

5 Questions to ask about your medicines when you see your pharmacist, doctor, or nurse.

1. CHANGES?

Have any medicines been added, stopped or changed, and why?

2. CONTINUE?

What medicines do I need to keep taking, and why?

3. PROPER USE?

How and when do I need to take my medicines, and for how long?

4. MONITOR?

How will I know if my medicine is working, and what side effects do I watch for?

5. FOLLOW –UP?

Do I need any tests and when do I book my next visit?

How will a Medicine Use Review help me?

- ✓ You will learn more about your medicines and why you take them.
- ✓ You will learn more about how your medicines work.
- ✓ You can be reassured that your medicines are working well together and are not working against each other.
- ✓ You can get some help with how to use medical devices, for example inhalers, spacers, eye drops, blister packs, testing kits/meters.
- ✓ You can get some help with remembering how and when to take your medicines.
- ✓ You will be able to ask any questions you may have about your medicines.
- ✓ It will ensure you are getting the best from your medicines and reassure your whānau that you are taking your medicines correctly.



Whakamana te Rongoā Enhancing Medicine Understanding

Ngā mihi nui kia koutou katoa,
Kia Ora, Kia Orāna,
Talofa Lava, Mālō e Lelei,
Mauri, Fakaalofa Lahi Atu,
Fakatalofa Atu, Bula Vinaka

Let your pharmacist help you get the most out of your medicine



What is the Medicine Use Review, or MUR, service?

This is a free service that allows you to sit down with a pharmacist who will talk with you and your family/whānau about your medicines and make sure you are getting the most from them.

Together you will have the opportunity to talk about your medicines, and:

- The reasons you are taking them
- When the best time is to take them
- Any problems you are having with your medicines
- Best ways to remember to take medicines at the right time
- Any other concerns or questions you may have

You might benefit from this service if you:

- Take a lot of different medicines, including ones from the supermarket or herbal shop
- Sometimes forget to take your medicines
- Are not sure why you take some of your medicines
- If you think your medicines are not working for you

Bring all your medicines to your appointment, including herbal, vitamin products and rongoā.

How does the review work?

You will have a meeting with a pharmacist in your home or pharmacy which will take about 45 minutes.

Together with your pharmacist a plan is developed to ensure you're getting the best from your medicines.

How do I organise the review?

Talk to your pharmacist or find a pharmacist that offers this service.

Go to the Our Health Hawke's Bay website (ourhealth.nz) and find a pharmacy that provides this service.

[http://www.ourhealthhb.nz/health-services/find-a-pharmacy-near you/](http://www.ourhealthhb.nz/health-services/find-a-pharmacy-near-you/)

We have agreed and organised for you an MUR Review. You will be contacted by:

Pharmacy Name:

MUR Pharmacist Name:

Contact Number/Email:

We have asked them to chat to you about:

Provided copy of Referral Form

Provided copy of MUR Form

Referrer Name:

Contact Phone Number/Pager:

Before your appointment please answer these questions by circling one answer for each question:

Have you ever forgotten to take your medicines?

1 2 3 4 5
Always forget Never forget

Do you know why you are prescribed medicines?

1 2 3 4 5
I don't know I do know

How well do you think these medicines are working?

1 2 3 4 5
Not very well working well

Please give this to the pharmacist who will be helping you with your medicines.