

S6. MEDICATION OVERVIEW

THE AIM of the exercise is to clarify questions associated with administering medication and its effects. There is also a discussion of reflections and concerns associated with side effects to ensure that patients are confident and motivated to use their medication.

PRACTICALITIES Base discussions on exercise sheet S6 and patients' medication. It is best if patients can bring their medication with them.

The effect of medication should be viewed with respect to regulating blood sugar insofar as relevant (e.g. insulin resistance, the body's own insulin production, food and drink, exercise, type of medication, need for new medication /higher doses). Use illustration sheet A-D for inspiration and overview.

Focus on patients' concerns about adverse reactions if relevant. Consider determining how concerned patients are on a scale from 0 to 10.

Before the session, make a copy of the exercise sheet (which can be downloaded at www.steno.dk). Give patients the completed sheet to take home and take a copy yourself.

STEP BY STEP

- Explain briefly what the exercise is about.
- Consider selecting only some of the medication patients are getting, depending on their needs and wishes.
- Talk about how they take their medication and when and how it works. Do so on the basis of what patients already know and the illustration sheets.
- If possible, get patients themselves to write about the medication in the table and stick the relevant icons onto the sheet.
- Clarify whether their concerns about side effects are based on their own experience or on anticipation and whether other people's expectations could be involved.
- On the basis of responses, assess whether more details of adverse reactions are required.
- Ask what could relieve adverse reactions and assess whether other medication might be more appropriate.

EXERCISE SHEET S6

MEDICATION OVERVIEW

Name of medication	Taken when and how	Effect	Side-effects I have had	Attach icons
				
				
				
				

Look at illustration sheets A-D and attach relevant icons for your situation.

How worried am I about side effects from medication?
On a scale of 0 to 10, where 0 is 'Not at all' and 10 is 'Very'

0 |  | 10

Please X

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