

# Physical Assessment for the Clinical Pharmacist



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# CSHP 2015 Objectives Highlighted

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- **Objective 1.2** The medication therapy of 100% of hospital inpatients with complex and high-risk medication regimens will be monitored by a pharmacist.
- **Objective 2.1** In 70% of ambulatory and specialized care clinics providing clinic care, pharmacists will manage medication therapy for clinic patients with complex and high-risk medication regimens, in collaboration with other members of the healthcare team.
- **Objective 2.3** In 85% of home care services, pharmacists will manage medication therapy for patients with complex and high-risk medication regimens, in collaboration with other members of the healthcare team.

# Background

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- Physical assessment (PA) is a skill set which is becoming increasingly important for pharmacists to use in order to manage and monitor drug therapy
- PA findings are often required to make drug therapy decisions and to monitor the patient for safety and efficacy of therapy

# Once upon a time...

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Several individual AHS pharmacists attended the ASCP workshop 'Physical Assessment for the Geriatric Pharmacist' in the U.S.

After integrating the PA skills and knowledge into their clinical practices, the pharmacists recognized their enhanced ability to care for patients

The pharmacists wanted to encourage their colleagues to get PA training to improve their ability to manage and monitor medications

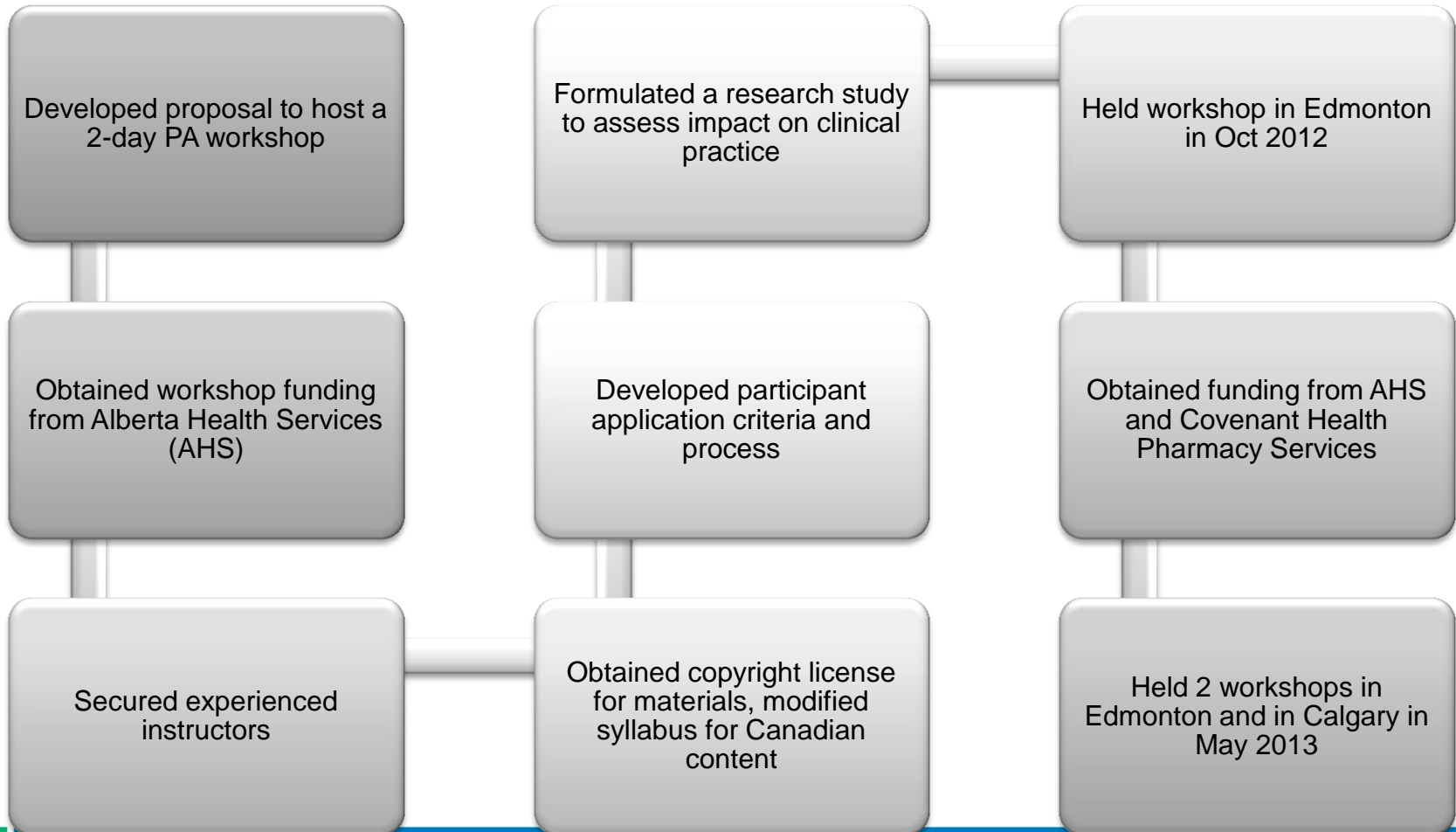
Planning began to bring the PA workshop to pharmacists working in AHS

# Objectives and Rationale

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To provide clinical pharmacists with the required knowledge and skills in the area of PA to empower them to take an active role in the management and monitoring of medication therapy for their hospitalized, ambulatory, and home care patients.

# Methods



# Workshop Faculty

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- Instructors: Developers of the *ASCP Geriatric Assessment for the Senior Care Pharmacist* workshop
  - ❖ Dr. Philip Kithas, MD, PhD - Chief of Geriatrics, Veterans Affairs (VA) Salt Lake City Medical Center; Assistant Professor of Medicine at University of Utah
  - ❖ Dr. Steven Moser, BS, PharmD - Clinical pharmacist in Physical Medicine and Rehabilitation, VA Salt Lake City Medical Center; Adjunct faculty for University of Utah College of Pharmacy
- Facilitators: AHS clinical pharmacists who had previously attended the PA workshop

# Workshops

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## Edmonton

October 18-19, 2012

- 30 pharmacists
- Representing all zones of AHS

## Edmonton

May 10-11, 2013

- 32 pharmacists
- Edmonton, North, Central zones, Covenant

## Calgary

May 12-13, 2013

- 30 pharmacists
- Calgary, South, Central zones



# Workshop Learning Objectives

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1. Gain an appreciation for the medical history and physical examination and recognize normal PA findings
2. Perform a general survey, patient assessment and vital signs
3. Distinguish the techniques and the physical findings of an examination involving:
  - the cardiovascular system
  - the thorax and lungs
  - skin, hair and nails
  - the abdominal exam
  - the neurologic exam
  - the peripheral vascular and musculoskeletal systems
4. Apply PA skills to medication monitoring

# Participant Demographics

- 92 pharmacists have participated in the 2 day workshops

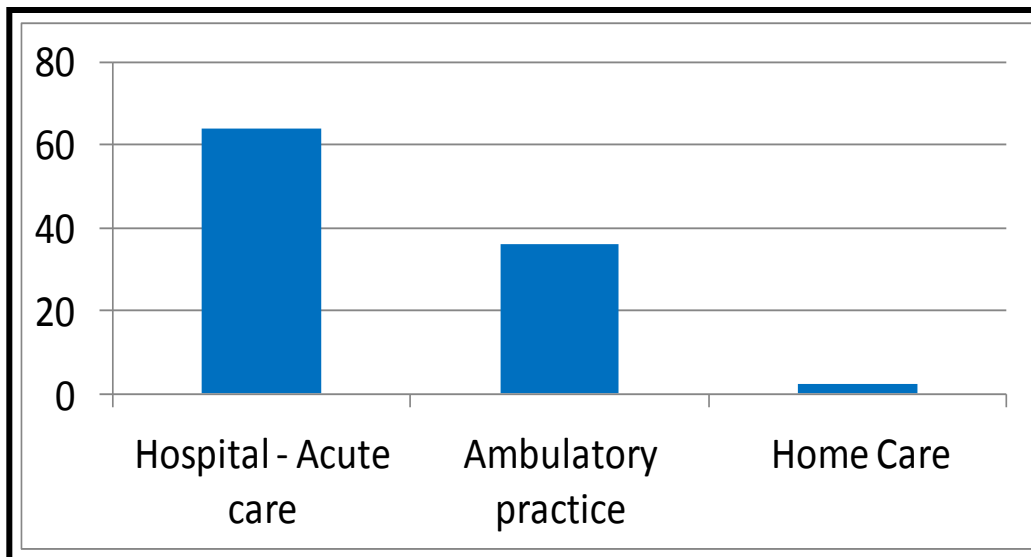
## ***Prior to the workshop:***

- 89% of participants denied receiving formal training in PA
- Almost ½ reported using PA in their assessment or management of a patient's drug therapy

| Frequency of Use of Physical Assessment in Practice<br>(% of Respondents) |     |
|---|-----|
| Not at all  | 51% |
| < 5 times/month   | 26% |
| 5-10 times/month  | 14% |
| 11-20 times/month   | 4%  |
| Routinely with each patient assessment                                    | 5%  |

# Participant Demographics

- Participants were 78% female and reported the following years of experience and practice areas:



| Years of Experience | % of Respondents |
|---------------------|------------------|
| <5                  | 33               |
| 6-10                | 21               |
| 11-15               | 13               |
| 16-20               | 8                |
| >20                 | 26               |

# Research Study

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- A series of surveys were developed to evaluate the impact of the workshop on the clinical practice of pharmacists:
  - pre-workshop
  - immediately post-workshop
  - 2 month post-workshop
  - 6 month post-workshop
- The pre- and immediate post-workshop surveys have been completed for all attendees and results are reported here
- 2 month and 6 month post-workshop surveys have yet to be administered to the May 2013 attendees

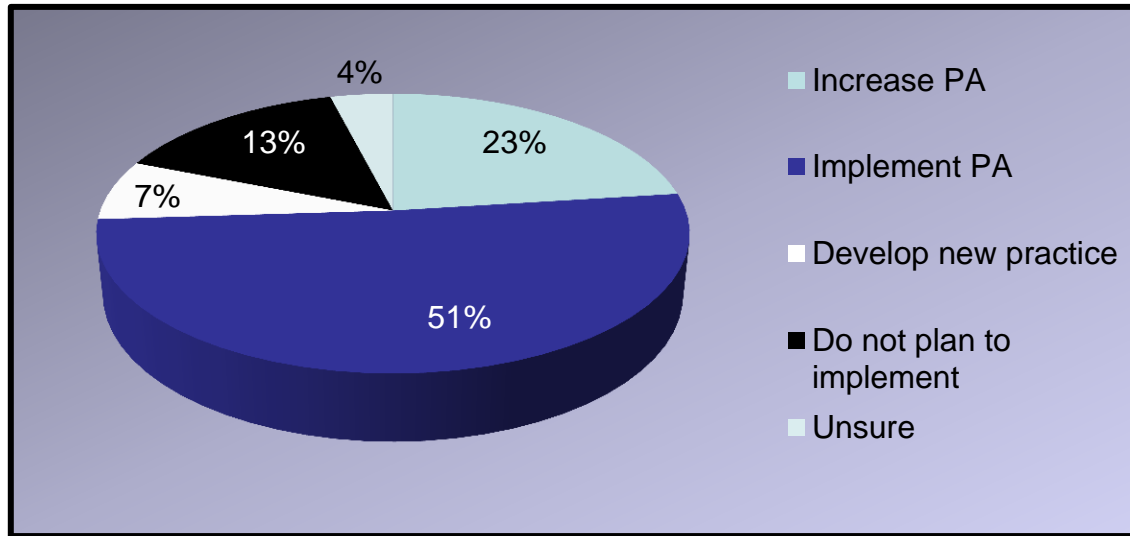
# Research Study

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The objectives of the surveys were to:

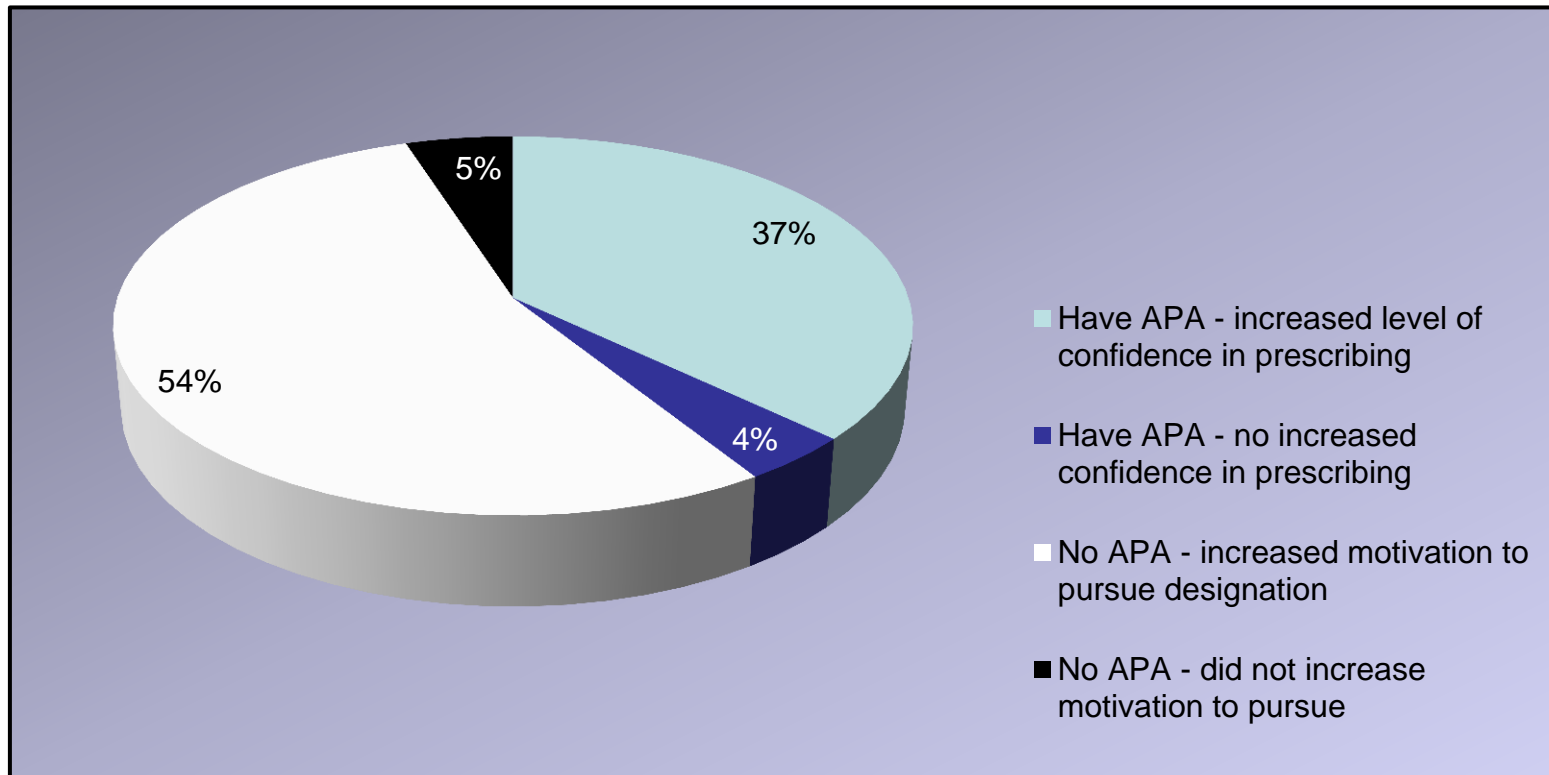
- Evaluate the impact of the workshop on the confidence and knowledge of pharmacists using physical assessment (PA) skills
- Determine how pharmacists plan to integrate PA into clinical practice
- Determine how the workshop impacted the confidence of pharmacists using PA to manage and monitor drug therapy

# Post-Workshop Results: Anticipated Integration Into Clinical Practice



|                          |  |
|--------------------------|--|
| Increase PA              | I plan to increase the PA I perform in my practice   |
| Implement PA             | I plan to implement PA into my current clinical practice   |
| Develop new practice     | I plan to develop a new practice involving PA  |
| Do not plan to implement | I do not plan to implement PA into my current practice but will use the knowledge gained to enhance my patient assessments |
| Unsure                   | I am unsure how to integrate PA into my practice   |

# Post-Workshop Results: Prescribing and APA Status



# Confidence Levels Using Individual PA Skills

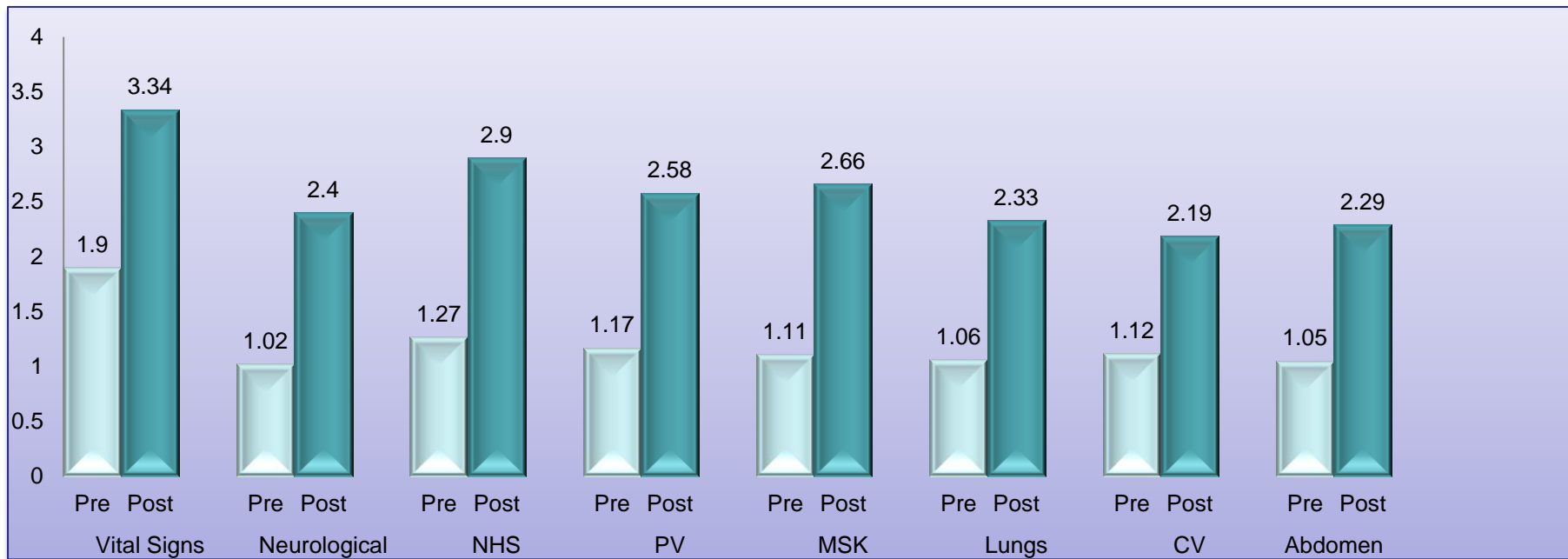
Responses were based upon a 4 point scale:

1 = not confident

2 = somewhat confident

3 = confident

4 = very confident



NHS = Nails, Hair and Skin  
PV = Peripheral Vascular  
MSK = Musculoskeletal  
CV = Cardiovascular



# Confidence Levels Using PA to Monitor Drug Therapy

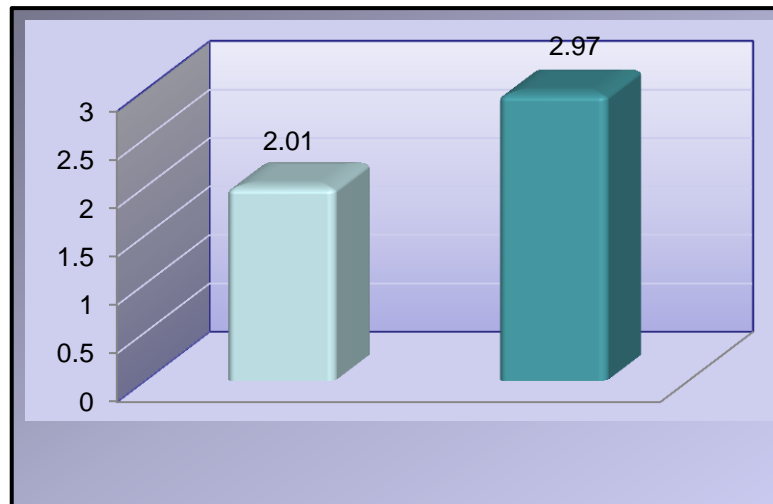
Responses were based upon a 4 point scale:

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Pre-workshop



Post-workshop

# Confidence Levels Discussing PA Findings

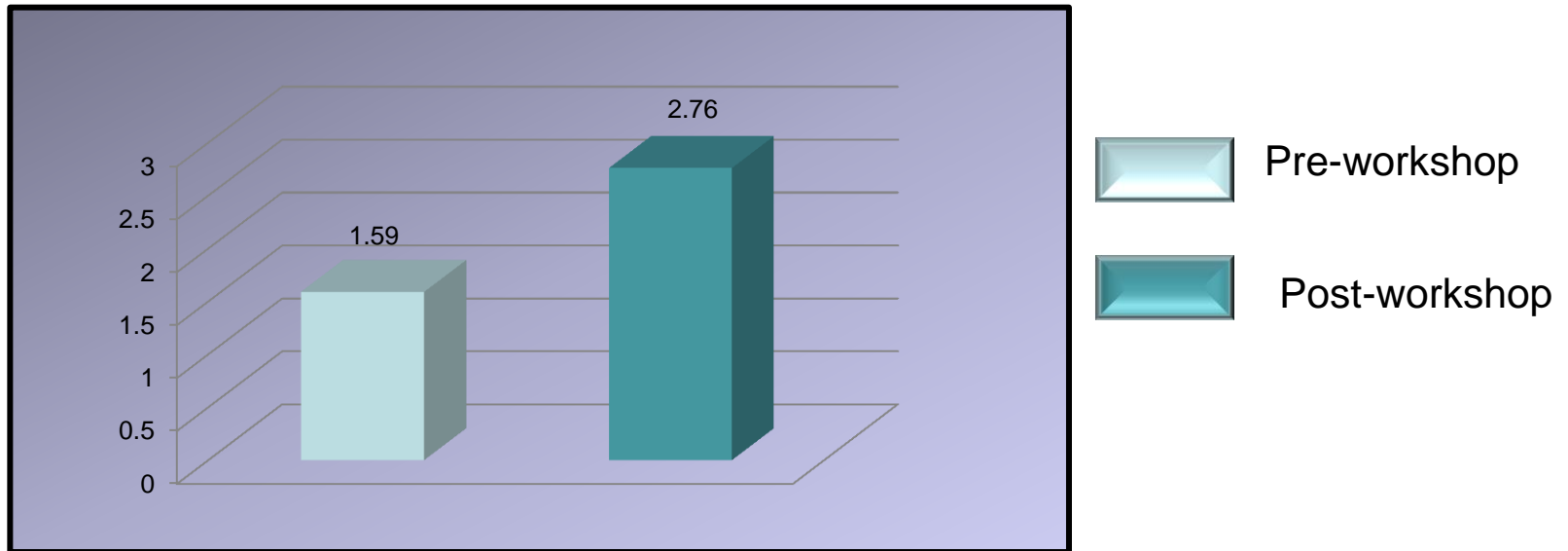
Responses were based upon a 4 point scale:

1 = not confident

2 = somewhat confident

3 = confident

4 = very confident



# Survey Says...

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“I felt this workshop was an excellent tool to support the expanding role of pharmacists. In order to prescribe, we must be able to monitor, and this workshop provided an introduction to the physical assessment skill sets necessary for monitoring pharmacist interventions.” ~KK, participant May 2013

“...opportunity to more thoroughly follow up on my patients where previously the assessment would be incomplete.” ~MP, participant May 2013



# More positive feedback...

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“ Participating in the patient assessment course has been one of the best decisions I have ever made in terms of augmenting my practice. It has increased my comfort level with respect to hands-on patient assessment, and given me greater confidence in decision making with respect to medication. ”

*~NAB, participant May 2013*

# Conclusions

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- Training in physical assessment resulted in increased confidence in using PA skills and is anticipated to lead to implementation and increased use in practice
  - awaiting 2 & 6 month post survey data
- Participants reported increased confidence with using physical assessment to monitor drug therapy and with their ability to discuss PA findings with other members of the healthcare team.

