

Supporting patients before a medication review: Patient information pack.



Who should be invited for a medication review and why?

People who may benefit from a medication review are those who are taking several medicines regularly or are taking medicines for long term conditions. The medication review can help to identify any medicines that are no longer appropriate or any that may need a change in dose. The healthcare professional should also think about whether the person has had or has any risk factors for developing adverse drug reactions and whether any monitoring is needed.

Why has this patient pack been developed?

If the NHS is to have an impact on reducing overprescribing we need to change how we work and make sure patients are supported to come on the journey with us. The National Overprescribing Review published in 2021 recommends a patient-centred approach to medicines optimisation and the need to support patients to open up about their medicines concerns and issues.

In 2022, NHSE commissioned the AHSN Network Polypharmacy Programme to test and evaluate two existing patient centred materials, to understand whether patients

were more confident about talking to their GP or Pharmacist about their medicines after receiving and reading the materials prior to their medication review.

Patient feedback (n188) showed that:

Just under two-thirds (64%) felt more confident talking to their GP or pharmacist about their medicines after reading the leaflet.

71% agreed that the leaflet helped them to think about the medicines they take and what they needed to discuss about their medicines with their GP or pharmacist.

86% agreed that they were able to have meaningful conversations about their medicines with their GP or pharmacist.

The majority (70%) of patients that completed the survey agreed that they would recommend that all patients receive this leaflet from their practice when having a review or conversation about medicines



What is included in the patient pack?

- **A patient invitation letter** for a structured medication review, explaining what a medication review is, why the patient has been invited and some questions the patient may wish to consider before meeting with their GP or pharmacist.
- **Me and My Medicines Communication Charter**, a patient led, co-produced public information approach to encourage better conversations about medicines between patients and healthcare professionals. <https://meandmymedicines.org.uk>
- **Safely stopping your medicine patient leaflet** for patients when there is an agreement that a medicine is to be stopped, or gradually stopped.
- **Patient survey** for feedback on the usefulness of the materials in preparing them for a medication review.

All resources have been co-developed, tested and evaluated with patients and are now available for national roll-out.

Easy-read and translated versions of the materials

An easy-read, audio version of the materials is available by scanning the QR code on each resource. The resources are available in the following languages:

- Arabic
- Bengali
- Gujarati
- Polish
- Panjabi Gurmukhi
- Punjabi Shahmukhi
- Urdu
- Romanian
- Somali



Using and sharing the materials with patients

The materials are free to use and can be printed and used in paper format or shared electronically with patients via email, text or other electronic systems used within your workplace.

Feedback, further information or questions?

We are interested in your experiences of using the materials in practice and invite interested colleagues to complete a short online survey and/or participate in 1:1 interviews or focus groups. For further information or questions please contact weahsn.polypharmacyprogramme@nhs.net.

See other language versions



The materials included in this pack were developed in collaboration with NIHR Yorkshire and Humber Patient Safety Research Collaboration, AHSN Network, Me and My Medicines and Age UK. The national roll out is supported by NHS England National Clinical Director for Prescribing as part of the National Overprescribing Review recommendations.

