

# Centennial Pharmacy Services

## Collaborative Practice Agreement Overview

Updated March 2022

### What is a Collaborative Practice Agreement?

Collaborative partnerships between physicians and Centennial pharmacists empower team-based care, which has been proven to result in better quality care and health outcomes for patients. Pharmacist support alleviates demands on the health care provider by defining certain patient care functions to be delegated to the Centennial team, beyond the typical scope of pharmacy practice. Centennial customizes the collaborative agreements to each provider, complementing their services and blending into their workflow. This collaboration improves the efficiency and reduces the fragmentation of patient care.

“When used to their full potential, collaborative practice agreements have the ability to increase access to care, expand available services to patients and increase the efficiency and coordination of care,” said Jeff Durthaler, pharmacist consultant in the Division for Heart Disease and Stroke Prevention with the U.S. Centers for Disease Control and Prevention (CDC).

Collaborative practice agreements are especially beneficial to patients when it comes to chronic disease management.

Often, physicians are resource- and time-strained and can't fully provide the care each chronic patient needs. Pharmacists can fill that gap with accessible front-line care and medication management. “CPAs can increase patient access to health care by empowering pharmacists to practice as an extension of other healthcare professionals to help patients manage or prevent chronic diseases,” Durthaler said.

### How are Collaborative Practice Agreements beneficial?

Pharmacist Provided Care for Controlling Diabetes, High Blood Pressure, and High Cholesterol in the Patient Self-Management Program for Diabetes (PSMP), and the Diabetes Ten City Challenge (DTCC). Patients were enrolled in collaborative care programs that included a community pharmacist on their health care team. When the programs were assessed, researchers found the following benefits:

#### Savings on Overall Health Spending

PSMP: Average net savings of \$918 per person per year.

DTCC: Average net savings of \$1,079 per person per year.

#### Improved Patient Health

PSMP: 100% of study participants had their glycosylated hemoglobin (A1C) level tested; 94% of patients met the HEDIS goal of 7% or less for A1C.

DTCC: A1C and screening rates improved to 97%; 91% of patients achieved an A1C level that met the HEDIS goal.

#### Increased Preventive Care

PSMP: 78% of patients received flu shots and 82% received foot exams.

DTCC: 65% of patients received flu shots and 81% received foot exams.

### How Collaborative Practice Agreements Work

These agreements enable the pharmacist, under specified conditions, to directly adjust patients' medication regimens to optimize outcome without constantly consulting the physician for approval.

For example, if pharmacists want to refill a patients' drug therapy, they typically must get permission from the physician.

Phone calls, faxes and emails about prescription drug therapy normally occur at least nine times a day in a pharmacy. Under a collaborative practice agreement, the physician may grant the pharmacist authority to make those modifications without seeking permission each time. That cuts out the time-consuming back-and-forth between pharmacists and physicians. And it increases the efficiency of care.

Centennial's team provides the tools and resources to create a Collaborative Practice Agreement, including identifying the scope of services, developing protocols and workflows, business associate agreements, registering the CPA with the proper governing bodies, and all the documents, marketing, training, management, and ongoing support to guarantee a successful partnership.

## Types of Collaborative Practice Agreements

There is no fill-in-the-blank standard for a collaborative practice agreement. Agreements are tailored to meet the provider’s population needs. Agreements may specify the patients, disease states, or the medications in the collaborative practice agreement. Each collaborative practice agreement is different, but the most effective agreements are driven by the needs of the practice and the patient.

Collaborative practice agreements should have some fluidity. If it is discovered over time that certain functions or terms aren’t adequately meeting patients’ needs, the ability to modify the collaborative practice agreement is necessary. Many collaborative relationships evolve as trust grows, the collaborative practice agreement needs to develop and evolve along with it. It’s also important to remember that state laws may limit the terms of collaborative practice agreements, types of practices, health conditions or settings in which Centennial can perform delegated services.

## Current Collaborative Practice Templates

Please note: CPA’s can be created for any management, therapy, or service. These are examples of what has been collaborated on in the past and what is readily available.

Chronic Disease Management	Additional Services
<ul style="list-style-type: none"> <li>• Authorization of refills</li> <li>• Initiating new therapy (not in PA, instead a recommendation workflow is created for provider)</li> <li>• Discontinuing therapy</li> <li>• Therapeutic Interchange</li> <li>• Formulary Interchange</li> <li>• Drug Optimization</li> <li>• Adherence packaging</li> <li>• 90-day Fills</li> </ul> <p>Therapies</p> <ul style="list-style-type: none"> <li>• Antibiotic-treated infections</li> <li>• Anti-coagulation</li> <li>• Asthma</li> <li>• COPD</li> <li>• Diabetes</li> <li>• Hypertension</li> <li>• High Risk Medications in the Elderly (Fall Prevention)</li> <li>• Opioid-deprescribing</li> <li>• Travel Medication Kits</li> </ul>	<ul style="list-style-type: none"> <li>• Vaccinations/Immunizations</li> <li>• COVID Testing</li> <li>• Flu Testing</li> <li>• Laboratory test (ordering, interpreting, performing)</li> <li>• Medical supply ordering</li> <li>• Home health / social work referrals</li> <li>• Transition of Care</li> <li>• Preventative Care</li> <li>• Chronic Care Management/Chronic Medication Management</li> <li>• Medication Therapy Management</li> <li>• Medication Chart Reviews</li> </ul>