

**Presentation Category:** Student - Research Complete

**Abstract Title**

IMPACT OF MEDICATION THERAPY MANAGEMENT CLINIC SERVICES ON CAREGIVER BURDEN

**Learning Objective**

None submitted

**Abstract**

**Purpose**

Patients at UI Health's Medication Therapy Management Clinic (MTMC) have monthly consultations with clinical pharmacists who review their medications for appropriateness and accuracy. MTMC offers additional services to enhance patient adherence such as supplying prefilled pillboxes, patient-friendly medication lists, and synchronized medication refills. One of the requirements of the MTMC is for patients to be seen monthly by a clinical pharmacist; however, some patients are unable to present to clinic for health reasons. In these cases, MTMC services can be provided via a caregiver. Caregiver burden is the level of strain perceived by a caregiver from caring for a family member or loved one over time. The aim of this study is to determine the degree to which caregivers of patients enrolled in the MTMC experience caregiver burden and assess MTMC's impact on caregiver burden.

**Methods**

Caregiver burden was assessed via the Zarit Burden Interview (ZBI) survey, as well as a supplementary MTMC survey questionnaire answered by participants. Eligible participants were identified via MTMC patients' EHR and were recruited at a routine MTMC visit between May 2023 - August 2023. Only the caregivers of MTMC patients (defined as someone who helps patient manage medications or presents to MTMC to pick up medications on their behalf) seen in the clinic from May 2023 – August 2023 were eligible for this study. Non-English-speaking caregivers, and caregivers who refused to consent were excluded from this study.

Data for qualified participants was stored confidentially via REDCap. Data was analyzed and characterized using the following descriptive statistics: average, median, standard deviation, minimum and maximum values of the variables.

**Results**

Thirteen caregivers of MTMC patients completed the survey. Survey results showed that 83.3% of the caregivers and the MTMC patients they help care for are Black. In addition, 61.5% of the MTMC patients with caregivers are aged 65 years and older. Notably, 46.2% of their caregivers are also elderly (aged 65 years and older). According to survey results, 92.3% of caregivers report that their loved one takes 5-10 medications. Fifty percent of caregivers reported that their loved ones suffer a physical disability, which is likely the reason why caregivers present to the clinic on their behalf. Most caregivers reported that MTMC services nearly always assist them in taking care of their loved one (69.2%) and keeping track of their relative's medications (76.9%). Notably, 84.6% of caregivers did not have caregiver burden according to the ZBI survey analysis. A univariate linear regression was conducted to explore the association between each individual characteristic of the survey with the outcome of the caregiver burden score. Only caregiver and patient race/ethnicity were statistically significant with a p-value of <0.001. All other survey characteristics were non-significant.

**Conclusions**

Results from this study offer a novel assessment of the impact of a pharmacist-run medication management clinic on caregiver burden. More research is needed to clearly elucidate the effects of caregiver burden.

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