

Cardiometabolic Pharmacy Service Pilot

The Cardiometabolic Pharmacy Service Pilot was established to explore the role of a **pharmacist-led service** in supporting the early identification and optimisation of medicines for patients at risk of cardiometabolic disease. The pilot aimed to improve medicines optimisation, support preventative therapies and enhance patient care through structured medication review within outpatient services.

Project Overview

The pilot was delivered within the **Western Health and Social Care Trust (WHST)** between **1 September 2021 and 31 December 2022**. A dedicated cardiometabolic pharmacist delivered structured outpatient medication reviews for patients referred into the service.

The service focused on medicines optimisation and preventative care, including assessment of adherence, optimisation of therapy and initiation of appropriate medicines where clinically indicated.

Key Outcomes

Service activity and uptake

During the pilot period:

- **247 patients** were referred to the service
- **98 patients** were identified as eligible following initial screening
- **75 medication reviews** were completed, representing a **77% engagement rate** among eligible patients

Medicines optimisation and preventative therapy

As part of the medication reviews:

- **32 patients** were initiated on **SGLT2 inhibitor therapy**, where clinically appropriate
- Additional interventions included adherence support, optimisation of existing treatments and deprescribing where indicated

Clinical Practice and Governance

The pilot demonstrated the feasibility of a **pharmacist-led cardiometabolic medication review service** within outpatient pathways. The service supported improved medicines optimisation and preventative care through structured review and close collaboration with secondary care teams.

Achievement of Pilot Objectives

The findings demonstrated the clinical contribution of pharmacist-led cardiometabolic medication review and supported learning on the role such services may play in improving medicines optimisation for patients at risk of cardiometabolic disease. The pilot **supported consideration of the potential role of cardiometabolic pharmacists across Health and Social Care Trusts in Northern Ireland**, informed by evidence generated during the pilot period.

Partners Involved

The pilot was delivered as part of a **Joint Working Agreement with AstraZeneca**, in partnership with:

- **Medicines Optimisation Innovation Centre (MOIC)**
- **Western Health and Social Care Trust (WHSCT)**

Pilot Duration

The Cardiometabolic Pharmacy Service Pilot operated from **September 2021 to December 2022**.