The "Know, Check, Ask" Campaign for Medication Safety

Thanks you for your willingness to help to share this campaign message.

Background information

You can help to promote medication safety through the Know Check Ask campaign.

This campaign, launched by the HSE, is the public awareness part of a World Health Organization (WHO) Global Patient Safety Challenge called Medication Without Harm.

The aim of the campaign is to encourage those taking medication and their caregivers to take an active role in managing their medication and to:

Know: about each of their medicines and keep an up-to-date medicines list.

Check: they know how to use their medicines correctly.

Ask: encouraging people to ask their healthcare professional if they're unsure about any aspect of using their medicines

What is the My Medicines List?

The **My Medicines List** is a list of key information about all of a person's medicines.

We are encouraging everyone who takes regular medicines to keep an up-to-date list of their current medication and to take this with them to all healthcare appointments.

People who take medicines can complete their own list or can do so with help from a caregiver.

Another option for people taking regular medicines is to ask their pharmacist or GP to print a copy of their current medication for them. The most suitable approach will depend on the person involved.

This photo is a sample of My Medicines List

Name Emergency contact name							
Date of birth	Emergency contact phone number 🛇						
My pharmacy name	My family doctor name					Date I filled out this form	
Phone number 🕓	Phone number 🕓					941 4119 101111	
Name of medicine	Strength	How much I take each time	I take it	I take it every day (Yes / No)	Why I take it?	My notes	
Example: ABC Tablets	25mg	2 tablets	Once in the morning and once at night	Yes	For my heart	Blue oval tablet with food	

Copies of the **My Medicines List** are available from community pharmacies from July 2019 or to download from www.safermeds.ie

What can I do to promote the Know Check Ask campaign?

- Encourage people on medication to keep an up-to-date list of their medicines and explain why it can be helpful. Suggest keeping a photo of the list.
- Ask "Do you keep a list of your medicines?"
- If you cannot answer a person's questions about their medication, refer them to someone who can help answer the query, for example their pharmacist, doctor or nurse.
- Share the Key Messages (see next page).

Key Messages for the "Know Check Ask" Campaign

Why Should I Keep a list of my medicines?

Having an up-to-date, written or printed list of your medicines can help:

- when you might not be able to remember your medications, for example, at an appointment or in an emergency
- reduce the chance of errors
- when requesting a repeat prescription from your GP, just make sure to keep a copy for yourself.

How do you fill in the list?

To fill out a **My Medicines List** you need all your medicines in front of you. Include all the medicines you take regularly and occasionally. All medicines count including:

- 1. Prescription medicines
 - a. Don't forget to include inhalers, patches, injections, creams, eye drops and any other prescribed products
 - b. Include the strength of each medicine (e.g. 50mg), how much you take each day (e.g. 2 tablets) and the time (e.g. at night)
- 2. Over-the-counter medicines
- 3. Vitamins and other supplements, herbal, homeopathic or alternative medicines
- 4. The list should also include **any allergies** you have, and the **contact numbers** of your **family doctor** and **pharmacist.**

Tips

- ✓ Some people find it useful to keep a photo of this list on their phone.
- ✓ Another option is to take a photo of your medicines with the labels in full view.
- ✓ It can be helpful if you share this list with a family member or carer.

If you need help filling out **My Medicines list,** you can ask for help, for example, from a family member or friend.

When can you use this list?

Bring this list with you when attending any healthcare appointment. This might include:

- > Your own GP or an out of hours GP
- > A hospital specialist or consultant (seen at an out-patient appointment)
- > Your pharmacist
- > The doctor, nurse or pharmacist if you attend the Emergency Department
- Your dentist

Do not assume your healthcare team member will have this information.

Changes to your medicines?

Ask your doctor, pharmacist or nurse to explain any changes to your medicines.

It's important to keep the list up-to-date by adding any new medicines to the list or drawing a line through any medicines you no longer take.