

# Medicines Review: Making Medicines Personal

## Information for patients and carers

### What is a Medicines Review?

A medicines review is a meeting to talk about all of your medicines with an expert such as pharmacist, doctor or nurse. They will work with your wider healthcare team to help you to get the most from your medicines.

### Why do I need a review?

When you are first prescribed a medicine it is usually the best one for you, but things can change over time:

- You might have developed a side effect
- Your health may have changed. A change in your health could be a new medical condition or a change in a condition you already have

Any of these reasons, as well as others, can mean a specific medicine might not be right for you anymore. There are many people who need to take a number of medicines for different reasons. A review will help you to do this in the safest way possible.

How you feel about your medicines and how they are working is important, and **you will remain the key decision maker** about what medicines you take, with support from your healthcare professional. The aim is for you to be as healthy as possible and enjoy life to the full.



## We are interested in what matters to you

During your review, your healthcare professional will use the 7-Steps approach, illustrated here.



Using your personal medication records, your healthcare professional will make sure your medicines are right for you at this time. Together, you and your healthcare professional will agree a plan which could include a follow-up appointment.

## Where will my review take place?

- Your review could be:
- over the telephone
- during your hospital stay
- in person at the GP surgery
- via video call

Your Medicines Review will be approximately 30 minutes long.

## Preparing for my review

You are welcome to bring along a family member or a trusted friend if you feel it would be helpful.

Please have all your medicines with you at the review or bring a list of them. This should include all of the following:

- medicines you get on a prescription
- medicines you buy in the pharmacy or supermarket
- vitamins
- herbal remedies
- traditional medicines
- inhalers
- creams

You are the expert about your health and your opinion is what matters most.

Before your review please take some time to think about how your medicines can help you with the things that matter most to you. Is there anything in your life that you would like to do, make better or change which you think might be affected by your medicines?



You can complete a short set of questions before and after your medicines review has taken place. The questions are available online or on our app. Paper versions are available, just ask your healthcare professional. This will help your healthcare professional to discuss with you how to manage your medicines in a way that best meets your needs.

# Using the Manage Medicines website or mobile app

## Website:

Visit <https://managemymeds.scot.nhs.uk> or scan the QR code:



## Mobile app:

Scan the QR code with your camera or use the link <https://rds.app.link/49361>



If prompted, click on “Install”. Open the app and your toolkit will open automatically.

Click on [Questions to prepare for my medicines review \(PROMs\)](#). This gives you a short set of prompts to tell us about key issues that matter to you, and any questions you have in the following areas:

## Understanding my medicines

Do you know what all your medicines are for?

## Medicines and my daily life

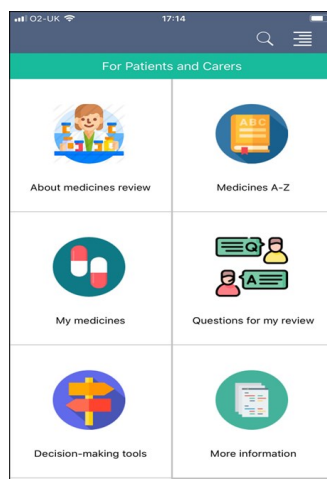
What are my goals for taking my medication?

Do your medicines stop you from doing anything?

Do your medicines give you any side effects?

## Taking my medicines correctly

Do you ever forget to take your medicines?



When you have responded to all the prompts, use the “Share” option to email your form to your medical practice.

If you have any problems with the website or app, contact [decisionsupport@dhi-scotland.com](mailto:decisionsupport@dhi-scotland.com).