MEDICATION MANAGEMENT
The challenge of managing ever changing medication regimens

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HOME BASED PRIMARY CARE
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).
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 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.
Recommends 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 with 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.