

## PATIENT INFORMATION SHEET: HOME MEDICINES REVIEW

### 1. WHAT IS A HOME MEDICINES REVIEW?

A Home Medicines Review is a service that allows a thorough check of all the medicines you are taking by a pharmacist, at the request of your GP, and with your agreement. The review usually takes place in your home, at a time convenient to you. For more information, read the brochure called Home Medicines Review, available from your pharmacy. Pharmacists and GPs may also refer to this service as a Domiciliary Medication Management Review (DMMR).

### 2. WHO CAN HAVE A HOME MEDICINES REVIEW?

Anyone living in their own home can have a Home Medicines Review if their GP thinks their condition and the medicines they are taking make the review worthwhile. Some situations are more likely to put people at risk of medicine-related problems, such as:

- taking five or more regular medicines or taking more than a total of 12 doses of medicine(s) per day;
- recent changes to your medication routine (doses or medicines);
- attending a number of different doctors, both GPs and specialists; and
- having recently come out of hospital.

### 3. WHO CAN DECIDE WHETHER I NEED A HOME MEDICINES REVIEW?

Your GP can refer you to have a Home Medicines Review after thinking about your medication needs during a consultation. Anyone - you, your carer, a family member, your pharmacist or community nurse - can ask the doctor if this service might be helpful for you. If you agree, only your GP can refer you for a Home Medicines Review. He or she will then fill out a special referral form, which you take (or your doctor sends) to your preferred pharmacy.

#### **4. WHAT BENEFITS DOES THE SERVICE OFFER?**

The review is for your benefit. It gives you the opportunity to spend time asking questions about your medicines that your doctor or pharmacist may not always have the time to answer. Home Medicines Reviews can help you better understand your medicines and how to take them. This increased understanding can help to reduce your risk of having medicine-related problems and can improve your overall health.

#### **5. DO I HAVE TO HAVE THE HOME MEDICINES REVIEW?**

It is your decision. You don't have to have the review if you believe it will not be of benefit, you would feel uncomfortable having it or for any other reason. If you refuse, you do not lose the opportunity to have a review later on, if needed.

#### **6. HOW OFTEN CAN I HAVE A HOME MEDICINES REVIEW?**

You can have a Home Medicines Review once every 12 months or sooner if there has been a significant change in your condition or your medicines, such as after coming out of hospital. Your GP will take this into account in deciding whether you need a Home Medicines Review.

#### **7. WHAT DO I HAVE TO DO?**

Tell your GP which is your preferred community pharmacy (chemist). The pharmacy will arrange a suitable time for a pharmacist to visit you and discuss your medicines in detail. Before the visit think about or write down all the questions you would like answered and any concerns you have about your medicines. Make sure you have all your medicines available, including ones bought without a prescription at a pharmacy, supermarket or health food store, those bought from any other health professionals (eg naturopath) or any prescription medicines from other doctors or hospitals. Information about your medicines and your conditions will be passed to the pharmacist(s) involved.

#### **8. WHAT HAPPENS AFTER THE PHARMACIST VISITS?**

Your GP will discuss the results of the review with the pharmacist, including any suggestions of potential benefit to you. You return to your GP to develop a medication management plan together. He or she will offer you a copy and your GP and pharmacist will work with you to put the plan into action.