

Antithrombotic Pharmacotherapy Traineeship Leads to Operation of a Successful Pharmacist-Managed Outpatient Antithrombotic Program

Jennifer Costello, Pharm.D., had been working as a pediatric clinical pharmacist for 6 years when she decided to apply for Saint Barnabas Medical Center's newly established Ambulatory Care Clinical Pharmacist position. The new pharmacist position would be charged with establishing and running an outpatient antithrombotic clinic in the hospital's internal medicine physicians' office.

When Costello was offered the opportunity, she was very excited. Her one concern: All of her antithrombotic experience had been with infants and children. Eric Hola, her pharmacy director, suggested that she apply for the ASHP Foundation's Antithrombotic Pharmacotherapy Traineeship to prepare her for her new responsibilities. Costello was accepted into the program and participated in the experiential training at the University of Illinois at Chicago under the tutelage of Edith Nutescu, Pharm.D.

"My main focus was to see how to operate and run an anticoagulation clinic," says Costello. "I was able to learn everything about the clinic from establishing policy to effectively managing my time and patient care in an outpatient setting."

Since September 2009, when the new clinic was launched, data shows that the outpatient program has significantly reduced the number of elevated INRs (international normalized ratio) and improved the time and range of warfarin INR values. Prior to the outpatient program, warfarin patients were seen every 2 to 3 months, but they now have followup visits every 4 to 6 weeks. The number of patients that Costello sees has more than doubled, from 15 per month to 40 per month.

"It's an exciting area for my own personal development and to see how it has improved patient care," she says.

[Read more about how this pharmacist used the knowledge she gained from the Antithrombotic Pharmacotherapy Traineeship to establish a successful outpatient antithrombotic program!](#)

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