

Effectiveness of Transition of Care Program for Patients Discharged with LAI Antipsychotics

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Executive Summary

Long-acting injectable (LAI) antipsychotic medications are effective in increasing medication adherence rates and preventing hospital readmissions in patients with schizoaffective and bipolar disorders. However, patients continue to experience several barriers in maintaining treatment post-discharge. This study aims to evaluate the impact of post-discharge community healthcare worker (CHW) interventions in reducing hospital readmission and 30-, 60- and 90- day antipsychotic medication adherence rates.

Purpose

Long-acting injectable (LAI) antipsychotic medications are effective in increasing medication adherence rates and preventing hospital readmissions in patients with schizoaffective and bipolar disorders. However, patients continue to experience several barriers in maintaining treatment post-discharge. This study aims to evaluate the impact of post-discharge community healthcare worker (CHW) interventions in reducing hospital readmission and 30-, 60- and 90- day antipsychotic medication adherence rates.

Study Objective:

Evaluate the impact of CHW-led post-discharge interventions on:

- Hospital readmission
- 30-, 60-, and 90-day medication adherence

Methods

A retrospective chart review included patients aged 18 years and older who were admitted to LA Downtown Medical Center (LADMC) from September 2024 to December 2025 and discharged on a LAI antipsychotic. The intervention group (n=51) consisted of patients referred by Aalpha Pharmacy to a CHW-led J&J program. A control group (n=51) was randomly selected using a computer-generated program to match the sample size and housing status (i.e., housed vs. homeless) of the intervention group. Patients discharged to skilled nursing facilities were excluded. Patients' demographics, rehospitalization and medication adherence data were collected from Azalea, LANES, and Aalpha pharmacy. Statistical analyses were conducted using Fischer Exact and Chi-squared tests.

Study Design: Retrospective Chart Review:

- Population: Patients ≥18 years
- Sample Size: 102 total (51 intervention, 51 control)
- Matching Criteria: Housing status
- Data Sources: Azalea, LANES, Aalpha pharmacy

Results

Baseline characteristics including age, gender, and ethnicity were well-matched between the two groups. Thirty-day readmission rates were similar in both groups and were not statistically significant ($p = 1.00$). Patients in the J&J program had higher adherence rates to antipsychotic medications over 30-, 60- and 90-day periods following discharge. Adherence rates were assessed using Chi-squared test and found to be statistically significant for all 30-, 60- and 90-day endpoints.

Conclusion

CHW involvement showed higher adherence at 30, 60, and 90-days, with similar 30-day rehospitalization rates between groups. Consistent follow-up and coordination with pharmacists and CHWs involving mobile pharmacist services for LAI injections may reduce barriers to adherence. Future studies should evaluate duration and frequency of CHW involvement, along with pharmacist collaboration, to improve long-term outcomes

Key Findings:

- Higher adherence in CHW intervention group
- Statistically significant improvement at: 30 days, 60 days, 90 days

Advancing Research Through Academic Collaboration

Advantage Healthcare Services is committed to supporting research that improves patient care and outcomes. In collaboration with Los Angeles Downtown Medical Center (LADMC) and West Coast University School of Pharmacy, pharmacy students completed an advanced elective research project evaluating the effectiveness of a transitions-of-care program for patients discharged on long-acting injectable (LAI) antipsychotics

The project, "Effectiveness of Transition of Care Program for Patients Discharged with LAI Antipsychotics," was presented during Poster Day at Western University School of Pharmacy and reflects a shared commitment to advancing evidence-based care, supporting future healthcare professionals, and exploring

