

PREVENTING ERRORS IN THE USE OF MEDICATION GUIDE- TIPS FOR PATIENTS

OPENING

Just as when we travel by plane should be in our best interest to read the emergency information sheet that is provided to us, listen to the instructions of the attendants on board (hostesses), tighten the belts and know the location of emergency doors.

Must be our MAIN PRIORITY to know our medication, properly learn how and when to take it, and what not expectable effects must be communicated to our Medical Doctor.

The best place for get all the right information is in the doctor's office. DO NOT FORGET IT.

Use MEDICATION SAFELY according to the prescription from your doctor. This is essential to avoid risks and mistakes that can lead to inappropriate responses or lack of the desired effect.

When in DOUBT, ask your DOCTOR again.

Do not make decisions without consult and understand.

1- Check that you take from the pharmacy EXACTLY the MEDICINE PRESCRIBED by your doctor.

It is which he considers right for you, based on his/her knowledge and experience.

2- Have good lighting in the place you retains your medicines.

NEVER take medicine in the dark or low light. Be sure to check before, that it is you really should take.

3- ALWAYS keep medicines in their original container

No pass it to pillboxes, or store them in envelopes or other foreign containers, removing them from the blisters or bottles supplied by the manufacturer

4- BEFORE taking any medication, check their expiration date.

5- NEVER mix different medications in the same package. We may mistakenly take one that DOES NOT CORRESPONDS at that time and (if tablets are out of their blister, for example) could rub between them and altered their therapeutic effects.

6- Keep properly closed lids containers. A container may lose its characteristic of being "childproof" if it is not properly closed.

7- All medications must be stored in a cool, dry environment (heat and humidity can damage them).

The bathroom is not ideal for storing medicines, unless we can ensure good ventilation place.

8- If there are children in the house, medications should be kept out of sight and reach, ideally in locked cabinets.

- 9- Keep medicines of each family member SEPARATED on different shelves or cabinets to prevent administration errors.
- 10- Always WASH your hands before taking or administer medication.
- 11- Put always A LIST OF YOUR MEDICATIONS AND SCHEDULES on the refrigerator as a reminder (it is an easily visible place where you usually go by).

WHEN TAKING DRUGS

- 12 - Make sure you are taking the medication dosage that has been prescribed.
- 13- Take your medications with the time intervals that were prescribed for you.
- 14- Try to renew the prescription medication in time, DO NOT wait until the last minute, running the risk of having to "run" or not receive the dose that suits you.
- 15- When forgetfulness or omission has changed the schedule that you should receive the drug, consult your doctor how it should continue.
- 16- Some medications must be kept in the refrigerator, ask to be informed where to store your medicine.
- 17- Be sure to keep your medicines out of reach of the sun, heat and children.
- 18- Know exactly the name and dose of prescription drugs you should take.
- 19- Always take medications in an already defined schedule, EVERY DAY the same hour (ex. breakfast and before bedtime).
- 20- Always have and carry to the doctor a list of your medications and at what times receive it.
- 21- Tell your doctor if there is a personal or family history of DRUG ALLERGY.
- 22- Tell your doctor if you are pregnant or planning to become pregnant, or are breast feeding your baby.
- 23- Tell your doctor if you are using complementary medicine (herbs-vitamins-minerals- traditional medicine)
- 24- Tell your doctor NO frequent, unexpected and / or adverse symptoms when taking certain medicine.
- 25- If you have trouble swallowing medication, tell your doctor and ask if there are CHEWABLE OR LIQUID presentations of the same drug.
- 26- If you must take tablets, a) take few amounts of water before swallow the medication; b) use a full glass of water to swallow the tablet. These actions decrease the chances that the drug remains "stuck" in the throat or esophagus.
- 27- Never chew, break or mix the medicine in liquid unless your doctor AUTHORIZES you to do it.

- 28- Take the medication as long as has been prescribed by your doctor, do not stop because the symptoms disappear. When in doubt, consult.
- 29- Do not share your medicines with family or friends even if they seem to have similar symptoms, you MUST CONSULT YOUR DOCTOR.
- 30- For liquid medications intake, always use the same meter provided in the original packaging of the drug or syringes (kitchen spoons can vary the amount of liquid it provide).

CLOSING

If you already followed all these rules, CONGRATULATIONS!!!, share them with family and friends.

If you HAVE NOT done, we are always on time, start today to receive PRESCRIPTION DRUGS by your doctor SAFELY.

Remember, the World Health Organization reports that 50% of people DO NOT receive their medications in a properly SAFE way.

BIBLIOGRAPHY THAT HAS CONTRIBUTED WITH KNOWLEDGE AND SUGGESTIONS TO MAKE THIS GUIDE IN ORDER TO BE GIVEN TO PATIENTS FOR PREVENTING ERRORS IN THE USE OF MEDICATION

RECOMMENDED TO BE SPREAD AND DISCUSSED WITH EVERY PATIENT BY HEALTH CARE ASSISTANTS (MEDICAL DOCTORS, NURSES, PHARMACEUTICALS, STUDENTS OF MEDICINE)

- “How to prevent medication errors- Recommendations and safety tips”. Institute for safe medication practices ISMP, Huntingdon Valley, USA www.ismp.org.
- “Tips on safe storage and disposal of your prescription medicines”. National Council on Patient Information and Education, USA, 2008.
- “A Toolkit to Disseminate Best Practices in Inpatient Medication Reconciliation: Multi-Center Medication Reconciliation Quality Improvement Study (MARQUIS)”. The Joint Commission Journal on Quality and Patient Safety. August 2013 Volume 39 Number 8
- “Adherence to long-term therapies -Evidence for action”. World Health Organization 2003

- “WHO Model List of Essential Medicines (April 2015)”. World Health Organization