



Medicine Review: Tips for You

Alliant Quality... Working with YOU to make Health Care Better



EVERY MEDICINE, EVERY TIME

We can all use some help keeping track of our medicines... and our doctors need help, too.

Reviewing your medicine supply at doctor visits is the best way to make sure your doctor knows all of the medicines you take, and to be sure that you are taking all of **the right medicines at the right amount and at the right time.**

1. All Meds



Bring all of the medicines you take to doctor and hospital visits to be reviewed. Then, ask for a printout of the updated medicine list and share it with your other doctors and pharmacies.

Keeping an accurate list helps avoid problems that could hurt you:

- Drug Interactions
- Missing or too many medicines
- Dose too high or too low
- Time or dose mix-up

Bring all of your medicines, including:

- All prescriptions you take
- Any prescriptions you no longer take
- Over-the-Counter (OTC) medicines
- Vitamins & Herbs
- Eye drops, creams, patches and inhalers
- Testing or self-monitoring supplies

2. Bring to Doctor



3. Ask for Updated List



Talk to your doctor or pharmacist about ANY medicine question or concern, but NEVER stop taking a medicine without telling your doctor.



Medicine Review: Tips for Prescribers and Staff

1. **Identify medicines patients should bring:** all Rx, OTC and vitamins, supplements, herbs. This includes all oral, topical, liquid, inhaled or injected medicines.
2. **Remind patients to bring medicines:** Encourage medicine review during visits, add a message to appointment cards or reminder calls, hang posters in exam and waiting rooms, use **My Meds Bag** (Order more **FREE** at <http://www.alliantquality.org/content/orders>)
3. **Prepare for the review:** nurse or medical assistant can set up meds at the beginning of the visit and thank the patient for bringing them.
4. **Perform the review:** For each medicine ask the patient:
 - a. What do you take this medicine for?
 - b. When do you take this medicine?
 - c. Can you show me how much you take each time?
5. **Clarify medicine instructions:** Use everyday words and precise instructions: "Take 1 pill in the morning and 1 pill at bedtime." Use the Teach-Back method to confirm.
6. **Identify barriers to managing medicine use:** Side effects, access, cost, adherence problems, etc. Consider pharmacy solutions that could help: delivery, special packaging, less costly alternatives, etc.
7. **Document the Review:** Note when the medicine review was performed. Update the medicine list on record. Document any medication-related problems identified.
8. **Provide patients with updated medicine lists:** Patients should leave the visit with an updated and accurate list. Share the list with other health care team members, including pharmacists, and encourage your patient to share it, too.

Medicine Reviews Can Help Satisfy Requirements for Billable Services and Quality Measures

Many services require documentation of current medications and/or completion of medication reconciliation:

- Annual Wellness Visit
- Chronic Care Management
- Initial Preventive Physical Exam
- Transitional Care Management

Medication management and medication reconciliation are required for new quality measures and MACRA Improvement Activities:

- NQF #0419 Documentation of Current Medications in the Medical Record
- NQF #0097 Medication Reconciliation Post-Discharge
- NQF #0022 Use of High-risk Medications in the Elderly
- ACI_HIE_3 Clinical Information Reconciliation
- IA_PM_16 Implementation of Medication Management Practice Improvements