

What is the Value of Comprehensive Medication Management (CMM)?

The Problem

More than 50% of Americans have at least one chronic condition, and >40% have two or more¹

~80% of American adults take at least one medication per week, and approximately 30% take ≥ 5 ²

Approximately 50-75% of patients do not take their medications as prescribed^{3,4}

Over 60% of hospital readmissions are associated with medication-related problems⁵

\$528 billion is spent on the misuse, underuse, and overuse of medications each year^{6,7}

Medication-related problems result in poor health outcomes and increased healthcare costs⁴

The Solution: *Comprehensive Medication Management (CMM)*

Comprehensive medication management (CMM) is a patient centered approach to optimizing medication use and improving patient health outcomes that is delivered by a clinical pharmacist working in collaboration with the patient and other healthcare providers. This care process ensures each patient's medications (whether prescription, nonprescription, alternative, traditional, vitamins, or nutritional supplements) are individually assessed to determine that each medication has an appropriate indication, is effective for the medical condition and achieving defined patient and/or clinical goals, is safe given the comorbidities and other medications being taken, and that the patient is able to take the medication as intended and adhere to the prescribed regimen.⁸

CMM has demonstrated impact across all four areas of the Quadruple Aim, thus bringing value to our nation's goal of optimizing health care for the patients we serve.

The Impact

CMM has demonstrated improvement in patient clinical outcomes, such as improved control of hypertension, diabetes, hyperlipidemia, and HIV,⁹⁻¹⁷ and has resulted in fewer hospital and emergency department visits.¹⁷⁻¹⁹

CMM has demonstrated positive impact related to cost avoidance and has demonstrated a positive return-on-investment (ROI) ranging from an average of 3:1 – 5:1 up to 12:1.^{13-18,23-24}



Primary care physicians view the pharmacist as value-added in providing a unique skill set specific to medication optimization and allowing them to have more time to spend on other tasks. They find the pharmacist to be a collaborative partner in caring for patients.²⁰⁻²²

Patients find CMM and the role of the pharmacist to be of value.^{17,25} Specifically, CMM can improve their overall health and wellbeing,²⁶ improve medication adherence,²⁷ help them reach and maintain their goals of therapy, minimize their medication adverse effects, and improve their understanding of their medications.¹⁴

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