

All Wales Medicines Strategy Group

Grŵp Strategaeth Meddyginiaethau Cymru Gyfan



Polypharmacy: Guidance for Prescribing

**Example Patient Information
Leaflet on Medicines Review**

July 2014

This guidance has been prepared by Emyr Jones, Macmillan Palliative Care Pharmacist, Aneurin Bevan University Health Board and Jenny Pugh-Jones, Head of Medicines Management, Hywel Dda University Health Board, with support from the All Wales Prescribing Advisory Group (AWPAG) and the All Wales Therapeutics and Toxicology Centre (AWTTC), and has subsequently been endorsed by the All Wales Medicines Strategy Group (AWMSG).

Please direct any queries to AWTTC:

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OPPORTUNITIES FOR MEDICINES REVIEW

GP practices and community pharmacies offer opportunities for patients to discuss their medication and identify potential adverse effects and adherence concerns:

- [Medicines Use Review \(MUR\)](#) – available from community pharmacies across Wales – gives patients the opportunity to discuss their medication with a medicines expert and raise any concerns/issues around compliance and adverse effects.
- [Discharge Medication Review](#) – available from community pharmacies following a hospital admission – ensures that any changes to medication are enacted and provides patients with support and information about their medication and any changes that may have been made during their in-patient stay.
- General Practice – through the General Medical Services contract GPs are required to provide medication review for patients on an annual basis. This guidance will provide support to the discussions and possible actions following a face-to-face review. This provides an opportunity for a patient's medication to be reviewed to ensure that it is both appropriate and continues to provide benefit to the individual.

Below is an example Patient Information Leaflet on Medicines Review in English and Welsh.

What questions will I be asked at my medicines review?

At the medicines review, you will be asked about how you are getting on with your medicines. Some of the questions you might be asked at your medicines review include:

- Are you taking all of your medicines?
- Are there any you miss out or forget to take?
- Can you take/use the medicine properly?
- Do you feel you are having any side effects from your medicines?
- Do you have any concerns about your medicines?
- Do you take any other medicines, such as those bought in a pharmacy or supermarket?

Where can I get more information?

For further information about your medicines, please contact:

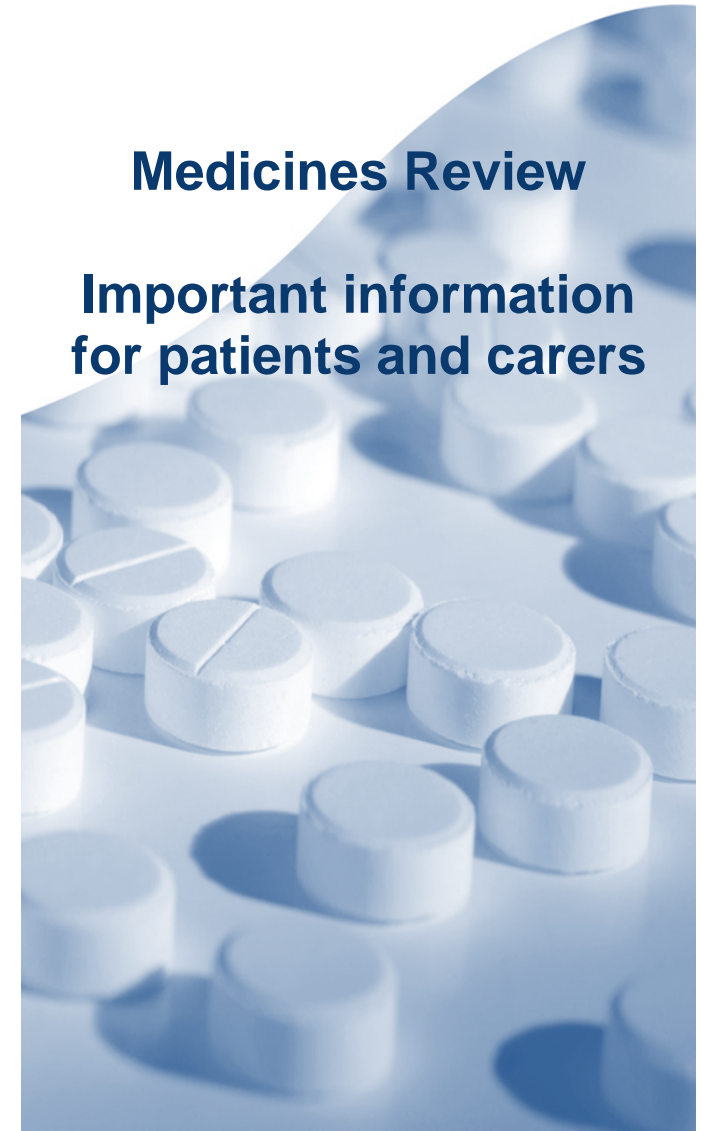
- Your GP Surgery.
- Your community pharmacy (chemist).

NHS Direct Wales (web:
www.nhsdirect.wales.nhs.uk/ or telephone:
0845 46 47)

APPENDIX 1: EXAMPLE PATIENT INFORMATION LEAFLET

Medicines Review

Important information for patients and carers



Introduction

A medicines review is a meeting with your doctor, pharmacist or nurse to talk about your medicines. Your medicines should be reviewed regularly (usually once a year) to check that they are right for you.

Why are medicines reviews needed?

When you are first prescribed a medicine, your doctor, pharmacist and/or nurse checks that it is the best medicine for you. However, things can change, for example:

- You might have developed a side effect from the medicine.
- Your health might have changed, such as developing a long-term condition.
- You might have started taking other additional medicines.
- The guidelines for treating your condition might have changed.
- You may be taking a large number of medicines (known as “polypharmacy”).
- A medicine you are on may be no longer essential for your health day to day.

All of these factors can affect whether a medicine remains the best choice for you.

What is “polypharmacy”?

You might have heard your doctor, pharmacist or nurse talk about “polypharmacy”. Polypharmacy just means “lots of pharmacy” or, in other words, taking a large number of medicines.

Medicines reviews are particularly useful for people who take lots of medicines so they are sometimes called “polypharmacy reviews”.

What happens at a medicines review?

You will be asked to make an appointment with your doctor, pharmacist or nurse for a medicines review. The review will take between 10 and 30 minutes.

The review will involve the doctor/pharmacist/nurse gathering information from you and from your medical record. This information will be used to check that you are taking the most appropriate medicines.

It might be necessary for the doctor/pharmacist/nurse to recommend some changes to your medicines. The reasons for these changes will be explained to you and you will be asked for your agreement before any changes are made.

What changes to my medicines might be recommended?

Some common changes your doctor/pharmacist/nurse might recommend to your medicines are:

- A medicine may be changed to a form that is easier to take (e.g., once a day rather than three times a day).
- A medicine may be started or changed to a newer version.
- A medicine may be stopped.

Do I need to take anything to my medicines review?

It would be very useful if you could bring all of your medicines with you, including any you have bought in a pharmacy or shop. If you buy vitamins or herbal or homoeopathic remedies, please bring them too.

Medicines often have two names (a generic name and a brand name) so having the medicines with you will prevent any confusion if the doctor/pharmacist/nurse calls the medicine by a different name to the name you normally use.

Pa gwestiynau gaiff eu gofyn yn fy adolygiad meddyginiaethau?

Yn eich adolygiad meddyginiaethau gofynnir i chi sut ydych yn ymdopi â'ch meddyginiaethau. Gall rhai o'r cwestiynau a ofynnir i chi gynnwys:

- A ydych yn cymryd eich holl feddyginiaethau?
- A oes rhai yr ydych yn anghofio eu cymryd?
- A allwch gymryd/ddefnyddio y feddyginiaeth yn gywir?
- A ydych yn teimlo eich bod yn dioddef unrhyw sgîl-effeithiau oherwydd eich meddyginiaethau?
- A oes gennych unrhyw bryderon ynglŷn â'ch meddyginiaethau?
- A ydych yn cymryd unrhyw feddyginiaethau eraill, megis y rheini a brynir mewn fferyllfa neu archfarchnad?

Lle gallaf gael rhagor o wybodaeth?

Am ragor o wybodaeth am eich meddyginiaethau, cysylltwch â'ch:

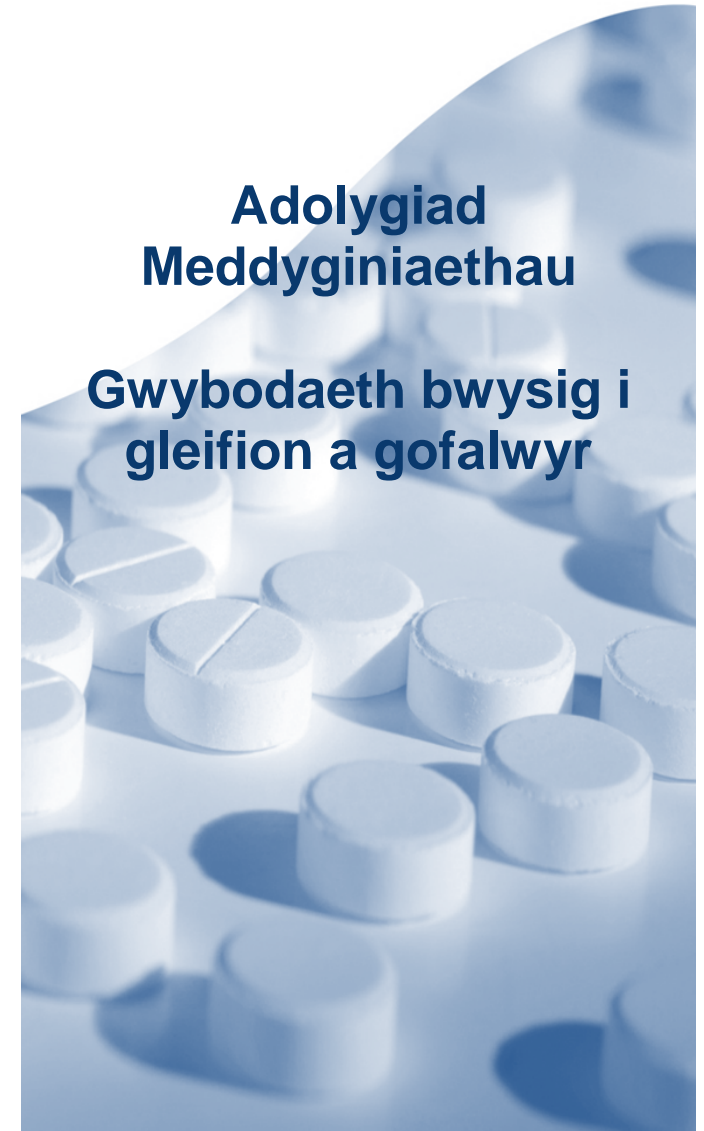
- Meddygfa meddyg teulu.
- Fferyllfa gymunedol (fferyllydd).

Galw Iechyd Cymru (gwefan: www.nhsdirect.wales.nhs.uk/ neu ffoniwch: 0845 46 47)

ATODIAD 1: ENGHRAIFFT O DAFLEN GWYBODAETH I GLEIFION

Adolygiad Meddyginiaethau

Gwybodaeth bwysig i gleifion a gofalwyr



Rhagymadrodd

Cyfarfod i siarad am eich meddyginiaethau gyda'ch meddyg, fferyllydd neu nyrs yw adolygiad meddyginiaethau. Dylid adolygu eich meddyginiaethau yn rheolaidd (fel arfer unwaith y flwyddyn) i wirio eu bod yn iawn ar eich cyfer.

Pam mae angen adolygiadau meddyginiaethau?

Pan ragnodir meddyginiaeth i chi am y tro cyntaf mae eich meddyg, fferyllydd a/neu eich nyrs yn gwirio mai hon yw'r feddyginiaeth orau ar eich cyfer. Fodd bynnag, gall pethau newid, er enghraifft:

- Efallai eich bod wedi datblygu sgîl effaith oherwydd y feddyginiaeth.
- Efallai bod eich iechyd wedi newid, megis datblygu cyflwr hir dymor.
- Efallai eich bod wedi dechrau cymryd meddyginiaethau ychwanegol eraill.
- Gallai'r canllawiau ar gyfer trin eich cyflwr fod wedi newid.
- Efallai eich bod yn cymryd nifer fawr o feddyginiaethau (a adwaenir fel "polyfferylliaeth").
- Efallai nad yw'r feddyginiaeth yr ydych yn ei chymryd yn hanfodol mwyach ar gyfer eich iechyd bob dydd.

Gall yr holl ffactorau hyn gynorthwyo i benderfynu a yw meddyginiaeth yn parhau i fod yn ddewis gorau ar eich cyfer.

Beth yw "polyfferylliaeth"?

Efallai eich bod wedi clywed eich meddyg, fferyllydd neu nyrs yn sôn am "polyfferylliaeth". Ystyr hyn yw cymryd nifer fawr o feddyginiaethau.

Mae adolygiadau meddyginiaethau yn arbennig o ddefnyddiol ar gyfer pobl sy'n cymryd llawer o feddyginiaethau felly fe'u gelwir weithiau yn "adolygiadau polyfferylliaeth".

Beth sy'n digwydd mewn adolygiad meddyginiaethau?

Gofynnir i chi wneud apwyntiad gyda'ch meddyg, fferyllydd neu nyrs ar gyfer adolygiad meddyginiaethau. Bydd yr adolygiad yn para rhwng 10 a 30 munud.

Yn yr adolygiad bydd y meddyg/fferyllydd/nyrs yn casglu gwybodaeth gennych chi ac o'ch cofnodion meddygol. Defnyddir y wybodaeth hon i wirio eich bod yn cymryd y meddyginiaethau mwyaf priodol.

Efallai y bydd angen i'r meddyg/fferyllydd/nyrs argymhell rhai newidiadau yn eich meddyginiaethau. Caiff y rhesymau am y newidiadau hyn eu hegluro i chi a gofynnir am eich cydsyniad cyn y caiff unrhyw newidiadau eu gwneud.

Pa newidiadau all gael eu hargymell i fy meddyginiaethau?

Rhai newidiadau cyffredin y gall eich meddyg/fferyllydd/nyrs eu cynnig ar gyfer eich meddyginiaethau yw:

- Meddyginiaeth yn cael ei newid i ffurf sy'n haws ei chymryd (e.e. unwaith y dydd yn hytrach na theirgwaith y dydd)
- Meddyginiaeth yn cael ei dechrau neu ei newid i fersiwn mwy newydd.
- Meddyginiaeth yn cael ei hatal.

A oes angen i mi ddod â rhywbeth gyda mi i'r adolygiad meddyginiaethau?

Byddai'n ddefnyddiol iawn pe byddech yn dod a'ch holl feddyginiaethau gyda chi, yn cynnwys unrhyw rai a brynwyd gennych mewn fferyllfa neu siop. Os ydych yn prynu fitaminau neu feddyginiaethau llysieuol neu homeopathig, dewch â hwy gyda chi hefyd.

Yn aml bydd gan feddyginiaethau ddau enw (enw generig ac enw brand), felly bydd bod a'ch meddyginiaethau gyda chi yn atal unrhyw ddryswch os bydd y meddyg/fferyllydd/nyrs yn defnyddio enw gwahanol i'r enw fyddwch chi'n ei ddefnyddio fel arfer.