Managing the Medication Regimen

A simplified medication regimen ensures the fewest medications possible in the simplest form to achieve the desired treatment goal. It eliminates preventable drug-related adverse events and improves resident adherence to the treatment regimen.

The Consulting Pharmacist is charged with the task of recommending the best possible regimen for this goal by performing a CMS-mandated review at intervals of 30 days or less.

The process of reviewing a medication regimen takes into account not only the medications themselves and their possible interactions, but also a full suite of supporting information such as drug administration history, lab test results, therapies and incident reports.

Balancing factors from all of these sources and more can present a complex challenge in any facility. In a busy environment, the potential for mishaps or omissions presents a compelling argument for implementing an automated system to manage the entire process.

The Visual MRR Solution

The Visual Medication Regimen Review system, developed by Reliable Health Systems, Inc., provides a streamlined route for navigating through the process of formulating point-of-care MRR recommendations by breaking down the task into a few simple steps.
**Recommendation Types**

The Consulting Pharmacist needs to provide recommendations to both prescribers and caregivers. The Visual MRR system gives the Consulting Pharmacist 24 categories for physician-directed recommendations (such as Possible Drug Contraindications) and 16 categories for recommendations that are intended for nursing staff (such as Charting Omissions).

Selecting a recommendation category will immediately tell MRR who the intended notification recipient should be, whether that is the prescriber or the Director of Nursing, but it will also allow the Consulting Pharmacist to designate a different recipient selected from a data-driven list.

**Addressing the Medication or Treatment**

MRR already knows every order that is currently in place for a resident, whether that order is for medications, lab tests, therapies, or even activities. The Consulting Pharmacist simply selects from this list to specify the context of the recommendation.

**Diagnosis and Medication Class**

To further assist the Consulting Pharmacist in the evaluation process, MRR presents a choice for both the type of diagnosis and the class of medication that the recommendation is based on. For example, the rationale for a recommendation will refer to Anti-diabetic medications for a diagnosis of Obesity.

**Free-Form Text Entry**

Separate tools allow the Consulting Pharmacist to indicate the findings and rationale for the recommendation being made.

Another section is provided which is subsequently used for a free-form description of action taken in response to the recommendation.

**Deficiency Categorization**

Where applicable, CMS requires that recommendations indicate the level of potential harm that is being addressed from a standardized ranking from "No Actual Harm with Potential for Minimal Harm" to "Immediate Jeopardy to Resident Health or Safety." MRR provides all recommendations to specify this designation.

**Attaching to Resident Conditions**

Since MRR already has access to all resident-related information in Visual, it also knows about all conditions with which the resident has been diagnosed. MRR allows the Consulting Pharmacist to attach a recommendation to any combination of known conditions that apply directly to the resident.