

What questions will I be asked at my Structured Medication Review?

You will be asked how you are getting on with your medicines. Some of the questions you might be asked include:

- Can you take all your medicines?
- Do you feel you might be having side effects from your medicines?
- Are there any medicines you don't like taking?
- Are there any medicines you miss out, or forget to take?
- Are there any medicines you would like to stop?
- Do you take any of your medicines differently to the instructions on the label?
- Do you have any worries or concerns about your medicines?

Outcomes

Changes may occur to your treatment and could result in:

- medicines being changed to make them easier to take e.g. once a day rather than three times a day,
- a medicine being changed to a different type or version,
- a medicine being stopped because:
 - you have a side effect,
 - you don't need it anymore,
- a medicine being started.

Don't worry!

The MOSCCH Pharmacist/ Pharmacy Technician will make sure you are clear about any changes made to your medicines and can discuss any questions or queries with you.

If you think of something you want to ask later, please feel free to talk to us again.

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The MOSCCH Pharmacy team will check they have an up-to-date list of all your medicines including prescribed and over-the counter (OTC) medicines, supplements and other products.

Structured Medication Reviews (SMRs) in Social Care and Care Homes



Information for residents, family members and carers

Medicines Optimisation in Social Care and Care Homes (MOSCCH) Pharmacy Team

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What is a Structured Medication Review?

A Structured Medication Review (SMR) is a meeting to talk about your medicines.

Your medicines should be reviewed regularly with you, usually once a year, to make sure they are working well, and are not giving you any problems.

It's important to remember:

- medicines aren't the only answer,
- sometimes medicines can do more harm than good.

Do you think it's time to have a medication review?

We, the MOSCCH team, would like to help you to get the most from your medicines.

Some problems or reactions to medicines can cause you to go to hospital.

People are at a greater risk of reactions to medicines as they become older.

Structured Medication Review (SMR)

An SMR is useful for everyone, especially for people who take several medicines regularly.

An SMR can help identify changes in your circumstances which might mean:

- some medicines are no longer appropriate for you,
- some of your medicines may need a change.

Are your medicines working?

Your medicines will be reviewed with you by the MOSCCH pharmacy team who are working with your GP practice.

The MOSCCH team are experts in the safe use of medicines.

Your SMR is an ideal time to discuss together:

- whether you have, or have had, or are at risk of, any side effects,
- whether any monitoring is needed,
- to tell us what you want.

Together you can discuss and decide.

How can I prepare for my review?

Think about your medicines:

- how you take them,
- how they make you feel.

Is there someone who helps you take your medicines (for example a carer or family member)?

You may want to write down some notes to discuss at the medicines review.

You can also write down:

- questions you want to ask,
- concerns you may have.

Please tell us about all the medicines you are taking as this will help in the review.

It may be helpful to bring your notes with you to your review.

What happens at an SMR?

You will be given an appointment with a MOSCCH Pharmacist or Pharmacy Technician, and the review will take place in your care home. Please feel free to ask a family member to join you.

There will be time for the pharmacist or pharmacy technician to discuss your medicines with you, and for you to ask any questions you have about your medicines.

Will my medicines be changed?

Possibly, but only with your agreement to improve your treatment. Before any changes are made, the reasons for the change will be explained to you. Your GP will be involved in any changes made.

Do I need to have anything with me for my medication review?

It would be very useful if you could have with you:

- any medicines you buy (such as from a pharmacy or other shops),
- any vitamins, herbal or homoeopathic remedies you take.

Remember eye drops, inhalers (puffers) and creams are also medicines!

