

SUMMERVILLE

Family Health Team

Medication Safety

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Disclosures

- This session is meant to be for educational purpose only. Please do not disclose any personal medical information.
- Please refrain from asking for medical advice.
- There will be several polls throughout the presentation. Your answers will be anonymous.



Some statistics

- Up to 50% of all medication is taken incorrectly
- Problems with medications account for 1 in 7 emergency room visits
- Two-thirds of Canadians 65 and older are taking 5+ prescription medications
- Adults 65 and older are twice as likely to visit emergency rooms for adverse drug events
 - They are also nearly 7 times more likely to be hospitalized after an emergency room visit





Why am I at risk?



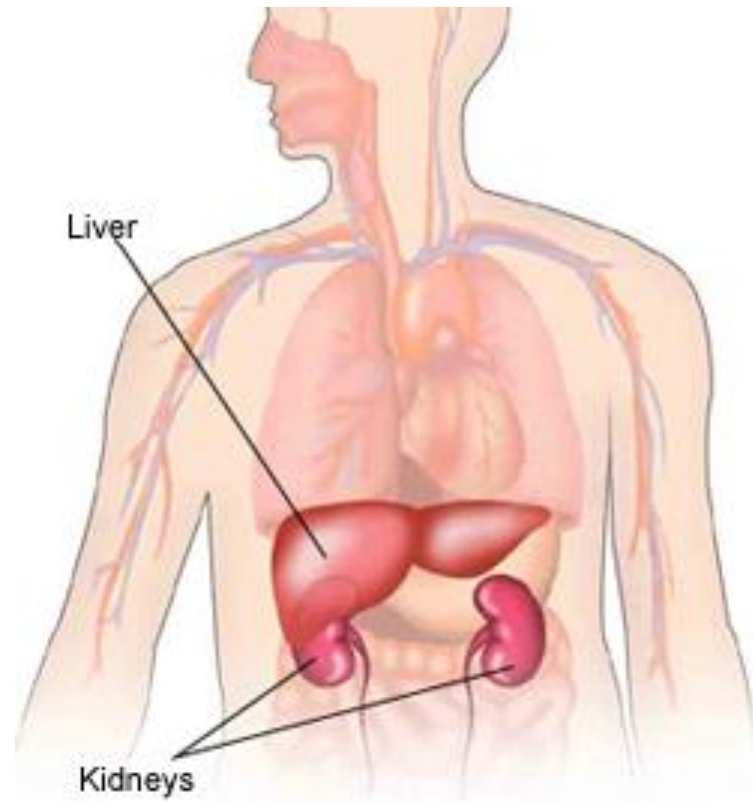
Poll

- **How many medications (including prescription and over-the-counter) do you take?**
 - None
 - 1-2
 - 2-4
 - 5-10
 - More than 10



Why am I at risk?

- Age-related changes in our body changes the way we process medications
- May result in increased vulnerability to overdoses and side effects



Why am I at risk?

- Memory loss, poor eyesight, and poor hearing makes it harder to follow instructions for taking medications
- Poor dexterity makes it harder to administer medications





What can I do?

... at home?



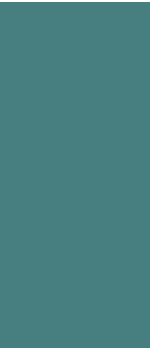
Poll

- **Do you keep an up-to-date medication list on you?**
 - Yes
 - No



At home

- Keep an up-to-date record of your prescription medications, over-the-counter medications, allergies/intolerance, and medical history





List all the medications you take, such as pills, patches, inhalers, eye/ear/nose drops, creams, ointments, and samples the doctor gave you. Be sure to include over-the-counter medicine, vitamins, minerals, herbal products, and recreational drugs (example: alcohol or marijuana). For your MedList to work, it's important to keep it up to date: use the date column to indicate when old medications were stopped and new ones added!

This list belongs to _____

Created on _____

| Name of Medication <i>(example: atorvastatin)</i> | Dose/ Strength <i>(20 mg)</i> | How Much <i>(1 pill)</i> | How Often/When | | | | | Why I Take It <i>(to lower cholesterol)</i> | Additional Information <i>(Take with or without food; Prescribed by Dr. Goodheart)</i> | Date <i>(started or stopped)</i> |
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To find out more, visit www.albertahealthservices.ca/medlist

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If it's on the list, it won't be missed

At home

- If you believe you are experiencing side effects from a medication, consult your pharmacist, doctor, or nurse practitioner



Poll

- **How do you organize your medications?**
 - Personal dosette you fill yourself
 - Blister pack from pharmacy
 - Keep medications in their original containers
 - Other



At home

- Use a pill organizer or checklist to track what medications to use during what time
- Otherwise, leave medications in their original containers with the pharmacy label



At home

- Place all sharps in a sharps disposal container
- Bring in old/expired medications into your pharmacy for safe disposal



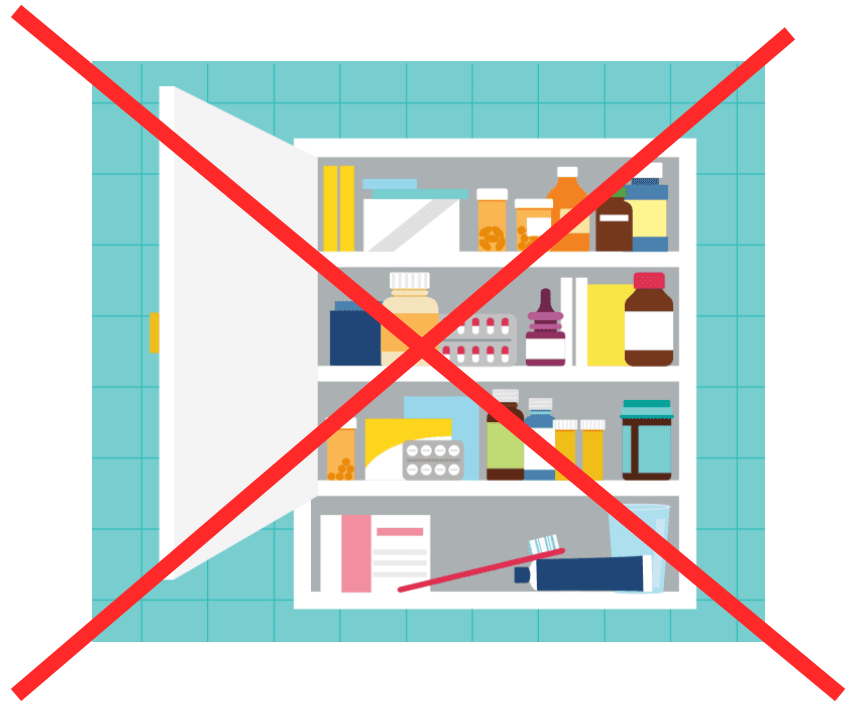
At home

- Use medications as directed. Do not change or stop your medications without consulting your pharmacist or doctor
- Read the information packaged with your medication for additional information – ask questions
- Do not cut, split, crush, or open capsules or tablets before asking your pharmacist



At home

- Never share your medications with someone else
- Store medications in a cool, dry place, away from direct sunlight (unless otherwise directed) and out of reach of children





What can I do?

... at the doctor's office?

At the doctor's office

- Bring in the vials of all the medications you take to your appointments – include prescriptions and non-prescriptions



At the doctor's office

- Read over the prescription your doctor or nurse practitioner gives you to see if it makes sense
 - Is it your prescription?
 - Is it a drug you're allergic to?



5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



What can I do?

... at the pharmacy?

At the pharmacy

- Whenever possible, use the same pharmacy
- If not, bring an up-to-date record of medications and medical conditions when getting prescriptions filled



List all the medications you take, such as pills, patches, inhalers, eye/ear/nose drops, creams, ointments, and samples the doctor gave you. Be sure to include over-the-counter medicine, vitamins, minerals, herbal products, and recreational drugs (example: alcohol or marijuana). For your MedList to work, it's important to keep it up to date: use the date column to indicate when old medications were stopped and new ones added!

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If it's on the list, it won't be missed

At the pharmacy

- Check you medications before leaving the pharmacy
 - Is the right name on the vial?
 - Do you recognize the pills?



At the pharmacy

- Be sure you are familiar with the names of your medications (brand and chemical/generic), what they are for, and how to take them

number

Prescr date

Local Pharmacy
123 MAIN STREET
ANYTOWN, USA 11111 (800) 555-5555

DR C. JONES

NO 0060023-08291 DATE 06/23/09

JANE SMITH
456 MAIN STREET ANYTOWN, US 11111

**TAKE ONE CAPSULE BY MOUTH THREE
TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN**

AMOXICILLIN 500MG CAPSULES

QTY MRG
NO REFILLS - DR. AUTHORIZATION REQUIRED

USE BEFORE 06/23/12
SLF/SLF

Don't use this drug past this date

At the pharmacy

- Set up an annual meeting with your pharmacist to review all your medications



MedsCheck

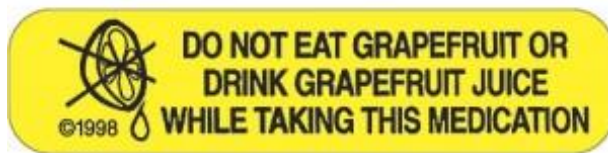
At the pharmacy

- If you are on multiple medications and find it difficult to remember to take them as directed, ask your pharmacist about compliance packaging services available



At the pharmacy

- Consult with a pharmacist when selecting over-the-counter medications
- Grapefruit and dairy products are foods that commonly interact with medications
- If you are having difficulty opening safety caps, request for easy-open caps



Conclusion

- Create or update your medication record
- Make sure you know what your medications are for, how to take them, common side effects, and how they interact with each other
- Notify your pharmacist if you believe you are having side effects from a medication
- Book an appointment with your pharmacist to review your medications

Questions?

