

# Community Mental Health Teams – Pharmacy Outside the Box

KIA ORA • GREETINGS  
NÎ HÂO • MALO LELEI  
BULA VI NAKA • KANGEI  
FAKALOFA LAHI ATU  
AN NYUNG HAA SE YO  
TALOFA LAVA • NAMASTE  
HALO • SALAAM ALEIKUM  
XIN CHAO • TALOFA NI  
CHOUM REAP SUR  
NÉI HÓU • MINGALABA  
SAH-BYE-DEE • KIA ORANA

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*North Shore Hospital*  
*Waitemata District Health*  
*Board*  
*Auckland*

Our core values: Customer Focus 'eye' | Integrity 'sunrise' | Compassion 'bird' | Respect 'koru' | Openness 'flower'



# Introduction

- **Background**
- **Setting the Scene**
- **Safer Medicines Management**
  - **Optimising**
  - **Safe Systems**
  - **Future Objectives**
- **Examples**
- **Summary**

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# Background

- **Institutional to community care**
  - Community pharmacists
  - Primary care
  - Dispersion
  - Access and engagement
- **Multi-disciplinary working**
  - Nursing
  - Medical
  - Psychology
  - Occupational Therapy
  - Pharmacy?
- **Specialist pharmacists in secondary care**

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# Setting the Scene

## Community Mental Health Teams

- **Adult Mental Health (2 teams):**
  - Primary care liaison
  - Home based treatment
  - Crisis intervention
- **Marinoto West:**
  - Child and family mental health
- **Early psychosis intervention**
- **Malaga A Le Pasifika/Isa Lei:**
  - Pacific mental health services
- **Moko:**
  - Maori mental health services



Waimarino

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# Setting the Scene – Health Care Professionals

- **Social Worker**
- **Mental Health Nurse**
- **Community Support Worker**
- **Medical:**
  - **Medical Officer**
  - **Registrars**
  - **Consultants**
- **Occupational Therapist**
- **Psychologist**
- **Pharmacy Technician**
- **Pharmacist**

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# Setting the Scene - Challenges

- Multiple teams
- Many health care professionals
- Over 1000 clients
- Specialist services
- Multi-cultural & ethnic issues
  - Health inequalities
  - Communication
  - Health belief models
- Substance misuse



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# Optimising Medication

- **Medication histories**
  - Treatment recommendations
- **Clinical review meetings**
- **Medicine chart review**
- **Developing engagement and relationships**
  - Being there
  - Corridor conversations
- **Ad hoc enquiries**
  - Cross titrations
  - Public funding
  - Treatment options eg TRD/TRS
  - Concordance



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# Medicines Management - Safe Systems

- **Communication – secondary/community/primary**
  - Medicines reconciliation
  - Clozapine
  - Continuity of care
- **Logistics and storage**
- **Systems and procedures**
- **Trouble shooting**
- **Medication and electronic notes**
  - Prescribing
  - Recording
  - Monitoring



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# Medicines Management – Future?

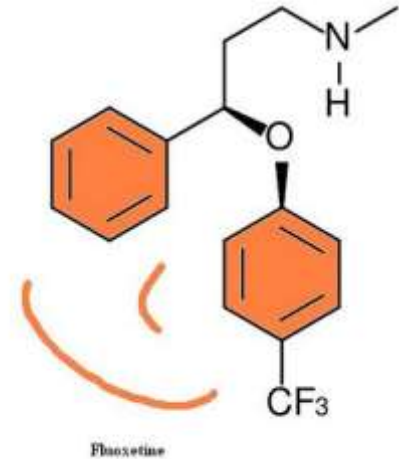
- **Journal Clubs/Post Grad sessions**
  - Commenting
  - Presenting
  - Engaging
- **Education and training**
  - New medicines & updates
  - NMS, serotonergic syndrome, EPSE
  - Rating scales – AIMS, LUNSERS, DAI etc
  - Metabolic syndrome, hyperlipidaemia, hypertension
- **Policies, protocols, guidelines and audits?**
- **Service User education/counselling?**
- **User groups?**

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# Safer Medication - Examples

- **Flupenthixol decanoate/acetate**
  - Medicines reconciliation
  - Transcription
- **Lithium carbonate**
  - Transcription – dose forms
  - Monitoring
- **Interactions**
  - Serotonin syndrome
  - SSRIs & lithium with NSAIDs
- **Risk management**
  - Smoking status and clozapine - serum levels & dose
- **Side effect management**
  - Low blood pressure, prazosin and post traumatic stress disorder
  - Extra pyramidal side effects
  - Paroxetine/SSRI withdrawal



# Review

- **Background and context**
- **Operational**
  - Optimising medication
  - Managing risk
  - Safer systems
- **Developing relationships**
  - Being there
  - Credibility
  - Proactive
  - Sharing aims and objectives



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# Summary

- **Medicines Management:**
  - “Improving outcomes for people through the safe and effective use of medicines”
- **Clinical Pharmacists:**
  - **Improve outcomes and add value** (Perez et al; *Pharmacotherapy*; 2009; 29:128.)
  - **Improve Communication**
  - **Information Resource**
  - **Help Manage Risk**
  - **Improve Safety**

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# Community Mental Health Teams – Pharmacy Outside the Box

Thank you for your attention.

And thanks to Change Champions for the opportunity to present and to <http://neuroskeptic.blogspot.com/> for images!

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