



How to manage your medicines after going home from hospital

Discharge from hospital

Before you leave the hospital you will receive a Discharge Summary* which provides information to help continue your care when you return home. The summary includes:

- information about your hospital stay to help you, your family GP or care service manage your care
- test results
- a list of your medications
- details of any follow-up appointments you need to attend.

How are my medicines recorded in the discharge summary?

The summary includes:

- your usual medicines
- how much, when and how to take your medicines
- which medicines were stopped and why
- new medicines started while in hospital
- any unusual reactions to your medicines while in hospital.

You may be provided with:

- a new medicine or given a prescription to be dispensed by your community pharmacist
- a Consumer Medicines Information leaflet that tells you about any new medicine.

Before you leave the hospital your clinician will explain what your medicines are for and when and how to take them.

* may be provided after discharge in remote and rural locations.



Assistance with your medicines

With your permission, your clinician can offer you extra support to help you manage your medicines after you leave hospital, including.

- sending a copy of your Discharge Summary and medication list to your local pharmacist
- packing your medicines in a 'dose administration aid' so you know which medicines to take at what times (there will be a cost for this service)
- recommend that your family GP organise a review of your medicines.

What is a Home Medication Review, a Residential Medication Management Review and a MedsCheck?

A Home Medication Review (HMR) and Residential Medication Management Review (RMMR) is a service where a pharmacist visits you at home or in your residential care facility and discusses your medicines with you or your carer.

A MedsCheck is a service provided by most community pharmacists. The pharmacist will discuss your medicines with you in the pharmacy.

This table is an overview of the different medication reviews:

| | HMR | RMMR | Meds Check |
|---------------------------|----------------|-----------------------|--------------|
| Requires a GP's referral? | Yes | Yes | No |
| Where? | Home | Residential care home | Pharmacy |
| Report goes to the GP? | Yes | Yes | No |
| I need to be there? | Yes | No | Yes |
| Time taken? | 30 - 60 mins | 20 - 30 mins | 15 - 30 mins |
| How often? | Every 2 years* | Every 2 years* | Every year |

* your family GP may ask for a review more frequently

All medication review services are at no cost to you, provided specific criteria are met.

Your pharmacist or family GP are able to discuss the criteria with you.

See your family GP

Make an appointment to see your family GP as soon as possible after discharge.

For the appointment bring a copy of your:

- hospital discharge summary
- hospital follow-up appointment card
- new prescriptions and all your medicines.

Talk to your pharmacist

Your local community pharmacist can provide information about all the medicines you are taking, including:

- filling your new prescriptions
- making sure you know what each medicine is for, when and how to take them and what to expect, including any side-effects
- discussing your medicines with your family GP (with your permission if you are worried about your medicines).

Other helpful contacts

To learn more about your medicines contact:

NPS MedicineWise

Phone: 1300 MEDICINE or 1300 633 424
Monday to Friday 9:00am to 5:00pm (AEST)
for the cost of a local call.

Web site: <http://www.nps.org.au/>

Hospital pharmacist contact details:

Did you know you can keep track of the medicine prescribed to you by your doctor and dispensed by your pharmacist at 'My Health Record'?

myhealthrecord.gov.au

For more information on the WA Medication Safety Group or this pamphlet go to www.watag.org.au/wamsg



This document can be made available in alternative formats on request for a person with disability.

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