



My Medicines session outline

The aim of this session is to increase your knowledge and understanding of medicines and treatments, how they work, and where to find reliable information.

They are delivered by an experienced nurses and pharmacists.

The session will help you to be able to talk to your doctor, nurse, pharmacist etc. on an equal footing, and get the most out of the time you have with health professionals.

We will look at what various medicines are for, managing side-effects, linking to other ways of treating illnesses, coping with depression, managing negative thoughts, relaxation, getting a good night's sleep and looking after your health.

The session will give you an opportunity to ask general questions about medicines and related treatments.

We have also set up this free on-line link to reliable and trusted sources of information on medicines:

www.medsinfo.guru

Following the sessions you have the option to have a one-to-one confidential session on your medicines with a nurse or pharmacist.

We will also give out a text number so that you can ask medicines related questions for a further month following the session, and a pamphlet on what we cover.

Here's what one of our attendees said about the session:

“...The trainers were genuine people who listened and who we can trust. They didn't have a list of things to get through with us [they] concentrated on what we asked and listened. Once the word gets around everyone will want this.”



Transforming Healthcare Together