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## Role of Pharmacist in Management of Chronic Disease Patients Through Medication Therapy Management

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### ABSTRACT

The existing healthcare interventions do not address the needs of patients with chronic diseases resulting in suboptimal management. Chronic conditions require consistent care and management even though patients do not visit the clinic/hospital or any other healthcare setting. The important chronic diseases include heart diseases, stroke, cancer, chronic respiratory diseases and diabetes. The increasing burden of chronic diseases especially in the low-income countries, has made the prevention and management of chronic diseases a global priority.

In the management of chronic diseases, there should be continuous monitoring on medications, lifestyle management, and health behavior. As no healthcare professional can specifically contribute in this area, pharmacist can fill this void by offering these services. Pharmacists can contribute by improving medication use through individual patient assessments and population-based interventions, and by implementing systematic intervention. Medication Therapy Management is a multi-component intervention that includes medication therapy review, patient medication education, medication monitoring, immunizations, disease self-care and support in association with physician. In this review outcome of pharmacist implemented medication therapy management in cardiovascular disease, diabetes, cancer and asthma has been discussed. This specialized service by pharmacist had a positive impact on health care utilization, disease outcomes from improved medication adherence, fewer drug-related adverse events, and better or more efficient coordination of care.

### Keywords

Chronic disease, pharmacist, medication therapy management, cardiovascular disease, diabetes, cancer and asthma

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