

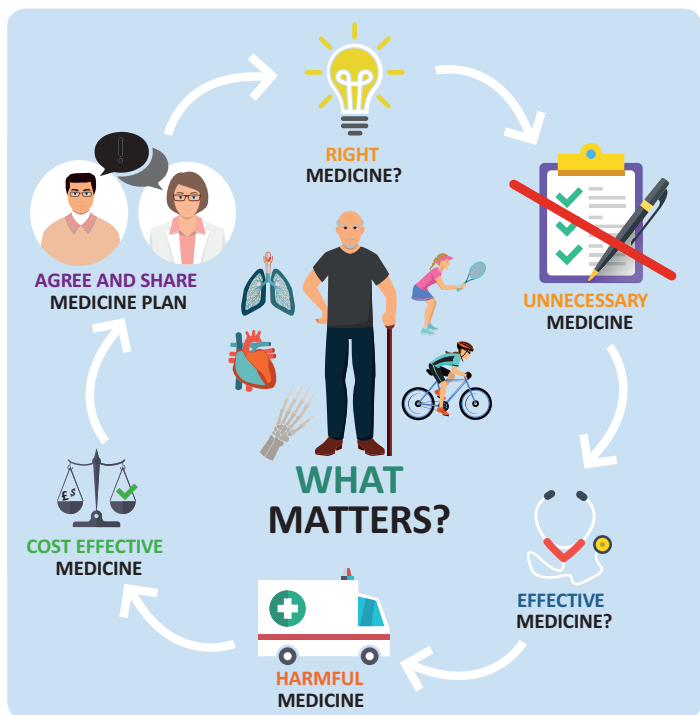


# iSIMPATY

## Medicines Review

Making Medicines Personal

### Information for Patients and Carers



## What is a Medicines Review?

A medicines review is a meeting to talk about all of your medicines with an expert such as pharmacist, doctor or nurse. As part of the iSIMPATY project, medicines reviews are carried out by one of our specialist pharmacists. These pharmacists will work with your wider health care team to help you to get the most from your medicines.

## Why do I need a review?

When you are first prescribed a medicine it is usually the best one for you, but, things can change over time:

- You might have developed a side effect.
- Your health may have changed. A change in your health could be a new medical condition or a change in a condition you already have.

Any of these reasons, as well as others, can mean a specific medicine might not be right for you anymore. There are many patients who need to take a number of medicines for different



reasons, a review will help you to do this in the safest way possible. How you feel about your medicines and how they are working is important, and **you will remain the key decision maker** about what medicines you take, with support from local pharmacists working with your wider healthcare team. The aim is for you to be as healthy as possible and enjoy life to the full.

## **We are interested in what matters to YOU**

During your review, our pharmacists will use the 7-steps approach, illustrated on the front of this leaflet. Using your personal medication records, the pharmacist will make sure your medicines are right for you at this time. Together, you and the pharmacist will agree a plan which could include a follow-up appointment.

## **How will my review take place?**

Your review could be:

- over the telephone
- during your hospital stay
- in person at the GP surgery
- via video call

Your Medicines Review will be approximately 30 minutes long

## **Preparing for my review**

You are welcome to bring along a family member or a trusted friend if you feel it would be helpful.

Please have all your medicines with you at the review or bring a list of them. This should include all of the following:

- medicines you get on a prescription
- medicines you buy in the pharmacy or supermarket
- vitamins
- herbal remedies
- inhalers
- creams

You are the expert about your health and your opinion is what matters most.

Before your review please take some time to think about how your medicines can help you with the things that matter most to you. Is there anything in your life that you would like to do, make better or change which you think might be affected by your medicines? You will need to complete a brief questionnaire before and after your medicines review has taken place.

This questionnaire is available on our website or by downloading our app. Paper versions of the questionnaire are available, just ask your pharmacist or health care professional. This will help our pharmacists to discuss with you how to manage your medicines in a way that best meets your needs.

Visit [managemeds.scot.nhs.uk](https://managemeds.scot.nhs.uk) or download app by going to the Google Play or Apple store and searching for “**Manage medicines**” or scanning the QR codes below.



In both the website and app, choose the “For Patients and Carers” option. Click on “Questions for my review.” This gives you a short set of prompts to tell us about key issues that matter to you, and any questions you have in the following areas:

### **Understanding my medicines**

- Do you know what all your medicines are for?

### **Medicines and my daily life**

- Do your medicines stop you from doing anything?
- Do your medicines give you any side effects?

### **Taking my medicines correctly**

- Do you ever forget to take your medicines?

Once you have responded to all the prompts, use the “Share” option to email your feedback to your pharmacist. If you have any problems with the website or app, contact

[decisionsupport@dhi-scotland.com](mailto:decisionsupport@dhi-scotland.com)



- Please contact your local iSIMPATHY project pharmacist if you have any further queries.

## What is iSIMPATHY?

iSIMPATHY (implementing **S**timulating Innovation in the **M**anagement of **P**olypharmacy and **A**dherence **T**Hrough the **Y**ears) is a project funded by the EU in Northern Ireland, Scotland and the border areas of the Republic of Ireland. iSIMPATHY aims to help people to live healthy and active lives by training pharmacists and other healthcare professionals to carry out medicine reviews with people who take many medicines, to ensure the best care for you.

