MR Fast: Assessing the impact of health system specialty pharmacy (HSSP) services on helping patients achieve migraine relief fast

Amanda Hickman, PharmD, MPH, MSCS; Brandon Hardin, PharmD, MBA, CSP; Mona Modi, PharmD Candidate

**METHODS**

**OBJECTIVES**

- Primary objective: Assess HSSP migraine program value through overall time until therapy determined effective and time until therapy determined effective after first "no" or "suboptimal" response in an efficacy check.
- Secondary objectives: Assess change in migraine days from baseline to most recent efficacy check obtained control by the next check. Assess how to maximize the patient’s migraine management.

**METHODS (CONT.)**

- Procedure:
  - The onsite pharmacists and liaisons documented the migraine data in Arbor®, specialty pharmacy technology platform.
  - The onsite pharmacists and liaisons provided proactive migraine treatment and clinical judgement to determine whether the therapy was effective (yes), not effective (no), or sub-optimally effective (suboptimal).
  - For patients with sub-optimal or ineffective therapy, pharmacists completed patient and provider interventions with recommendations on how to maximize the patient’s migraine management.
  - For this study, data was collected through reports generated from Arbor®, specialty pharmacy technology platform.

**RESULTS**

- **Overall Population**
  - 92% Patients on effective therapy by end of study
  - 73 days Average time to effective migraine control
  - 8 days Average reduction in migraine days/month

- **Patients who were “Suboptimal” or “No” at first Efficacy Check**
  - 42% Population
  - 17% Ajovy
  - 17% Aimovig 70mg
  - 24% Aimovig 140mg
  - 64% Change Therapy
  - 36% Interventions were accepted

**RESULTS (CONT.)**

- **INTERVENTIONS**
  - 92% Patients with “Suboptimal” or “No” at first efficacy check had interventions completed.
  - 95% Interventions were accepted.

**CONCLUSION**

Health system specialty pharmacy services are effective at helping patients obtain rapid migraine control through therapy efficacy checks and beneficial interventions.

- >90% of patients were on effective therapy by the end of the study.
- The average time to migraine control was <84 days.
- Majority of patients who did not have optimal migraine control at the first efficacy check obtained control by the next check.
- Nearly all pharmacist interventions were accepted and proved to be beneficial recommendations.

**REFERENCES**