

# Medication Management

## Why is Medication Management So Important?



More than 2.3 million drug-related errors adversely affect older Americans each year, often resulting in rush trips to the emergency room, expensive hospitalization and subsequently, the potential decline of a senior citizen's independence.

**When patients, caregivers, doctors and pharmacists function as a team, medication-related problems can be avoided, contributing to better outcomes and improved daily functioning.**



### What Can Axiom Cares Do for You?

With our Medication Management Protocol, our nurses at Axiom Cares will work with your physician and:

- assist you in reviewing your medication needs.
- pre-pour regular medications.
- monitor vital signs.
- check effectiveness of the medications.
- review side effects.
- reorder medications as needed.
- contact your doctor or healthcare provider for any concerns.



## Our Axiom nurses can assist you with effective medication management. Here are some general tips to start off:

- 1. Understand the Medication:** the name, dosage, frequency, and its side effects. The more you know, the better off you will be in avoiding errors and treating your symptoms.
- 2. Check the Label:** Always verify that you are receiving the proper medication. A good practice is to read back the prescription to your doctor or pharmacist. When in doubt about a medication you are taking, ALWAYS consult your doctor or pharmacist.
- 3. Create a Checklist of the Medications:** Remember, the more information you have, the better off you are. Create a checklist that includes:
  - Your full name
  - Date of birth
  - Drug name of both generic and brand
  - Dosage (directions for use and how often and when)
  - What liquids or foods should or should not be taken with the medications
  - Allergies to certain medications
  - Pharmacy and health care providers complete information
  - Family emergency contact information
- 4. Store Medications Properly:** Store your medications in their original containers, in a dry place such as a kitchen cabinet or bedroom. Those are better storage locations than the bathroom medicine cabinet where they can get damp or lose potency. Should there be a change in the color, size, shape or smell of your medication, notify your pharmacist immediately.
- 5. Organize your Medications:** Obtain a pill organizer or set-up reminders. A good practice is to organize medications in advance for the next week by day. You will not have to worry if a pill has been missed and can refer back to the pill organizer to make sure.
- 6. Communicate Always:** Ensure regular review of your medication with your physician, at least a few times a year. Also develop a good relationship with your local pharmacist to consult with questions about the usage of your medications and possible drug interactions. And most importantly, communicate to your loved ones, they can be of assistance in helping you overcome some of the difficulties with proper medication management.

**Call Axiom Cares for personalized care in the comfort of your home.**