

“Show me your meds, please?”

A simple question enhancing patient centred care, reducing risks, costs and environmental impact

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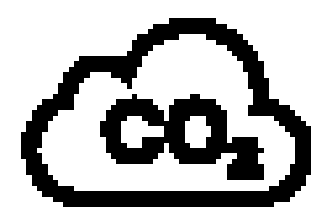
**Show me your meds
(please?)**
during home visits



**Pilot identified
40 people with medication
non-adherence**
(South Somerset)

OUTCOME:
39 Medications stopped
Social Prescribing 30%
New diagnosis cognitive impairment 35%

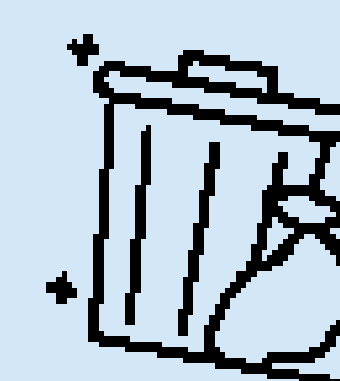


**ENVIRONMENTAL
IMPACT**
1693 kg 



COST
Waste £10866
**£3529 pa saved by
deprescribing**

WASTE
**1049 months of
prescription items
unused**



DG 10/21

Medicines Impact - England:

- £300 million not taken each year.

Solution in South Somerset:

Often medicine adherence was only reliably detected by **viewing** peoples' **medication** stocks at home.

Asking:

**“Can you show me your meds...
please?”**

1 in 4 people non-adherent.

Challenges:

- **Reassurance** needed that reducing medication is not withdrawing medical care.

- Avoiding increased clinical **workload**...:

1. Fund **extra pharmacy support** through financial savings?

2. **Reallocation of resources** from low impact routine, high volume medication review to targeted reviews?

Pharmacy Team Roles:

- **Shared decision making** with patient.

- Regime **simplification** to aid compliance and reduce wastage

- Two way **information conduit** between local community pharmacies and the wider healthcare team.

Learning points:

- 1) One question.... :

- Saving **NHS resources**,
- Beneficial **environmental** impact
- **Reduce risk** of incorrectly taken medication

- 2) Provides insight to **patient priorities** and **cognition**.

- 3) Pivotal trusting **relationships** within community **teams** who share the same ethos around **person-centred care**.

- 4) **National/international adoption** could have an enormous impact on wellbeing for patients and the environment.



PERSON CENTRED CARE

Identifying patient's goals/wishes
Communication/understanding
(Medication review cannot be done in isolation from holistic approach)



INVOLVING PHARMACISTS

Simplifying regimes
Monitoring blister packs
Communication & feedback



SOCIAL CARE NEEDS

Identifying the right support to take their medication
...helping long term conditions & admission avoidance



COGNITIVE DECLINE

Recognising poor adherence to medication as an indicator of dementia
Risks associated with "pick & mix" medication
Critical risk/benefit analysis of continuing medication



PATIENT BENEFITS

Improve quality of life
Retain independence
Multidisciplinary team approach
Supporting unrecognised need & identifying dementia



ENVIRONMENTAL/ COST IMPACT

