

A Closer Look at the Ambulatory Care PRN

As one of the first PRNs established in 1992, the Ambulatory Care PRN boasts a high level of membership each year. The PRN is composed of clinical pharmacists from an array of outpatient settings with an emphasis on primary care. Members of the PRN are regarded as experts in chronic disease state management, service development, and patient education and advocacy. The Ambulatory Care PRN fosters collaboration and professional support with a variety of resources, including an active e-mail list, award opportunities, and informational newsletters. Members participate in educational programs and business meetings at the ACCP Annual Meeting. In addition, Ambulatory Care PRN members are engaged on the social media platforms Facebook and Twitter. @accpambuprn has over 800 followers!

The Ambulatory Care PRN is dedicated to the professional development of its members. Funding opportunities are available to support research projects by junior investigators, resident/fellow and student travel to ACCP Annual Meetings, and participation in ACCP Academy certificate programs. The PRN Innovation Grant has fostered change in pharmacy practice with novel technology-based projects such as iForumRx, an online resource for pharmacists and learners. Benefits unique to the Ambulatory Care PRN include access to the *ACCP Ambulatory Care Pharmacist's Survival Guide*, expert-led webinars, and outreach activities such as the Advocacy Committee Letter Writing Campaign.

There are almost 200 resident and fellow members in the Ambulatory Care PRN. Opportunities for trainee involvement include:

- **Service on PRN Committees:** Trainees are encouraged to volunteer for PRN committees, including the PRN's Communications, Networking, and Advocacy committees. Committees often seek volunteers for standing or ad hoc subcommittees as well.
- **Resident/Fellow Travel Awards:** Trainees can apply for one of five \$400 travel awards to attend the 2017 ACCP Annual Meeting in Phoenix. Travel Award winners may present a clinical pearl or topic of interest at the business meeting.
- **Ambulatory Care PRN Walk-Rounds:** Trainees presenting at poster sessions may solicit feedback from experienced clinicians and researchers. Walk-Rounds participants are eligible for merit-based monetary awards.
- **Ambulatory Care Mentoring Program:** Trainees have an opportunity to develop mentor-mentee relationships with clinical pharmacists outside their training programs. Mentors provide invaluable guidance on professional and career development.

What is the PRN talking about today?

As current ambulatory care practitioners, we all struggle with the best way to motivate our patients and improve their adherence to lifestyle and medication recommendations. In our society dominated by smartphones and technology, plenty of smartphone apps are available to assist patients with medication adherence and lifestyle monitoring, including Medisafe, MedCoach, MyMedSchedule, and MyFitnessPal. But which app is best to recommend to our patients?

Articles recently published in the *Journal of Medical Internet Research mHealth and uHealth* sought to evaluate medication apps. Of 272 apps, Santo and colleagues scored Medisafe as the highest on their developed ranking tool for apps, considering practicality and functionality. Medisafe also had the highest score (0.92) with use of the MARS (Mobile App Rating Scale) evaluation tool. Dayer and colleagues sought to assess features, functionality, and health literacy associated with available apps. Their top three apps were Medisafe, Care4Today, and CareZone. They encourage providers to be familiar with the many apps available for patient use and encourage the use of MedAppFinder.com for identifying an ideal app considering multiple factors. This website ranks Medisafe, Care4Today, and MedPal as the top three medication reminder apps. Have you ever used Medisafe?

With the many options available, providers should search for adherence tools on the basis of individual patient preferences, cost, features, and functionality. Which apps or tools do you recommend? Have you had success with one app versus another? Follow us on Twitter (@accpambuprn) and comment on the upcoming posts regarding medication adherence with your suggestions!

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References:

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2. MedAppFinder.com [homepage on the Internet]. Available at <http://medappfinder.com/>. Accessed July 31, 2017.
Santo K, Richtering SS, Chalmers J, et al. Mobile Phone Apps to Improve Medication Adherence: A Systematic Stepwise Process to Identify High-Quality Apps. JMIR Mhealth Uhealth 2016;4:e132.