

Medication Management

Lesson #1

Getting Ready

1. Review lesson plan before each session.
2. Copy handouts:
 - a. Medication Summary record
 - b. Keep a Medication Summary
 - c. Tips for Safe Medication
 - d. Medications Use Checklist
3. Gather supplies needed for lesson and activities.
4. Find volunteers to help participants complete the Medication Summary.
5. If you are going to complete the Medication Summary, then ask the Center staff to remind the participants to bring their medications, non-prescription medications, dietary supplements, and herbals to the lesson.
6. If you are going to collect outcome data (such as the Pre- and Post tests) then make copies of Consent Form and the Pre-test).

Lesson Supplies Needed

1. Handouts and Medication Summary record.
2. Bottles of medications, dietary supplements herbals to illustrate key points.
3. Cause and Effect game (cards for participants; can also do at Lesson #2).

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives: The participants will:

1. Understand how to prevent over-medication.
2. Understand how to prevent medication interaction.
3. Learn how to manage medication.

Activities

1. Consent form (optional; only needed if collecting outcome data).
2. Pre-test (optional; only needed if collecting outcome data and must complete BEFORE any lessons or activities).
3. Complete Medication Summary record.

Lesson 1 – How to Manage My Medicine

Script

If you are age 65 or older, you may take more medicines now than ever before.

- Two-thirds of adults age 65 and older use one or more medications each day, and one-quarter (25%) take three medications daily.

How many of you take three or more medications?

- The more you know about your medicines, and the more you talk to your doctors and pharmacists, the better your chances are for avoiding possible problems with medicines.

How many of you know the names of all your medications and can tell me why they are prescribed?

- If not, by the end of today you will know a lot more about your medications and have a record to give your doctor. Today we are going to complete a Medication Summary record that can help you and your doctor know all the medications you are taking.

We are now going to talk about ways to make your medicines safer.

- The first thing is to know the name of your medication and why you are taking it. Make sure you read the medicine label and package inserts. If you have difficulty reading the label, ask a friend, relative or pharmacist for help. You may need to keep a magnifying glass handy to read some of the small warning labels put on prescription bottles.
- Make sure you tell your doctor about all the medicines you are presently taking, the medication strength, why you are taking it, and who prescribed it. Be sure to include all prescription and nonprescription medicines, as well as dietary supplements, such as vitamins, minerals and herbals. This is especially important if your doctor wants to prescribe a new medication.
- The more your doctor knows, the more he or she can help you. Be sure you understand all instructions before leaving the doctor's office or the pharmacy. Sometimes you might want to write down the instructions for future reference.

So let's review how to be safe about your medication. (*Refer to "Tips for Safe Medication Use."*)

- Remember, you want the name of your medication, what it is used for, why you are taking it, who prescribed it, how and when to take it, how much (the medication strength) to take, and its color and/or shape. I noticed many of you are taking a variety of medications, so today I hope you can learn how to manage your medications.

Medication interactions occur when more than one drug is taken and one interferes with the other.

- Does any one know that medications can interact with one another and possibly cause sickness or death?
- Drug interactions can also occur when taking over-the-counter (OTC) medications with prescription drugs. For example, taking two blood thinners, or anticoagulants, such as warfarin (Coumadin®) and ginkgo (or aspirin, vitamin E, or fish oil) together may cause excess bleeding.
- Make sure you add OTC drugs to your medication sheet. Before taking a new OTC, be sure to ask your doctor or pharmacist to check for potential interactions with your usual medications.
- Another way to improve your medication management is to attend all of your doctor and/or laboratory appointments. These are used to monitor your health and ensure you are given the proper medication or proper dose of a medication.

How many of you have all of your prescriptions filled at the same pharmacy?

- Excellent! If possible, have all your prescriptions filled by one pharmacy. This allows your pharmacist to check any new medication for possible interactions with your other medications.

In Lesson #2 we will learn more about using your medication safely. We will discuss ways to remember your medication, to help keep medicine safe, and to help prevent medication side effects. Make sure you're here next time to learn more about medication management.

Here are some handouts to help you remember what we talked about today:

- Keep a Medication Summary.
- Tips for Safe Medication Use.
- Medications Use Checklist (optional).

Let's finish up today by completing our **Medication Summary record** (handout for participant to keep; help them complete it with your volunteers).

References

Agency for Healthcare Research & Quality. 12 May 2003 <www.ahrq.gov/consumer>.

Council on Family Health Profile: 12 May 2003. <www.cfinfo.org/educationResources/education.html>.

The Institute for Safe Medication Practices (ISMP): 12 May 2003. <www.ismp.org>.

Mirtallo, J. Medication Management. Healthwise for Life, 1996.

Monane, Mark. "Safe Prescribing: Interdisciplinary Solutions" Geriatric Times. 12 May 2003. <www.geriatrictimes.com/g000632.html>.

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Keep a Medication Summary



<http://www.medicationweb.com>

Keep a Medication Summary that includes:

- **The name of the medication**-include prescription and over the counter medications, eye-drops, skin ointments, dietary supplements, and herbals.
- **What it is used for**-ask questions; don't be afraid to discuss your questions and concerns with your doctor.
- **Why you are taking it**
- **Who prescribed it**-write down the name and phone number of the doctor who prescribed each medication.
- **How and when to take it**-ask if it should be taken with food or on an empty stomach, and how many times to take it each day.
- **How much to take**-record how many tablets to take each time and how long you have to take it.
- **Color/Shape**

Tips for Safe Medication Use

- ___ **Use your Medication Summary Card.**
- ___ **Record side effects and tell your doctor.**
- ___ **Remember to take your medications as directed.**
- ___ **Keep all medicines out of sight and reach of children.**
- ___ **Go through medicine cabinet at least once each year.**
- ___ **Ask your doctor:**
 - **What is the name of the drug?**
 - **What is the dosing schedule?**
 - **What side effects should I expect?**
 - **How long will I be on this drug?**
 - **How should I store this drug?**
 - **Should I take this drug on an empty stomach or with food?**
- ___ **Ask your doctor about generic medications.**

Medications Use Checklist

	YES	NO
1. Do you know if you should take you medicine before or after you eat?	0	1
2. Do you take 3 or more medications each day?	2	0
3. Have you gained or lost more than 10 lbs. since you started taking your medications?	1	0
4. Do you go to more than one pharmacy or drugstore to get your prescriptions filled?	2	0
5. Do you take one or more of the following medications: <input type="checkbox"/> Digoxin (Lanoxin) <input type="checkbox"/> Lithium <input type="checkbox"/> Theophylline <input type="checkbox"/> Phenytoin (Dilantin) Does your doctor check your blood level? <i>Circle one: Yes No</i>	2	0
6. Do you drink 2 or more alcoholic beverages on a daily basis?	2	0
7. Do you skip meals or snacks and take diabetes medicine?	2	0
8. Can you read the labels on your medication?	0	2
TOTAL		

Total medications use score. If it's more than 2, the participant may have a problem with their health because of medication or diet. Inform them to talk to their doctor or pharmacist. Tell them to bring this checklist the next time they visit their doctor. Remember warning signs suggest risk, but do not represent diagnosis of any condition.

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