#### Medication Reconciliation



# A Good Med History = No Med Mystery



### What is MEDICATION RECONCILIATION?

Medication Reconciliation is part of patient safety, where we want to make sure every patient brings a complete and accurate list of medications they use at home, or brings all their medication vials.

You may be asked about your medications several times to make sure our medication list is correct. It is important to tell your health care team about <u>all</u> the medications you take, including:

- Prescription medications
- Over-the-counter (i.e. Aspirin, Tylenol)
- Herbal and natural health products
- Alcohol and any other recreational drugs (i.e. marijuana etc.)

If you need assistance, a family member or community pharmacist may help you.

### Why does your health care team need to know all your medications?

This is important information used to:

- Improve your quality of care.
- Ensure you get the correct medications during hospital stay.
- Prevent errors from incorrect medication information.



## Your Role in MEDICATION RECONCILIATION

- Make sure to ask your doctor if they prefer you to bring your updated medication list or all your medication vials to your next appointment.
- Ask your doctor, nurse and pharmacist about the management of your home medications in hospital.
- Tell your nurse if you think you missed a dose of a home medication.
- Consult one of your health care providers before taking any medications that you brought from home (including over-the-counter and herbals).
- Before you leave the hospital, make sure you understand why and how to take all new medications you started while in hospital.
- Use one pharmacy this ensures that one pharmacy has all your medication information.



There are important things that you can do to enhance your medication safety once you leave the hospital.

#### Be sure to:

- Bring your medication list or medication vials every time you go to the hospital or to a medical appointment after you leave LHSC (ask your doctor what he/she would prefer).
- 2. Keep your medication list up-to-date.
- Show your medication list to your health care team, even if they don't ask!
- 4. Carry your list with you. Keep it in your purse or wallet, or put it in a baggie and hang it on your fridge.
- 5. Tell your family or caregiver about your list and where to find it!
- 6. After every appointment or hospital visit, **ensure you get your list back** from your health care team!

#### **How to Create your Medication List:**

- 1. Indicate your name, address, phone #, date of birth, and allergies.
- 2. Indicate your **Doctor** and **Pharmacy name** and **telephone numbers**.
- 3. List all of your prescription medications. Include the date started, the name, the dose, when and how you take it.
- **4.** List all of your **additional medications** (over-the-counter and herbal/natural medications, vitamins etc.).
- **5. Update your list** when changes are made, cross off drugs you are no longer taking, add new drugs. Record the date when the changes occurred.
- 6. To create your list, fill in and cut out the following table:

				My Medication List	Date:	
Name:	Address:			.ddress:		
Phone #:		ate	of Birth:_	Allergies:		
Doctor Name	& Phone #:			Pharmacy N	ame & Phone #:	
	Drug Name	&	Dose &	How you take it	Why you take it	Date started





