



Medication Therapy Services Clinic



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Wish you had more time to help complex patients with their medications?

The **Medication Therapy Services (MTS) Clinic** is a pharmacist clinic run by the School of Pharmacy, MUN. We provide comprehensive medication assessments for patients with complex needs, developing plans to optimize and simplify medication regimens for patients.

After we see your patient you will receive a letter with our recommendations, which you can respond to let us know if you are implementing any changes and plans for follow up. We ask the patient to make an appointment with you for the purpose of discussing the recommendations and finalizing a treatment plan. Afterward, we can help with patient follow up including tapering and titrating medication doses to target, monitoring for side effects and efficacy, to ensure our patients achieve their goals of therapy. Our primary focus is the patients' wellbeing.

We offer virtual visits to patients across the province, as well as in-clinic and home visits (as appropriate) to patients in the St. John's area. There is no cost for our services. We do not dispense medications but provide a complementary service to the patient's own community pharmacy.

What kinds of patients may benefit from MTS Clinic services?

- Multiple chronic medical conditions or Polypharmacy
- Those who need help tapering or changing medications
- Recent hospitalization or significant medication changes
- New or persistent falls or cognitive changes

How can the MTS Clinic help me and my patients?

- In-depth medication assessments will determine whether medications are working optimally or may be causing problems (e.g. side effects, prescribing cascades, drug interactions)
- Reassess whether medications are still safe and necessary (deprescribing assessments) and recommend detailed, individualized plans for safe discontinuation
- Follow up to ensure goals are met and communicate progress to primary care provider.

MTS clinic snapshot

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|  Healthcare provider and self referrals accepted |  Average of 4 recommendations per patient |
| 1-hour consults  | 71.7% of patients receive a deprescribing recommendation  |
|  Virtual visits available | Patients have an average of 5.5 comorbidities  |
| In depth medication reviews  | Patients take an average of 10.4 medications  |

If you know of a patient who may benefit from our services, you can recommend a referral to our clinic. Patients can self-refer to our clinic by calling our number, or you can fax us a clinic referral form available at www.mtsclinic.ca. Together we can optimize patient care.