

CLINICAL PHARMACY

is a health science discipline in which pharmacists provide patient care that optimizes medication therapy, aims for disease prevention and promotes overall health. The practice of clinical pharmacy embraces the philosophy of pharmaceutical care, blending a caring orientation with specialized therapeutic knowledge, experience, and judgment to ensure optimal patient outcomes.

**Clinical Pharmacy
services are offered
at NO cost to all
BHMC patients.
You do NOT have to
be insured.**

For more information on
Clinical Pharmacy Services
at BHMC,
contact Keri Sword,
PharmD

WHAT IS BHMC?

*The Mission of
Brock Hughes Medical Center
is to provide low-cost, compassionate,
and high-quality medical, pharmaceutical,
and preventive health care services
to the uninsured & insured of
Wythe and Bland Counties.*

BHMC provides
family health care services
to those of all ages
who are uninsured or insured
with Medicaid or Medicare.
(some commercial insurance accepted)

No longer known as a
"free clinic", however, still a nonprofit
providing health care services to
medically- underserved individuals.

**Brock Hughes
Medical Center**

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Medical Center**

CLINICAL PHARMACY SERVICES



Nutrition Counseling

helps patients obtain appropriate nutrients while limiting certain food classes and drinks from their diet that may worsen their individual health condition(s). An emphasis is placed on finding balance in the patient's nutrition to include all food groups. By modifying the patient's eating habits, their overall health and quality of life can be improved. Nutrition recommendations are tailored specifically to the patient and any health conditions they may have.

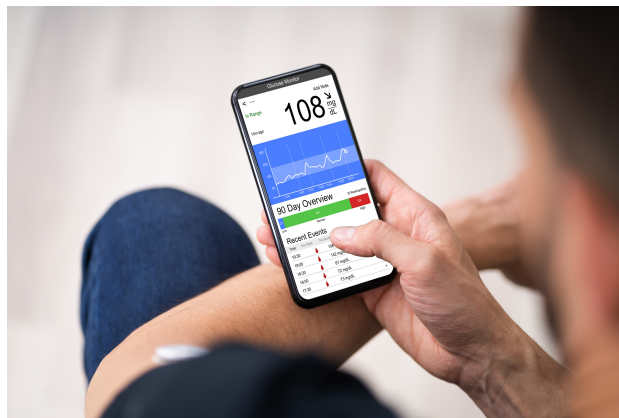
Disease State Education

involves providing the patient with information and education regarding their specific disease state and how best to cope with it. Areas discussed are tailored to the patient's needs and include how the disease is developed, its effects on the body, the best medications to treat the disease, appropriate self-monitoring, long-term effects, potential nutrition or life-style recommendations that may aid in fighting the disease, and any vaccinations recommended specifically for the disease state.



Continuous & Traditional Glucose Monitoring

Assistance and education for at-home glucose self-monitoring is provided to all diabetic patients, with or without insurance. Blood glucose information is obtained from either glucometer devices or continuous glucose monitoring (CGM) devices and are regularly reviewed by the clinical pharmacist. The information is then discussed with the provider and used to make adjustments and formulate a care plan specific for individual patient's needs.



Chronic Care Management

consists of monitoring and education provided by a clinical pharmacist regarding chronic diseases, such as diabetes, hypertension, COPD, heart failure, high cholesterol, etc. Together with a provider, the patient will develop personal health care goals related to their chronic condition. Medications, meal planning, self-monitoring, and exercise are discussed. Goals are tailored to the patient's individual needs, with the ultimate goal being improvement in the patient's overall health and quality of life.

Medication Reconciliation

provides a comprehensive review of all medications, including over the counter drugs and herbals, to ensure that your medication list is accurate and up to date. The medication list is then evaluated for any potential drug interactions or duplications. Information found is discussed with the health care provider so that adjustments can be made if needed.