

## A Guide for Patients and Carers

### What is a medication review

Medication reviews are meetings which are conducted privately and confidentially between a patient and clinical pharmacist from the practice to discuss your health and medicines.

The meeting provides opportunity for you to ask questions and discuss any concerns you might have. It may be that this review is conducted over the telephone.

### How is the review carried out?

Medication reviews are meetings or telephone consultations which are conducted privately and confidentially between a patient and clinical Pharmacist from the practice to discuss your health and medicines

The review provides opportunity for you to ask questions and discuss any concerns you might have.

There will be some clear points to cover in the review:

- **Patient Centred** - What is important to you?
- **Aims** - Are the medicines you take making you better? What do you aim to achieve with the medicines you take?
- **Need** - Are all the medicines you take essential? Are there any changes we could make to the regimes or to lifestyle?
- **Effectiveness** - Are the medicines adequately managing symptoms?
- **Safety** - Are the medicines safe? Could taking them long term make you unwell



### What happens at a medication review

The pharmacist will ask you some questions about your medicines and use information from your clinical records held at the GP practice.

The pharmacist will look at medicines that you are currently prescribed to check that these are the best ones to suit you and your health.

It may be that you need to have some monitoring (e.g blood tests or blood pressure monitoring) to monitor the effects of the medicines.

The pharmacist will advise on this.

### Questions you may want to ask

- ◆ What are my medicines prescribed for?
- ◆ How and when do I take my medicines?
- ◆ Should I look out for any side effects?
- ◆ What should I do if I become unwell?
- ◆ Do I need to be monitored?



### What happens after?

The details of the review are recorded and stored on your medical record and your GP will be made aware of any changes that are agreed to be made.

If a follow up is needed, this will be discussed with you and arranged.