

Structured Medication Review Brief for Patients

What is a structured medication review?

A structured medication review (SMR) is a comprehensive review of all your medicines, taking into account your circumstances, values and wishes. There are many reasons why your medications needs might change over time and an SMR provides the opportunity to discuss any queries or concerns you may have. SMRs are designed to help people taking medicines to get the most benefit from their treatment, and are usually completed by a clinical pharmacist at your GP surgery, but might be done by a GP or nurse practitioner.

How does a structured medication review happen?

Before you attend the review the pharmacist will look at your medicines and may discuss them with your GP.

You will receive a phone call or text message inviting you to make an appointment for a review. If you need to change or cancel this you can phone your surgery in the usual way. You might be asked to have some blood tests done before the consultation to check that your medicines are working properly and not causing any problems.

The review can be done over the phone or at the surgery or your home depending on your circumstances. You can also include a chaperone, carer or family member in the discussion if you would like.

The pharmacist will ask you some questions during the review. These could include:

- How are you getting on with your medicines?
- Are you taking all of your medicines as prescribed?
- Do you take any medicines that aren't prescribed (herbal remedies or medicines bought online or at the pharmacy)?
- Are you able to swallow all of your medicines?
- How do you manage opening tablet packets and handling the tablets?
- Do you have any side effects from your medicines?
- Are your medicines delivered or do you collect them from the pharmacy? Do you have help with this if you need it?
- What could we change that would make it easier to take your medicines?

Any changes will be agreed between you and the pharmacist, and a plan made. This will be done in agreement with your GP, who can assist with any matters that arise. There may be follow up appointments to discuss progress, monitor a medicine or a referral from the review.

What is the benefit of these reviews?

The review will help you to get the most from your medicines and help us to ensure you are taking the best treatments for your condition(s), including keeping up-to-date with any new developments. It will consider whether any of your medicines can be stopped or changed.

How can you prepare for your review?

Make a list of all your medicines, including anything you buy yourself and any herbal remedies you take. Think of any issues or side effects you may have, any concerns or questions about the medicines that you take. Some possible questions might be:

- Why do I need to take this medication?
- How do I know if the medicine is working?
- What should I do if I have problems with a medicine I am taking?
- Are there any foods or drinks I should avoid while taking this medicine?
- What happens if I miss a dose or stop taking it?
- Should I keep taking all of my medicines if I get ill?