

MY MEDICATION

- to get an insight into patients' medication in their daily lives

The aim of the 'My Medication' exercise is to learn how much overview patients have of their medication and to compare the medication list with what they actually take. Correct any mistakes, disagreements and inappropriate issues. Encourage the patients to bring their medication along to the consultation. They can then report on when they take which medicines and at what doses during the day.



Approx. 15 mins



Can be used for introductory dialogue



'My Day' sheet, good table space
Writing implements, if possible in different colours
Medication List - and medication brought from home



The exercise is used in connection with the 'My Day' and 'My use of medicine' exercises.
Can be followed by 'Medication overview' in the Scrapbook.

Preparation: Copy the 'My Day' sheet (download/print from www.steno.dk).

Send a reminder about a week before and ask your patient to bring along medication and OTC/natural remedies. Check for any information about their medication. Print the medication list.

EXERCISE SHEET 1 MY DAY AND 2 MY MEDICATION

MY DAY

steno
diabetes center

STEP BY STEP

1. To get an overview of patients' medication, why and when it is taken and whether adjustments need to be made.
2. Ask the patient: "Please tell me when you take medication during the day, how much you take and what you think it is for. Let's start with the medication you have brought with you."
3. Cross off patients' medication lists to indicate which medication patients have brought with them. Consider using colour codes to mark on the 'My Day' sheet when and which medication is taken, using the same colour code as the medication list.
4. Ask whether patients have brought along all their medication or whether some has been left at home.
5. Answer any immediate questions patients may have about their medication.
6. Immediately correct any major, acute errors and disparities between the medication list and the way patients take their medication. Give patients an updated medication list to take home with them if necessary.
7. If patients do not take all their medication, this can be addressed later as part of 'My use of medicine', 'My Challenges' and/or the Scrapbook exercises.
8. Consider asking further questions to find out how medication fits in with daily routines.
"How do you remember to take your medication?" "Where do you keep your medication?"
"How do you take your medication with you?" "How do you feel about having to take medication?"
9. If patients have forgotten their medication or forgotten some of it, try to go through by use of the medication list and what patients remember - or agree to discuss it on the phone or at a subsequent session.
10. Also consider asking when in the day patients test their blood sugar.
11. Conclude the exercise by saying that if patients need to talk more about their medication and their effects, it will be one of the issues you can decide to focus more on later, for example in 'Medication overview.'
12. Then give patients the sheet to take home and keep a copy for yourself.