

# 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 prescriptions
  - ▶ 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 the FDA and USP guideline
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- ▶ 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