

# MEDICATION REVIEWS

## HOW YOUR PHARMACIST CAN HELP

A medication review promotes the safe and appropriate use of medications.



Overall, 1 in 2 Canadians strongly agree that medication reviews are beneficial, and this sentiment is more strongly felt by people 65 years of age and older. They feel it gives them peace of mind and confidence.

### **SPECIFIC BENEFITS INCLUDE:**

- ✓ It gives them a better sense of the important role medication plays in helping manage their health (91%)
- ✓ It makes it easier for them to remember how to take their medications as recommended (83%)
- ✓ It helps them understand why they take the medications and how they contribute to their overall health (88%)

Your pharmacist is a medication expert and is there to answer any of your drug-related questions. If you are taking several medications and/or have a chronic condition it is important to review your medications with your pharmacist or doctor at least once a year.

### **DURING YOUR ONE-ON-ONE CONSULTATION YOU WILL DISCUSS:**

- Your medications and how best to manage your drug therapy
- Your goals in treating your medical conditions
- Whether all the drugs that you are taking have a purpose - sometimes a medication is no longer needed but you may inadvertently continue to take it
- Whether all of your diagnosed conditions are being managed - maybe you have a medical condition for which you are not receiving treatment but should be
- Whether your drugs are working as intended and if you are on the most appropriate dose
- Any side-effects that you are experiencing and how to manage/avoid them
- Your level of understanding of each medication to make sure you are taking them correctly and achieving the desired effect

At the end of the consultation your pharmacist will provide you with a comprehensive list of all the medications that you are taking. This can be used as a reminder to take your medications or can be shared with your family doctor and other health care professionals.

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*References available upon request.*