

Medication Management: The challenge of managing ever changing medication regimens

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- A. Prescribed medications:
 - 1. Make a list of your medications, include time of day you take the medication
 - 2. Alert your provider if you take medications differently than prescribed
 - 3. Keep a list of medication you have had a reaction to
 - 4. Recommend you carry the list with you at all times, paper or on your smartphones

- B. Organizing medications:
 - 1. Recommend medisets, there are so many types to choose from pick the one which works the best for you
 - 2. "Bubble pack" this is a service offered by a few pharmacies, all the meds are placed in packets, this works best if you are on a stable dose of medications
 - 3. Calendars, for those medications with changing doses (i.e. take 1 pill for 7 days, then 2 pills for 7 days, then 3 pills)

- C. Over-the-Counter medications
 - 1. These are the medications you can buy without a prescription
 - 2. Please ask to speak with a pharmacist when purchasing a new medication,
 - a. allow them to look at your medication list to see if there is an interaction between the product and one of your prescribed medications
 - b. there may be some medications which need to be carefully considered as we grow older (ex: diphenhydramine, naproxen/ibuprofen, cough/cold products)

- D. Supplements:
 - 1. These products are available everywhere (stores, internet sites, farmer's markets)
 - 2. May interact with prescribed and over-the-counter medications
 - 3. No oversight on the production of these products
 - a. may not contain the active ingredient in the amount listed
 - b. may contain contaminants or other products not listed on the label
 - 4. If you find a product which works for you I would recommend continuing to purchase that brand
 - 5. If possible, recommend looking for USP symbol on label, this means the company asked FDA representatives to assess manufacturing practices (no contaminants), generally seen with the bigger vitamin and supplement manufacturers

E. Storage:

1. Would recommend not storing any of your medications in the refrigerator (unless advised to do so), above the stove or in the bathroom
 - a. cold, heat and humidity can lessen the effectiveness of your medications over time
 - b. it is advised that most of the products be stored at room temperature (77 degrees), however most meds will tolerate temps from 65 to low 80s

2. Recommend keeping prescriptions and products you are not using in another area to avoid mistakes
 - a. when possible recommend destroying the old meds/products
 - b. some programs have you place the products in a special envelope and then mail it in for destruction
 - c. another option is to take advantage of the “drug take back” programs which occur periodically or you can take the products into a few of the law enforcement agencies and place in the drop boxes