable decreases in HbA1c concentrations [8-9]. A systematic review by Wubben and Vivian [10] reported that pharmacist-managed care was associated with improved lipid profiles, reduced cardiovascular risk, and enhanced medication adherence. These findings reinforce the importance of integrating pharmacists into chronic disease care models.

3. Discussion

Clinical pharmacists contribute significantly to healthcare by providing optimal pharmacotherapy, avoiding adverse drug reactions, and ensuring medication adherence. They contribute to individualized therapeutic plans based on the

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specific needs of patients through their engagement in interdisciplinary care models. Despite these benefits, implementation of clinical pharmacy services on a grand scale is thwarted by poor reimbursement mechanisms, variability in training pharmacists, and unawareness on the part of healthcare professionals and patients [11-14]. To close these gaps, policy reforms and education plans are needed to promote the expansion of clinical pharmacy practice.

4. Results

Evidence from a number of studies consistently demonstrates that the delivery of clinical pharmacy services improves patient outcomes. A meta-analysis of Machado et al. [15] showed a considerable reduction in systolic and diastolic blood pressure levels in patients provided with care by pharmacists. Morgado et al. [16] demonstrated improved LDL cholesterol levels and fewer hospital admissions in patients with interventions delivered by pharmacists. In addition, such services have proved to be cost-saving, decreasing the total costs of healthcare by decreasing complications and increasing preventive care [17].

5. Conclusion

Clinical pharmacy services are critical to control chronic diseases by improving outcomes in patients and optimizing the utilization of medicines. The proof is in favor of integrating clinical pharmacists into multidisciplinary teams within healthcare, especially in primary care. They help with better control of chronic diseases, improved quality of life, and reduced healthcare costs. Future healthcare policies should be placed to increase clinical pharmacy services to meet the growing demand for controlling chronic diseases.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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