

## ❖ MEDICATION REVIEWS

Home Medicines Review (HMR) is a service whereby your GP and pharmacist work together to review your medications and medical history to check if any changes need to be made for your best health. It is of no charge to you the patient, but is only subsidised by Medicare if you are 'eligible' to have one.

The most common eligibility criteria to have an HMR include if you;

- ✓ Are taking 5 or more medications
- ✓ Take more than 12 doses of medicines per day
- ✓ If there have been significant changes to your medication regime in the last 3 months, including a recent discharge from hospital
- ✓ If you take a medication that needs to be monitored regularly
- ✓ If you have any signs of side-effects from the medication
- ✓ If you are having any trouble managing your medications; sight, understanding, language or literacy issues
- ✓ If you are seeing a number of different doctors or specialists
- ✓ If you are forgetting to take your medicines
- ✓ If you are getting confused about what you are taking and why

Essentially, your GP writes a request/referral to your pharmacist if they are accredited to perform HMR's. If they are, they will call and set up an appointment with you to come to your home and have a chat about your medications. They can use this as an opportunity to see where and how you keep your medications, to check if there are any risks of falls or accidents in your home and allow them to take away any expired or unwanted medicines off you rather than you lugging all of this to the pharmacy.

Once you have had the meeting, the pharmacist will write a report indicating any changes they feel may simplify life for you or give you the best health outcome. They send a copy of this report to you doctor and yourself, so you can all decide together what the best thing to do is.

It is very easy to keep taking medicines that you don't know what they do or can't see any benefit of taking. You may be confused with all the different brand names, so the pharmacist may be able to explain and simplify it all for you.

They may suggest getting 'Webster Packs', which are weekly packs that your pharmacist can make up with all your medications in it. They can make it easier for you to remember taking all your pills and it is nice and organised for you. If you are having trouble managing your medications effectively or your doctor or dentist believes that you are eligible or require one, then do chat to your pharmacy as they are there to help 😊