

## What is a structured medication review?

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A structured medication review is a private, confidential appointment between you and a clinical pharmacist to discuss your health and your medicines. Clinical pharmacists are medicines experts who work alongside your doctors to make sure your medicines are right for you.

The aim of the medication review is to check that you are prescribed the most appropriate medicines, making sure that you get the most safe and effective treatment available without affecting the quality of your care and your daily routine.

You will be asked how you are getting on with your medicines; so inform your health professional of any problems or concerns you may have. You will have the opportunity to ask any questions you may have about your medicines.

Tests may be made to determine whether the medicine is working (e.g. blood pressure checks). Monitoring may be necessary for the type of medication that you are on.

If any changes need to be made to your medication, your agreement will be sought before changes are made.

A record of the review will be documented in your medical notes.

## Preparing for your medication review

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- ❖ Your review will be over the phone.
- ❖ Mark the date and time of the appointment and who you are going to talk to for the medication review in your diary or calendar.
- ❖ Make a list of all medication that you take. This includes:
  - Any medicines that are prescribed for you (by GP, or hospital or elsewhere)
  - Any medicines that you buy over the counter from the chemist or supermarket or other stores e.g. herbal medicines, vitamins etc.
  - Any medicines that you no longer take.

NB: If you are not able to or haven't managed to make a medication list, have all your medicines in front of you at the time of the virtual appointment.

- ❖ Make a list of questions that you may have about your medicines. Some questions that you may wish to consider:
  - Why is it important to take this medicine(s)?
  - When and how to take the medicine(s)?
  - How long is the medicine(s) to be taken for?
  - How do I know the medicine is working?
  - What should I do if I have problems with the medicine?
  - Are there any medicines or food that I should avoid taking whilst on these medicine(s)?
  - What will happen if I miss a dose of the medicine or stop taking it?

## After the medication review

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Your review may not be complete after a single appointment and you may require follow ups. If follow up appointments are appropriate your pharmacist will organise these with you at a time and date that suits you.

Your regular GP will be informed of any medication changes agreed by you at the meeting.

A summary of the meeting will be documented in your medical record.

Any tests or referrals to other health care professionals if required will be agreed and acted upon.

### Notes

You can use this space to make a note of any questions or concerns you have.