Module 6. The Importance of Chronic Disease Management in MTM

Proposed Educational Objectives

1. Describe the impact of chronic diseases in the U.S.;
2. List core chronic disease states targeted by Medicare Part D for MTM services; and
3. Explain benefits of pharmacy-based MTM services in chronic disease management, including improved patient care, lower healthcare costs, and reduced complications.

Post-test/Rationale

1. The most accurate definition of a chronic disease is:
   A. A disease that is not fatal but causes prolonged illness
   B. A disease that has been present for a period of one year or longer
   C. A disease that is present for 3 months or longer or is considered incurable***
   D. A disease that is not caused by an infectious or toxic process

Correct Answer: C

Answer (A) is incorrect because many chronic diseases are potentially fatal. Chronic diseases can be defined in a time frame of less than 1 year, so (B) is incorrect. Infectious or toxic processes are sometimes related to chronic diseases, so (D) is incorrect.

2. Modifiable risk factors for chronic disease include all of the following except:
   A. Unhealthy diet
   B. Lack of exercise
   C. Advanced age***
   D. Smoking

Correct Answer: C

A modifiable risk factor is something that can be potentially controlled or changed. Clearly, advanced age cannot.
3. An example of an intermediate risk factor for congestive heart failure would be:
A. High blood pressure***
B. Previous surgery
C. Genetic predisposition
D. Use of beta blockers

Correct Answer: A
High blood pressure is an intermediate risk factor because it often results from some of the main modifiable risk factors such as smoking, unhealthy diet, and lack of exercise.

4. The diabetes epidemic in the United States has been attributed mainly to:
A. The aging population
B. Overweight or obesity***
C. Lack of health education
D. Population increases in South and Southeast U.S.

Correct Answer: B
Overweight and obesity are the primary drivers of the increases in diabetes incidence and prevalence in the U.S.

5. Medication therapy management (MTM) is provided for Medicare Part D patients with:
A. At least one chronic disease
B. Three or more chronic diseases
C. Prescriptions for two or more drugs on the sponsor’s formulary
D. All of the above, based on the sponsor’s criteria***

Correct Answer: D
Medicare Part D sponsors determine the criteria for MTM, within the government’s limits. The sponsor can reimburse MTM services for patients with just one chronic disease, or more than one. The sponsor determines the number of medications that would qualify a patient for MTM.
6. Jonah is a 12-year-old boy with asthma who has experienced a worsening of his condition since joining a sports team and has had frequent visits to the emergency department. MTM services from a pharmacist may focus on:

A. Encouraging the patient to quit his sports team and focus on his illness
B. Teaching the patient and family appropriate use of bronchodilators for maintenance and rescue therapy***
C. Trying to get the family to reduce the number of asthma drugs this patient is taking
D. All of the above

Correct Answer: B

Without knowing more about the patient’s individual case, it is not possible to recommend either (A) or (C). However, teaching correct medication use is always an appropriate part of MTM.