

# Polypharmacy SMA Educational Script

## INTRODUCTION

- Introduce session – [confidentiality statement]
- “What is said here, stays here.”
- “We appreciate your input and want to hear from each of you. We know that taking a lot of medications can be difficult. These appointments are designed to help make taking your medication more manageable. “
- What are you hoping to get from this session?

## MEDICATION RECONCILIATION

- Bring ALL prescription medications, herbals, over the counter medications
- Keep a list in your wallet, on your phone, on your fridge, Excel sheet
- Pharmacist or resident can make you a medication calendar today
- How do you document changes that are made during your visits and tell other providers?

## MEDICATION MANAGEMENT SYSTEM

- Raise your hand if you do your medications all by yourself at home.
  - If not - Who helps you at home?
- What do your medication management system look like at home?
- Where do you keep your medications?
  - Pill box vs bottles (where do you leave them?) Va has alert box
- Dexterity – ability to open the bottles.

## ADHERENCE

- What is the biggest challenge you face with taking your medications?
- In a week, how often do you forget to take your medications?
- Does anyone have any tips for the other Veterans to remember to take their medications?

## SIDE EFFECTS

- What are the problems you currently having with your medications?
- Are your medications causing burdensome side effects?

## DISPOSAL OF MEDICATIONS

- How do you dispose of the medications that are expired or discontinued?
  - National Prescription Drug Take-Back Day - September 26, 2015; 10AM to 2PM

Examples of how to transition between patients:

- Can anyone else relate to this experience
- Thank you for sharing. Has anyone had a different experience?
- Has anyone else had a similar experience that you would be willing to share?
- I am wondering, what in your experience makes you agree?