



Prescribing tip for information

The Medicines Optimisation Team Technicians have commenced new clinics in practice and are inviting patients to attend for non-clinical medication reviews.

We are using the 'Me and My Medicines Campaign' which was originally set up in Leeds by a patient who wanted to know more about his medicines but didn't feel comfortable to ask.

We are using the slogan 'It's OK to ask' and encouraging patients to ask us questions about their medicines such as 'How?' and 'Why?' they are taking them and discussing any side effects or worries they are having.



Patients will be asked to bring **all** their medications with them to the clinic. This includes any that have been bought over the counter, so that we can go through them to make sure that they are in date, fit for purpose and being used correctly. This should aid compliance and improve patient health outcomes as well as reducing waste.

We have already piloted the clinics in several surgeries across both our CCG localities. We have achieved some great outcomes and feedback, and hope to get around all surgeries that are keen to be included on a rotational basis.

For more information on the Me & My medicines campaign visit <https://meandmymedicines.org.uk/>

If you would like more information about our clinics, please speak to your surgery's Medicines Optimisation Technician.

Julie.lawson5@nhs.net rebecca.greenwood5@nhs.net jillian.whiteside@nhs.net karen.foster11@nhs.net
Belinda.corner@nhs.net keren.henderson@nhs.net

To contact the Medicines Optimisation Team please phone 01772 214302

Questions we have answered have included - "Why am I not better yet when I have been taking my blood pressure and cholesterol medication for ages?" "How do I use my inhaler and why have my diabetic medicines been increased?" Side effect queries such as "Why do I feel better on the days when I don't take my metformin?" "I don't like taking the evening dose of my inhaler because it makes me feel funny and stops me sleeping."

Other findings include - a patient who is not getting enough inhalers each time on their repeat prescription. To compensate they were using their inhaler daily instead of twice daily to ensure the inhaler lasted till their next prescription was due. We adjusted the inhaler quantities and discussed the reasons why it needed to be used twice a day. Another patient was overdue a blood pressure check and still had high blood pressure. We booked them in for a blood pressure check and another hadn't ordered her new higher dose .of diabetic medicine because she was worried about taking a higher dose. We talked through why a higher dose was needed and they are now regularly ordering their medicines.

We have received some great feedback.
"It's great to be able to ask these questions.
I don't feel I can ask my GP as I know they
only have 10 minutes to see a patient and
my local pharmacy is very busy so I don't
like to bother them". We have also been
asked if a patient could refer a friend. **What
better feedback can you have than that?**