

# 8. MY MEDICATION

Your medication should be reviewed regularly.



This checklist can be downloaded from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk).

It is free to use for personal use and with people you support.

It is important that your medication is reviewed regularly to check it is working well.

Some people with learning disabilities may need help to remember when to take their medication.

You should have an up to date list of any medications you take and what you take them for.



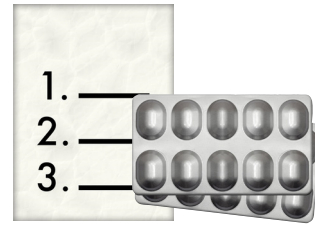
Supporters should have a medicines policy that they follow when helping you with medication.



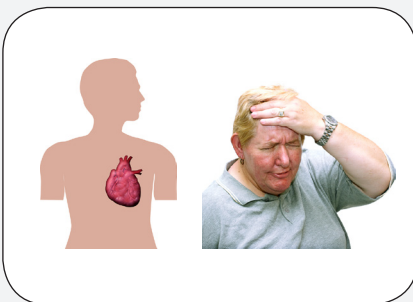
# THINGS TO CHECK

1

Does your medication list need updating?



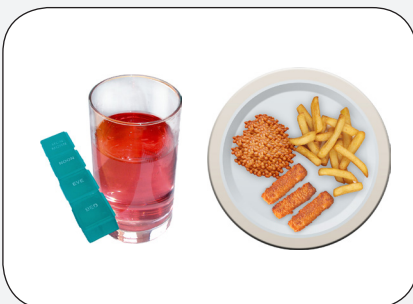
Your up to date medication list should say:



What your medication is for, any allergies you have and possible side effects.



How much medicine you take and what time you take it.



How you take your medicine and whether you need to take it with food.

The medication list should have the date written on it.

It should also say the date when your next medication review is needed.



# THINGS TO CHECK



It is important people explain to you what your medication is for.

They should explain things that might affect your medication like drinking alcohol.



The time you take some medication is very important.

Some must be taken at night and others in the morning.



Some medication can make you more sensitive to sunlight. You may burn easily.

It is important to wear sun cream.

Your local pharmacist (chemist) can be helpful. They can give you advice about:



- how to take your medication
- aids to help you take your medication
- whether certain medications can be taken together.

2

## Do you need to talk to your doctor about a medication review?

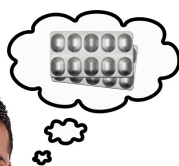
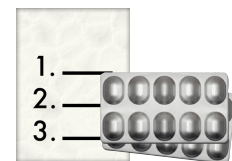


The NHS says some people should have a medication review at least once a year.

A medication review is a complete check on all your medication to make sure it is up to date and right for you. This usually happens at your GP Surgery.

### What to take to your medication review:

- Your up to date medication list
- Any medicines you take with you including vitamins, creams and inhalers.
- someone who knows you well and supports you with your medication.



You can ask for a medication review if you are having problems with your medication

You can also ask for a review if your health has changed even if your review is not due.

# THINGS TO CHECK



Some people may not be able to tell you they have a problem with their medication.

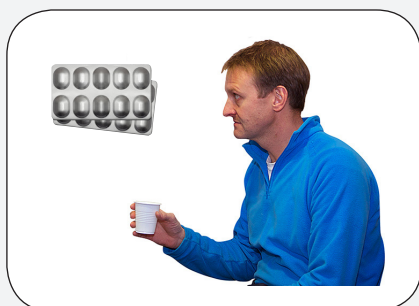
Their behaviour may change, they may seem unwell or tired, or have more seizures than usual.

3

## Do the medication guidelines for your supporters need updating?



There should be a medication policy at home that people who support you follow.



This is very important if you have Prescribed When Necessary (PRN) medication.

This is medication your supporter only gives to you when you need it.

You may need to take medication in different places as well as at home.

Places like day services should also have an up to date medicine policy.



4

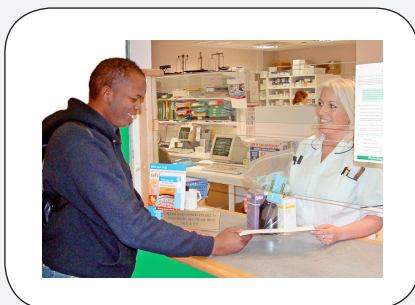
Do you need more support or aids to take your medication properly?



You may need more help with things like:



Remembering to take your medication. Dossett boxes and alarms can help.



Ordering and collecting your medication.



Taking your medication. You may need liquid if you find tablets hard to swallow.

Talk to your local chemist for advice.

They can give you advice about things like spacers to make using your inhaler easier.



## Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about medicines designed by many different organisations.

Look in the 'Health Leaflets' section.



[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

The Health Action Planning toolkit is free to use.

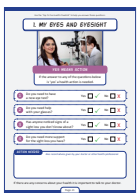


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

  
**Sunderland**  
**Clinical Commissioning Group**

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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