

MEDICATION MANAGEMENT

The challenge of managing ever changing medication regimens

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MEDICATION LISTS

- ▶ Medication lists should include any medications prescribed by a provider, over-the-counter medications and supplements
 - ▶ the name of the medication/vitamin or herbal supplement
 - ▶ the dose you are actually taking
 - ▶ the time of day you are taking the medication
- ▶ List any allergic reactions (allergies) or side effects you have had to medications in the past

ORGANIZING MEDICATIONS



OVER-THE-COUNTER MEDICATIONS

- ▶ This is a term used to describe the medications you can purchase at the local market or drug store without a prescription
- ▶ Stomach and bowel meds
- ▶ Cough and cold products
- ▶ Sleep aids
- ▶ Pain relievers

OVER-THE-COUNTER MEDICATIONS

- ▶ Recommend talking with a pharmacist about possible interactions when buying any of these medications
- ▶ These medications may also make other health issue symptoms worse
- ▶ Ex: Benadryl, may cause you to retain urine, become constipated, have memory issues and could potentially increase your risk for falls

HERBAL AND FOOD SUPPLEMENTS

- ▶ Supplements come in a variety of forms
- ▶ Minerals (magnesium citrate), multivitamins, vitamins (vitamin C) and other dietary supplements (CoEnzyme Q10, fish oils, glucosamine)
- ▶ Various juices fall into this category if the product contains vitamins and other supplements
- ▶ Recommend you speak with a pharmacist prior to purchasing these products to find out if there is a risk of interacting with your other prescribed medications



- ▶ Some manufacturers have received approval to place USP on the product labels
- ▶ When possible would recommend buying products with this logo on the label
 - ▶ At present these are the following companies which have sought USP approval (Nature Made, Kirkland Signature and TruNature)

USP

What does the USP verified mark tell you?

- ▶ The product contains the ingredients listed on the label in the stated potency and amount
- ▶ Does not contain harmful levels of contaminants
- ▶ Has been made using safe, sanitary and well-controlled manufacturing practices according to the FDA and USP guideline
- ▶ At present Nature Made, Kirkland Signature and TruNature products have USP logo on the label

HERBAL AND FOOD SUPPLEMENTS

- ▶ Recommend staying with the same manufacturer if you find a product that works for you due to the fact products may vary
- ▶ Recommend you include the brand name and manufacturer for those supplements with several ingredients on your med list
 - ▶ This helps with reviewing for possible interactions with other medications
 - ▶ Need to watch for duplicate ingredients, may exceed daily recommended amounts

STORAGE

- ▶ Where you keep your medications is very important
 - ▶ Recommend dark and cool area
- ▶ Do not recommend storing meds in the refrigerator (unless told to do so), above the stove or in the bathroom
- ▶ Medications can become less effective if the temperature is too cold, too hot or the area is humid
- ▶ Most manufactures recommend keeping meds stored in an area in which the temperature is between 65 to low 80s, the less humidity the better

STORAGE

- ▶ Recommend keeping prescriptions and products you are not using in another area to avoid mistakes
- ▶ When possible recommend destroying the old meds/products
 - ▶ There are a variety of programs which assist w/ destruction
 - ▶ You may need to mail the products in to be destroyed in some cases
 - ▶ Most local law enforcement offices have a drop box designated for old prescriptions
