

HOW A MEDICINES REVIEW CAN HELP YOU GET THE MOST FROM YOUR MEDICINES

Taking medicines can be complicated, especially when you are taking multiple medicines. A **medicines review** can help make sure your medicines are safe and working well for you.

WHAT IS A MEDICINES REVIEW?

A medicines review involves you, your doctor and a clinical pharmacist working together to help you manage your medicines. The clinical pharmacist will meet with you and go through your medicines with you, and/or your carer. They will answer any questions and make suggestions to you and your doctor to help you get the best from your medicines.

HOW CAN THESE REVIEWS HELP?



Personalised advice and information



Reassurance that your medicines are working well for you



Simplify your medicine routine



Identify and prevent medicine-related problems



Confidence in how you take, store and dispose of your medicines



Feel supported about your medicines and health



More time to talk and ask questions

THESE REVIEWS CAN BE HELPFUL IF YOU (OR A PERSON YOU CARE FOR):

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| <ul style="list-style-type: none"> ✓ Take multiple medicines ✓ Have medicines prescribed by different doctors and specialists ✓ Start a new medicine ✓ Change medicine doses ✓ Have recently been in hospital | <ul style="list-style-type: none"> ✓ Think you may be having side effects from your medicines ✓ Have difficulty taking, or remembering to take, medicines ✓ Feel confused or worried about your medicines |
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HOW DOES IT WORK?



Book the review

Call Cambridge Medical Centre on 07 8277184 to arrange a consult with our Clinical Pharmacist, Paula. You can have a family member, friend or carer with you during the review.



Prepare

Before you come for your appointment, make sure your medicines list is up to date, or gather together all the medicines you are taking. If you do not have a current medicines list, you can collect a list from our reception or download one here. Remember to include any non-prescription medicines you buy from the pharmacy, supermarket or health food shop, or order online, as well as any vitamins, supplements and herbal remedies you take. Don't forget to include any inhalers, patches, creams and eye or ear drops. Please bring all of these with you to your appointment.



The visit

Paula, our Clinical Pharmacist, will talk to you or your carer about the medicines you are taking and answer any questions you have. You will have 30 minutes to discuss all of your medications. After the visit, she will write a report for your doctor.



Follow up with your doctor

We have a team approach to your healthcare so your review will be discussed with your doctor and a follow up appointment arranged with your doctor if required.



FREQUENTLY ASKED QUESTIONS

- **Is a medicines review for older people only?**
No, you can have a medicines review at any age.
- **I'm a carer, is it useful for me to be involved?**
Yes, it's helpful for carers to be involved in the review and follow-up appointment. You'll get advice and support to help you manage the medicines of the person you care for.
- **Do I need a referral?**
No, you can call and book an appointment directly.
- **How much does it cost?**
A 30 minute consult costs \$45.00 or \$19.50 if you are a Community Services Card holder.
- **Who does the review?**
Paula is a Clinical Pharmacist with over 20 years experience in community, hospital and primary care pharmacy.
- **Can I see the report the pharmacist writes?**
Yes, a copy of the report can be provided to you, and your carer, together with the plan the doctor completes.
- **Where can I find out more?**
If you think a medicines review would help you get the most from your medicines talk to our reception about arranging an appointment.