



# My Medicines Session Workbook

# Aims

- To learn useful information about your medicines and treatments.
- To learn about side -effects, allergies, sensitivities & interactions, so you can have productive two -way discussions with you prescriber.
- To identify useful and reliable sources of information about medicines and treatments.
- To share and learn about other sources of information and support, local, national, international.
- To help you get the best support from health professionals and have conversations with them as an equal.
- To enable you to make a plan & take charge of your care, and share this effectively with everyone who supports you.

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## At the end of the session you will:

- Be able to describe of what 'medicines' (of all kinds) are and outline how they work.
- Have a sound understanding of medicines side-effects, sensitivities and types of interactions.
- Know where to find reliable information on medicines & treatments.
- Be able to consider medicines in context & how they relate to other approaches, types of treatments and therapies.
- To identify techniques that enable & empower you to make the most of appointments and consultations with clinical people.
  - **Be able to take the lead on your own care.**

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## What is a medicine?

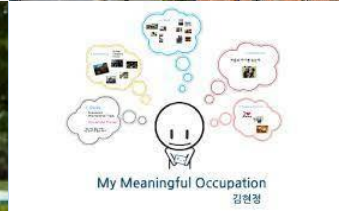
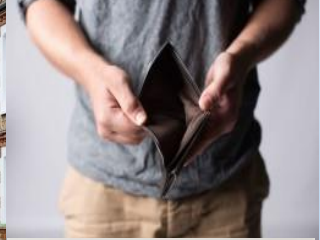
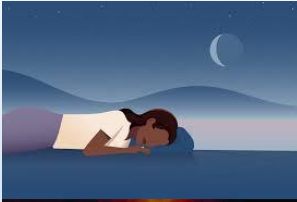


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What do you  
need to know  
about your  
medicines?

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# Just as important as medicines– what matters to you?



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# My medicines Course - Some of the areas we cover

What are my medicines prescribed for?

Are medicines safe? What are alternatives?

Different brands and names for the same medicine

Myths and facts about side-effects

Stopping and tapering off medicines safely

Do I need all these medicines? How can I reduce them safely?

Are all medicines addictive?

Do I need more to have the same effect?

Prescribed medicines and street drugs

Buying medicines online

Sharing or borrowing medicines

Making a plan & working with clinical people

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# Things not everyone knows...including some professionals

Not all 'medicines' are prescribed

Some of the most harmful causes of medicines safety incidents are due to missed allergies and adverse reactions

Not everyone knows what their medicines **have been prescribed for**

Herbal medicines are powerful & can interact in harmful ways

Your diet, posture, exercise, how much fluid you drink, smoking, alcohol and recreational drugs interact with medicines

Some ethnic groups respond differently to some medicines

Your own body affects how the medicines work, this isn't always predictable

Medicines prescribed 'off label' or 'off license' are potentially helpful for some

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# Taking charge of your medicines & treatments

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About your medicine(s)...do you know:

1. What it has been prescribed for?
2. How it works?
3. When will it start working?
4. What are the possible sideeffects?
5. What are the interactions?
6. Will it affect what I eat and drink?
7. Is it addictive?
8. How and when do I take it?
9. How long do I need to take it for?
10. When and how can I come off it?

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## Having a plan, what to expect from a consultation - a guide for patients

### **After every consultation you should come away with:**

- An agreed plan
- Written information on what has been discussed
- The signs of improvement or the signs of deterioration to look for
- When & who to contact if things change
- Who to contact in an emergency

### **At the end of the consultation you should know:**

- That your concerns have been listened to
- That the agreed actions will be taken
- That you can seek a second opinion if needed
- That the consultation will be communicated to all involved in the patient's care

### **You should also receive:**

Written information on the consultation. This may be in the form of notes, a care plan or visit summary & copies of ALL communication between clinicians.

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For more information go to [www.medsinfo.guru](http://www.medsinfo.guru)