



**The Pharmacy  
Guild of Australia**

# ***Can pharmacists practicing full scope enhance healthcare for people with mental health conditions?***

---

**Kristie Brown –BPharm + Authorised Full Scope of Practice Pharmacist**



# Providing access, treatment and referral



# PharMiBridge Project



The Pharmacy  
Guild of Australia

## Bridging the Gap between Physical and Mental Illness in Community Pharmacy

### Overview

Community pharmacies are well positioned to be mental health friendly healthcare destinations.

*PharMiBridge* was a co-designed and goal directed service to optimise the quality of life, physical and mental health and medication use for people living with a severe and persistent mental illness (SPMI).

### Who was involved?

25 community pharmacies from 4 regions (regional Victoria, Northern Sydney, Hunter New England, Australian Capital Territory).

Adults living in the community using medicines (e.g. antipsychotic, mood stabiliser) to manage SPMI, such as schizophrenia, bipolar disorder or major depression.

Connections with other healthcare practitioners and community services.

### PharMiBridge service



#### Health review

Health assessments and review of health concerns / needs, including psychological distress.

156 consumers completed the health assessment.



#### Medication review

Medication list reviewed; assessment of medication-related problems and severity of these.

170 medication-related and 474 health issues were identified.



#### Action plan

Individualised plan sent to GP/psychiatrist/other support people. Could include referrals to other services and health professionals.



#### Follow-up

Individualised follow-up over 6 months and ongoing support. Average of 2.75 follow-ups per consumer (range 1-7 for 149 consumers).



#### Goal planning

512 health-related goals discussed in partnership and personalised action plan co-developed.



#### Final review

Final medication review and health assessments, including goal progress. 135 consumers completed the final assessment.

### How were pharmacists supported?

Mental Health First Aid training and role-plays.

Engagement with people with lived experience and pharmacist mentors.

Expert modules to support consumer goal planning and physical and mental wellbeing.

Standardised tools and templates.

### How were participants referred?

People self-identified.

Referral from other health care professionals.

Identification via pharmacy records and established relationships.

In-pharmacy promotion of *PharMiBridge* as a mental health friendly setting.



**pharMiBridge**  
bringing your physical and mental health together with your pharmacist's support

This activity was funded by the Australian Government.



# Patient Experiences



The Pharmacy  
Guild of Australia



- 'A bit of motivation with, say, things like my smoking, possible employment...I just thought it would benefit my mental health'
- 'I've lost almost eight kilos...I've dropped 12 centimetres off my waist'



# Why were the 22 conditions chosen under FSOP?

- Hypertension
- Dyslipidaemia
- Wound care
- Asthma
- COPD
- Smoking Cessation
- LAIB (injectable meds)
- Oral & Hormonal Contraceptive





# Care options for vulnerable patient groups





# Pharmacists' role in linking people to support services



# Scope across the nation

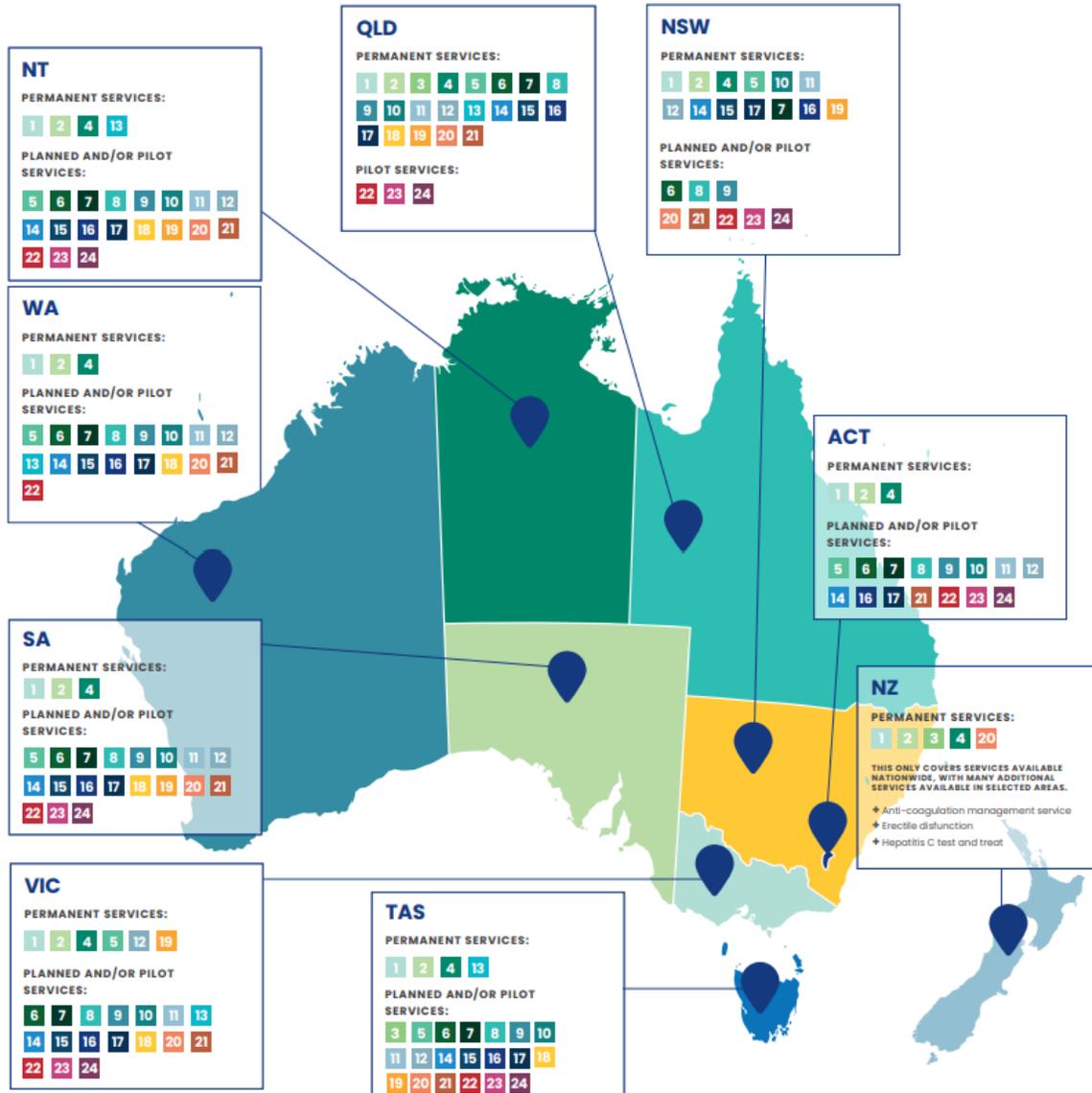


The Pharmacy Guild of Australia

## COMMUNITY PHARMACISTS ACROSS AUSTRALIA AND NEW ZEALAND

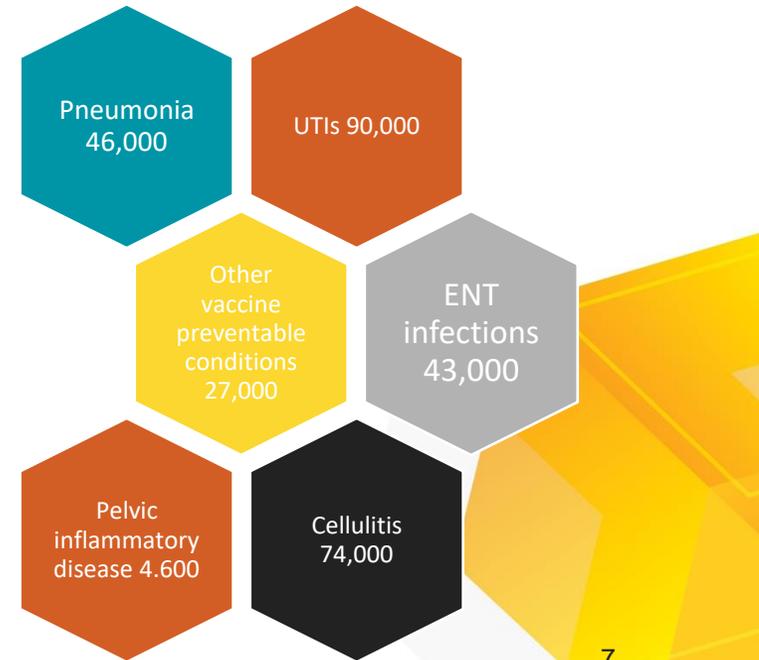
1 2 3

While there are jurisdiction-specific requirements for the delivery of these services, patients can now access them in community pharmacies Australia and New Zealand-wide.



22 conditions represent PPH. Scope is the key to keeping Australians out of hospital.

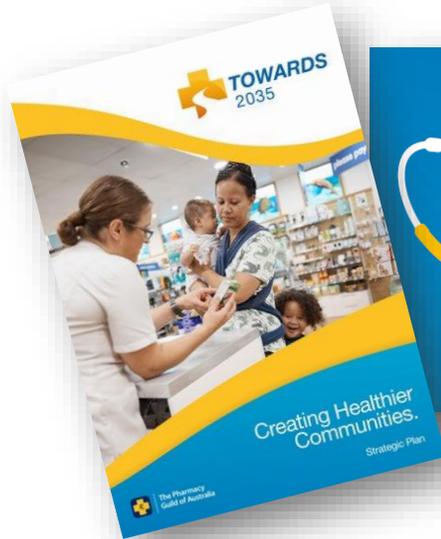
#	Practice/Condition
1	National Immunisation Program Vaccination in Pharmacy (NIPVIP)
2	Long-Acting Injectable Buprenorphine (LAIB)
3	Medicine Management (therapeutic adaptation, substitution, continued dispensing)
4	Uncomplicated Urinary Tract Infection (UTI)
5	Acute exacerbations of mild plaque psoriasis
6	Acute minor wound management
7	Acute nausea and vomiting
8	Acute diffuse otitis externa (inflammation of external ear canal)
9	Acute otitis media (middle ear infection)
10	Allergic and non-allergic rhinitis (inflammation of the nose)
11	Gastro-oesophageal reflux and gastro-oesophageal reflux disease (GORD)
12	Herpes zoster (shingles)
13	Hormonal contraception – initiation
14	Impetigo (school sores)
15	Mild acute musculoskeletal pain
16	Mild to moderate acne
17	Mild to moderate atopic dermatitis
18	Oral health risk assessment and fluoride application
19	Travel health
20	Smoking cessation
21	Management for overweight and obesity
22	Asthma
23	Cardiovascular disease risk reduction (type 2 diabetes, hypertension, dyslipidaemia)
24	Chronic obstructive pulmonary disease (COPD)



# The Guild's 2035 Vision



The Pharmacy  
Guild of Australia



Our goals are both ambitious and achievable. *Towards 2035*, charts a path for 80% of community pharmacies to be **delivering Full Scope of Practice** and 80% of community pharmacists to be **qualified to prescribe** by 2035.

## The Impact\*



**6.5 million**  
GP appointments  
freed up.



**52,000 hours** at Emergency  
Departments.



**\$5.1 billion**  
in healthcare  
budget savings.



**\$1.4bn** in productivity benefit  
from reduced absenteeism and  
presenteeism.

\*Independent modelling Commissioned by the Guild

# GET YOUR FREE HEALTH CHECK TODAY

Take 15 minutes for  
your health – screening  
that helps you  
understand your key  
health risks



# Thank You Questions?