

Side effects; assisting patients with medication II

- 1) Sometimes patients forget to take their medication. What techniques can they use to help them to remember? Algunos pacientes se olvidan de tomar sus medicamentos. Qué técnicas pueden usar para recordar? Puedes escribir tu respuesta en español y luego buscar las palabras claves para decirlo en inglés-

- *take the medication at the same time of day*

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- 2) Read this patient brochure and answer the questions.

Tips for managing your medication

- 1 Ask questions about your medicines. Your doctor, pharmacist and nurse can help you learn about your medications and why they are important.
- 2 Check labels. Be sure you are taking the correct medication and have the correct dosage.
- 3 Avoid mistakes – don't take medication in the dark!
- 4 Tell your doctor if you take over-the-counter remedies such as vitamin tablets, herbal medicines and aspirin. These sometimes react with other medications.
- 5 Report any new side effects. You may need to take a different dosage or your doctor may decide to try a different medication.
- 6 Always carry a list of your medications. This is helpful to a health team in an emergency.

- 1 ¿Por qué es importante leer la etiqueta de un medicamento?
- 2 ¿Por qué es importante no tomar medicamentos en la oscuridad?
- 3 Dé dos ejemplos de medicamentos de venta libre.
- 4 ¿Por qué es importante informar al médico sobre los nuevos efectos secundarios?
- 5 ¿Por qué es una buena idea llevar una lista de medicamentos?

3) Look at the chart. What is the Personal Medication Record for?

4) Read and listen to a conversation between a nurse and Doris, a patient, and complete 1-6 in Doris' medication record.

Personal medication record		Patient: Doris MacDonald				GCH General Central Hospital	
Medication	Reason for use	Form	Route	How much & when?	Side effects		
(1) _____	glaucoma	_____	right + left eye	_____	headaches, itchy, red eyes - temporary		
insulin	(2) _____	injection	stomach	six units, every six hours	_____		
(3) _____	(4) _____	syrup	mouth	- 15 mg, three times a day	diarrhoea		
Tamiflu	(5) _____	_____	mouth	_____	nausea, vomiting (take with food)		
(6) _____	general health	tablets	_____	1 mg a day	_____		

nausea

75 mg, two a day for five days

mouth

itching, mild pain, redness or swelling at the injection site

capsules

one drop, three times a day

[N = Nurse; D = Doris]

N: Right, Doris, let's have a look at your medication record together, shall we? Can you show me all your medication first?

D: Here you are - here's the drops for my eyes, my insulin and the Metamucil.

N: OK, now write down the name of each medication in the chart.

D: OK. First for my eyes - Azopt. That's A-Z-O-P-T. Then my insulin for my diabetes ... then Metamucil. Let's see how you spell that ... M-E-T-A-M-U-C-I-L.

N: What about over-the-counter medication?

D: I'm taking Tamiflu at the moment. I have a bad cold.

N: Yes, I can tell. Do you take any vitamins?

D: Just multivitamins. Shall I write these down, too?

N: Yes, write down everything. You're suffering from constipation at the moment, Doris?

D: Yes, I think it's a side effect of the insulin. My GP prescribed me Metamucil.

N: That's good, but I don't think constipation is a side effect of insulin.

D: Oh.

N: Well, I think that's everything.

5) Complete the gaps in exercise 4