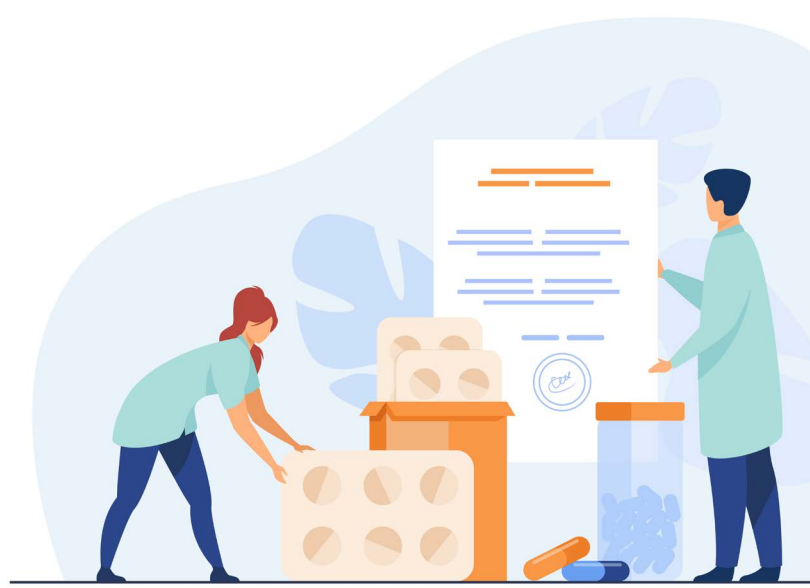


Structured Medication Review



What is a structured medication review?

A holistic and personalised review of your current medication with a clinical pharmacist.

Did you know?

- One quarter of the population has a long-term condition
- One quarter of people over 60 have two or more long-term conditions
- With an ageing population, the use of multiple medicines (known as polypharmacy) is increasing
- Between 30-50% of medicines prescribed for long-term conditions are not taken as intended

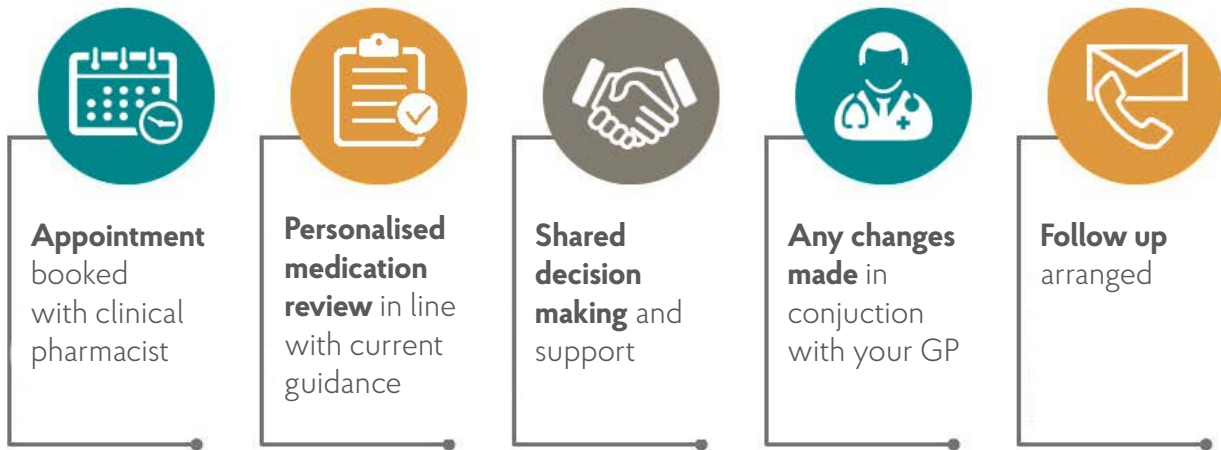
Taken from: NICE: Medicines Optimisation Quality Standard

Benefits of a medication review

-  Medicine Optimisation
-  Improved quality of life
-  Improved medication adherence
-  Minimised side effects
-  Improved health outcomes



The SMR Process



NHS Advice on exercise

<https://www.nhs.uk/live-well/exercise/>

NHS advice on Eating well

<https://www.nhs.uk/live-well/eat-well/>

NHS advice on mental health and wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



Tips to prepare for SMR

- Make sure you know the time of your appointment
- Is there anyone else you would like to be present at your review, like a family member?

Have a list of:

- All current medication prescribed by your GP
- Any medication you buy from the chemist
- Any herbal products and health supplements
- Think about any question you may wish to ask
- Note down any concerns you have about your medicine