

## **Abstract**

**Introduction:** Mental health is one of the most challenging topics in healthcare today. Within psychiatry, schizophrenia and bipolar disorder are commonly encountered conditions that require long-term medications for treatment. The care of these patients with these diagnoses is often confounded by poor adherence to medications and lack of follow-up. Long-acting injectable antipsychotics (LAIs) offer an alternative treatment option for patients with mental health conditions who struggle with medication adherence.

**Methods:** This is a retrospective, single center chart review conducted at SSM Saint Louis University Hospital Long-Acting Injection clinic. Adult patients ( $\geq 18$  years) who received a long-acting injectable from February 2024 to February 2025 were included in this study. Outcomes were compared between patients who were seen in the 6 months prior to the addition of a pharmacist (February 1, 2024–August 28, 2024), and 6 months following the addition of a pharmacist (August 29, 2024–February 1, 2025). The primary outcome was to evaluate the impact of the addition of a pharmacist to the patient care team made on medication adherence and completion of recommended metabolic laboratory monitoring (CMP, A1C, lipid panel).

**Results:** A total of 82 unique patients were included in the study (57 in the pre-pharmacist group, 56 in the post-pharmacist group, 31 represented in both groups). LAI adherence increased from 61.4% (35/57) in the pre-pharmacist group to 73.2% (41/56) in the post-pharmacist group. Among patients represented in both groups, adherence improved from 58.1% to 74.2%. Completion of recommended laboratory monitoring increased from 57.9% (33/57) to 75.0% (42/56). Among patients represented in both groups, completion of lab monitoring increased from 74.2% to 83.9%.

**Conclusion:** Implementation of a psychiatric pharmacist within an outpatient LAI clinic was associated with improved medication adherence and enhanced metabolic laboratory monitoring through medication management and improved access to care.