



# Medication



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- Note: most insurance carriers have a nurseline available to take questions. For more information, check your insurance carriers website.

# Understanding Your Medication

- **Understanding Your Medication**

- If your doctor prescribes a medication for your condition, try to find out as much about it as you can, including how to take it properly. Ask the following questions and write down the answers before leaving the doctor's office.
- What is the name of the condition this medicine will treat?
- What is the name of the medicine?
- How does it treat my condition?
- What is the name of its active ingredient?
- Did you check that it doesn't contain anything I'm allergic to?
- How long will it take to work? How should I store the medication? Does it need to be refrigerated?
- Can the pharmacist substitute a less expensive, generic form of the medicine?

# Understanding Your Medication

- **Find Out How to Take the Medication**

- Ask your doctor, pharmacist, or nurse about the right way to take any medicine before you start to use it. Ask questions when you don't know the meaning of a word, or when instructions aren't clear. Here are some specific questions to ask.
- Should I take it as needed or on a schedule?
- Should I take it at a certain time of day?
- How much should I take each time?
- Do I need to take it with food?
- May I drink alcohol while on this medication?
- How long will I have to take it?
- Can it be cut in half or crushed?

# Understanding Your Medication

- **Ask What to Expect**

- How will I feel once I start taking this medicine?
- How will I know if this medicine is working?
- If I forget to take it, what should I do?
- What side effects might I expect? Should I report them?
- Can this medicine interact with other prescription and over-the-counter medicines -- including herbal and dietary supplements -- that I am taking now?

# Understanding Your Medication

- **Tips for Taking Medicines Properly**
  - **Check the label on your medicine** before taking it to make sure that it is for the correct person -- you.
  - **Read and save any written information** that comes with the medicine.
  - **Take the medicine according to** the schedule on the label.
  - **Don't take more or less** than the prescribed amount of any medicine.
  - **If swallowing tablets is difficult**, ask your doctor or pharmacist whether there is a liquid form of the medicine or whether you could crush your tablets. However, do NOT break, crush, or chew tablets without asking a health professional first.
  - **Get into the habit of checking the expiration dates** on your medicine bottles, and throw away medicine that has expired.
  - **Try to set and follow a routine** for taking your medicines
- All Understanding Your Medication information taken from <http://nihseniorhealth.gov/takingmedicines/takingmedicinessafely/01.html>

# Compounding Medications

- What is compounding?
  - In general, compounding is a practice in which a licensed pharmacist, a licensed physician, or, in the case of an outsourcing facility, a person under the supervision of a licensed pharmacist, combines, mixes, or alters ingredients of a drug to create a medication tailored to the needs of an individual patient.
- Why do some patients need compounded drugs?
  - Sometimes, the health needs of a patient cannot be met by an FDA-approved medication. For example: if a patient has an allergy and needs a medication to be made without a certain dye; or if an elderly patient or a child can't swallow a pill and needs a medicine in a liquid form that is not otherwise available.

Taken from

<http://www.fda.gov/Drugs/GuidanceComplianceRegulatoryInformation/PharmacyCompounding/ucm339764.htm#risks>

# Compounding Medication

- How does compounding benefit me?
  - With a physician's consent, a compounding pharmacist can adjust the strength of a medication, avoid unwanted ingredients, add flavor to make the medication more palatable, or prepare medications using unique delivery systems.

Note: Please speak with your physician and pharmacist about the pros and cons of compounding medications.

- Taken from <http://www.pccarx.com/what-is-compounding/compounding-answers>




# Medication Synchronization



# Medication Synchronization

The infographic is titled "Medication Synchronization" and is set against a light green background with white and blue accents. It features a central flow diagram with two rows of circular icons. The top row, labeled "YOUR PHARMACIST WILL", includes "REVIEW ALL YOUR MEDICINES", "MAKE ANY NECESSARY CHANGES TO YOUR MEDICATIONS", and "PROACTIVELY REFILL YOUR MEDICATIONS". The bottom row, labeled "THE OUTCOME", includes "FEWER TRIPS AND REFILL CALLS TO THE PHARMACY", "RELIEVED WORRIES OVER MISSING DOSES OR RUNNINGS OUT OF MEDICATIONS", and "MONTHLY OPPORTUNITY TO REVIEW YOUR MEDICATIONS WITH YOUR PHARMACIST". A central image of a pill bottle and a clock is positioned between the two rows. Text boxes provide additional context and resources.

 Med sync allows you to pick up all of your ongoing medications at once on a convenient day each month.

**YOUR PHARMACIST WILL**

- REVIEW ALL YOUR MEDICINES
- MAKE ANY NECESSARY CHANGES TO YOUR MEDICATIONS
- PROACTIVELY REFILL YOUR MEDICATIONS

**THE OUTCOME**


- FEWER TRIPS AND REFILL CALLS TO THE PHARMACY
- RELIEVED WORRIES OVER MISSING DOSES OR RUNNINGS OUT OF MEDICATIONS
- MONTHLY OPPORTUNITY TO REVIEW YOUR MEDICATIONS WITH YOUR PHARMACIST


Patients are 3 to 6 times more likely to stay on their medications when enrolled in med sync programs.

The APhA Foundation's *Align My Refills* campaign encourages patients to work with their pharmacists for better health outcomes through medication synchronization.

**Medication synchronization programs are beneficial for:**

- PATIENTS TAKING MULTIPLE, ONGOING MONTHLY MEDICATIONS
- PATIENTS NEW TO CHRONIC DRUG THERAPY
- THE ELDERLY
- CAREGIVERS AND FAMILY MEMBERS OF PEOPLE ON MULTIPLE MEDICATIONS

 Resources on med sync and a map with a store locator for participating pharmacies can be found at [alignmyrefills.com](http://alignmyrefills.com).

 If your local pharmacy doesn't offer this service yet, talk to your pharmacist about how they can streamline your medications. Building a relationship with your pharmacist is important. Patients with a chronic condition who are most successful adhering to their medication regimen have a relationship with their pharmacist.

# General Tips for Children

- Make sure your child is standing or sitting up at least a 45-degree angle when taking any medicine. This reduces the risk of choking.
- Give liquid medicine along the side of the mouth, about halfway down. If it goes directly to the center of your child's palate, it will trigger a gag. Place tablets on the back of the tongue or they will be spit out.
- Disguise a medicine's bad taste when possible. Favorite vehicles include applesauce, yogurt, pudding, smooth peanut butter (for kids 18 months and older), and jam. For the most resistant cases, try soft candy pieces, ice cream, or chocolate syrup.

# General Tips for Children

- Mixing a medication with a liquid such as juice, formula, or milk can be problematic because a significant part of the medicine will be left coating the cup, glass, or bottle. If you use a liquid to dilute medicine, use a small amount and be sure all of it gets into your child.
- If you use a spoon, use the measuring type — it's more accurate than ordinary tableware. Better yet, use a plastic medicine spoon with dosage markings.
- Never refer to medicine as candy — you're setting up a potentially dangerous confusion. Tell it like it is.

# General Tips for Children

- Never allow a child younger than a teenager to take his medicine unsupervised for any reason.
- Don't bargain or bribe. The stakes will just escalate. Also, you give the message that taking medicine is a negotiable activity when it really isn't. Give your child some choice in the situation — such as what cup he wants to drink a chaser from or what room he wants to take his medicine in — but don't imply that anyone has a choice about whether he will take the medicine.
- Don't punish a child who refuses to take medicine. Most medicine tastes nasty, and we're all programmed to avoid bitter tastes, which are generally poisons when found in nature. Just insist and plow ahead. And when the mission has been accomplished, don't forget the BIG hug and congratulations on a job well done — for both of you!
- Taken from <http://www.pampers.com/diapers/just-a-spoonful-of-sugar-tips-for-giving-medicine-to-kids>