Dear Patient

# Re: Structured Medication Review with Clinical Pharmacist

We wish to invite you for a telephone consultation to discuss your current medication.

# Why do I need to have a medication review?

The purpose of the structured medication review is to **help you get the best from your medication** and it normally takes up to **20 minutes**. At the review, your clinical pharmacist, who is working in your GP practice but as part of the wider Primary Care Network, will check that your medicines are working for you and that you are not having any problems with them. You will have the opportunity to ask any questions you may have about your medicines. If any changes need to be made to your medication, your agreement will be sought before changes are made. Specifically, it is an opportunity to review your Gabapentin/Pregabalin medication and check that the dose and duration of treatment remain appropriate for you.

# How do I arrange for a Structured Medication Review?

You can follow the link within the invitation text message to arrange to speak to our practice Pharmacist, Bethan Harris

Please also mark the date and time of the appointment and who you are going to speak to for the Structured Medication Review in your diary or calendar.

With best wishes

Dr Phil Thompson

On behalf of Whiteacres and Bethan Harris (Pharmacist)

**Preparing for your Structured Medication Review**

# What is a Structured Medication Review?

* + A Structured Medication Review is a private, confidential discussion between you and a clinical pharmacist or another suitably qualified healthcare professional to discuss your medicines.
  + The aim of the medication review is to check that you are prescribed the most appropriate medicines and that you get the best out of those medicines.
  + Some tests may need to be carried out to determine whether your medicine is working (e.g. blood pressure checks) – N.B. Physical checks will not be possible if carrying out the review remotely, but efforts will be made to arrange for these checks to be carried out if needed.
  + Monitoring may also be necessary if you are taking certain medication, such as, blood tests.
  + You will be asked how you are getting on with your medicines, so please inform your healthcare professional of any problems you may be experiencing with your medicines.
  + You will have the opportunity to ask any questions you may have about your medicines.
  + If any changes need to be made to your medication, your agreement will be sought before changes are made.
  + A record of the review will be documented in your medical notes.

# Make a list of all medication that you take.

This includes:

* + Any medicines that are prescribed for you.
  + Any medicines that you buy over the counter from the chemist or supermarket or other stores e.g. herbal medicines, vitamins etc.
  + Any medicines that you no longer take. N.B: If you are not able to or haven’t managed to make a medication list, please ensure to have access to all your medicines prior to the medication review.

# Make a list of questions that you may want to ask about your medicines.

Some questions that you may wish to consider:

* + Why is it important to take this medicine(s)?
  + When and how to take the medicine(s)?
  + How long is the medicine(s) to be taken for?
  + How do I know the medicine is working?
  + What should I do if I have problems with the medicine?
  + Are there any medicines or food that I should avoid taking whilst on these medicine(s)?
  + What will happen if I miss a dose of the medicine or stop taking it?

# After the medication review:

* + Your regular GP will be informed of any medication changes agreed by you at the meeting.
  + A summary of the meeting will be documented in your medical record.
  + Any tests or referrals to other health care professionals if required will be agreed and acted upon.

**N.B. It may not be possible to discuss all of the issues surrounding your medications within one appointment and a follow-up appointment may be required.**