

## Mental Health Awareness Month Spotlight on a Hospital Pharmacist: Dr. Barbara Thomas



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***Dr. Barbara Thomas***

Dr. Barbara Thomas has been a clinical pharmacist in Mental Health and Addictions at Eastern Health for over 25 years. Clinical pharmacists in a hospital setting work directly with patients as an integral part of their health care team.

“Eastern Health’s clinical pharmacists in mental health work closely with psychiatrists and other health care professionals to optimize medication treatment for patients,” Dr. Thomas says.

The clinical pharmacist will often review a patient’s response and tolerability to previous medication trials which can be very valuable in selecting the right medication. The clinical pharmacist will also monitor for drug interactions with other medications or conditions that the patient may have.

“It is really about helping to make medication treatment safe and effective for the patient,” says Dr. Thomas.

“Making sure that the patient understands their medication is essential,” adds Dr. Thomas. The clinical pharmacist can help with that by addressing any changes to medication that have been made, making sure that the patient knows which medications to continue to take and for how long, what to expect from the medication, how to take it, and how to manage any adverse effects that might arise.

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