

My Medicines Workshops 12th and 13th January 2015

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Care Right Now (CIC)

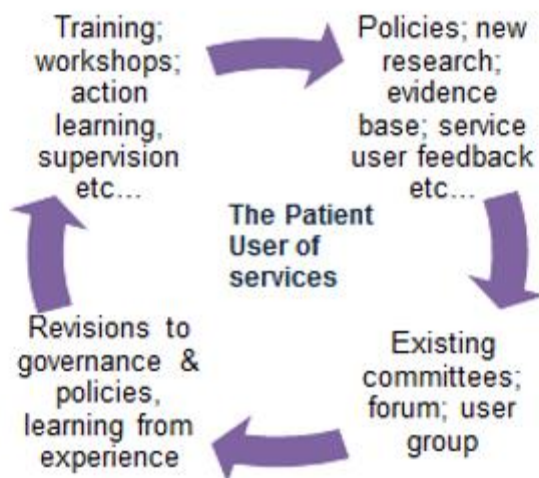


Setting the scene

Welcome
Introductions



[The Care Right Now CIC approach](#)
Housekeeping



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Today's aims

1. To identify and document the problems you want to solve clearly and concisely.
2. To identify what works well.
3. To agree where to start and the priorities for the My Medicines project.

Learning outcomes:

- For delegates to understand what the Care Right Now [My Medicines](#) work involves, including learning sessions on medicines for patients and the one-to-one [Patient Led Clinical Medicines Reviews](#) TM
- To list and prioritise ways to adapt this approach for the service

Plan

A 3 hour workshop to review and plan the project. It will consist of:

1. An overview of the learning from previous and current projects
 - group exercise - what is your vision for this?

2. A run through of our existing learning for patients, taking the opportunity to adapt it to your needs
 - group exercise - is this what we want? how can we best deliver this?

3. Workshops session
 - existing best practice we want to spread
 - problems we want to solve
 - measuring the benefits
 - review deliverables & plan

An overview of the learning from previous and current projects
- then a group exercise - what is your vision for this?

- What we deliver in the South West *...‘holistic in every way’*–

Active Plus
Motivation and engagement from sick and injured military veterans

Menopause Self- Care

Conscious self-care session and one to one work

Care Right Now CIC

My Medicines group session,
www.medsinfo.guru
and optional one to one Patient Led Clinical Medicines Reviews™ and text line

The psychology of long term conditions

- Success stories / case studies from patients – Steve, Mike, Elaine

***‘I’ve made a plan for the pain with my Dr, using the info and help given by Care Right Now.’
Attendee Nov 2015.***

***‘The course helped me solve a (health) problem I’ve had for ages. Its’ gone now! ‘ Attendee
March 2015.***

'The great a thing about the course is that it's not mandatory and it's not just given by a couple of people. The trainers were genuine people who listened and who we can trust. You didn't have a list of things to get through with us you concentrated on what we asked and listened. Once the word gets around everyone will want this.'
Attendee April 2015.

'You should listen to those guys. You will learn something' April Attendee 2015.

'Gives you the courage to question' May Attendee 2015.

'We all have different illnesses but we experience the same things and need to talk about it' May Attendee 2015.

'Found the course really helpful...you need to think about what you're going to say to the GP before you get there and make the time count...so I can get my point across' May Attendee 2015.

group exercise - what is your
vision for this?

A run through of the group session workbook



The aims:

- To pass on to you useful knowledge about your medicines and treatments
- To teach you more about managing side-effects and uses of medicines, so that you can have a two way conversation about them with your doctor
- To show you places to find reliable information on your medicines and treatments
- To pass on useful information about other sources of support
- To help you get the best support from doctors and health professionals
- To pass on helpful information about coping and relaxing
- To arrange one-to-one medicines sessions

My Medicines 1

Group exercise

What do you
need to know
about your
medicines?

Things people don't know, including some professionals



What do we mean by 'Medicines and treatments'



Medicines Session

- Things people don't know
- Myth busting
- Different medicines. Do you recognise these tablets?
- Information Sources
 - www.medsinfo.guru
- Text line
- Doctor doesn't always know best! Only experts can talk about medicines??

Patient Led Clinical Medicines Reviews TM

- 'One to one'
- Optional
- Confidential
- We don't keep any notes
 - Give the notes to the patient
- We aim to have background knowledge of what is available
 - So don't duplicate other services
 - Can proactively signpost
- Two facilitators
 - Allowing a second opinion
 - Safer for patient and facilitators
- A guided conversation
 - Allowing people to tell their story
- Operating guidance for facilitators
- Mentoring and support for facilitators

The form used

My Medicines - Patient Focused Medicines Review

What I would like to ask the Doctor, Nurse, Health professional next time I see them:

Please note that these are areas to explore and not formal recommendations, your GP / Health professional will have access to additional information which we do not have, for example local protocols / guidelines and medicines formularies.



Group exercise - is this what we want? How can we best deliver this?

Workshops session

- existing best practice we want to spread
- problems we want to solve
- measuring the benefits
- review deliverables & plan

Using the big post-it stickers, please write big and clearly as we will take a 'photo and put it on the resources page'

Feedback and close

- Any questions?
- Book next visits and meetings
- WWW and WBI

Resources:

Trusted sources of information on medicines (Care Right Now) www.medsinfo.guru [accessed 30/12/15]

Stories about shared decision making (Care Right Now)

<http://www.carerightnow.co.uk/medicines-optimisation-what-does-this-mean-jargon-buster-1/> [accessed 30/12/15]