

Bridges to the Future Transitional Care Program

Medication Management



**KOSAIR
CHILDREN'S
HOSPITAL**

*Supported by the
Children's Hospital Foundation*



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Managing Your Meds

Managing medication is vital for people with complex or chronic medical conditions.



Names of Medications

Chemical name :

N-acetyl-p-aminophenol

Generic name:

acetaminophen

Brand name :

Tylenol



Create a Medication Log

- ✓ Name of Medication
- ✓ Date & Time Taken
- ✓ Dosage Taken
- ✓ Any observations
- ✓ Any side effects
- ✓ Other comments



Bridges Binder Medication List

Medication name
Prescription number
Prescribing doctor's name
Pharmacy contact info
Side Effects
Refills
Instructions
Cost



Take Medications to Office Visits

Either take the medications in original containers or make sure to include updated info in your Bridges Binder and take it with you to office visits.



The **Right** Way to Take Meds

You have to make sure that you:
take the **right** medicine
in the **right** dosage,
in the **right** way ,
at the **right** time!



Be on Time!

Schedule your medication around things you do every day such as taking it each morning with breakfast if you eat at about the same time every day.



Pay Close Attention

“Take full course” = Finish entire contents of prescription even if you are feeling better., especially with antibiotics.

“Take with food” = Take after eating. Some meds cause side effects on an empty stomach.

“Take four times a day” = Take meds 4 different times daily , such as breakfast, lunch, dinner & before bed.

“Take every four hours” = Take 6 times in 24 hours with about 4 hours between doses, even if you must wake up.



Be Consistent!

- ✓ Don't skip your meds.
- ✓ Take them at about the same time daily.
- ✓ Don't take too little or too much!
- ✓ Missing a dose could have a harmful effect on your health.



Other Instructions

MAKE SURE TO FOLLOW
ALL INSTRUCTIONS!

“Keep refrigerated.”

“Shake well before using.”

“May cause drowsiness.”



Don't Forget!!!

Alcohol, nicotine and many other drugs such as marijuana, cocaine and meth can interact with medications and cause severe reactions and/or death!

DON'T RISK IT!!



What Else Do I Need to Know?



Understanding Side Effects

Keeping Up with Refills

Safely Storing Meds

Safely Disposing of Meds



Pay Attention to Side Effects!

Be sure to read the printed information that accompanies your prescriptions and pay close attention to details about possible side effects.



Safe Storage

Always store medication in the container in which it was dispensed by the pharmacist. Do not remove the label until the medication is finished.



Keep Away from Children

Always keep meds in a safe place, out of the reach or sight of children!



Safe Storage

A bathroom cabinet is **NOT** a good place to store meds because of steam and heat from showers and baths. Most medications should be stored in cool, dry places.



Taking Meds Away from Home

Typically, schools require that the medication be brought to the school in the original packaging as dispensed by the pharmacist.



Safely Dispose of Old Meds!

Do not flush medication down the toilet, as this contaminates water supplies.



Medication Errors

- Missed or wrong medication
- Wrong amount of medication
- Medication taken at wrong time or in the wrong manner
- Discontinued medication taken
- Outdated medication taken
- Medication contaminated



How to Handle Major Medication Errors

Immediately contact:

- ✓ Your Health Care Provider,
- ✓ The Poison Control Center
- ✓ Emergency 911



911



National Poison Control Center

1-800-222-1222



New Medications

- ✓ Why it is being prescribed
- ✓ What is the correct dosage
- ✓ Are there any special instructions
- ✓ What side effects are possible
- ✓ What should you do if you miss a dose
- ✓ How many refills are available
- ✓ Is it covered by your insurance
- ✓ How much will it cost



Handling Prescriptions

- ✓ If the doctor gives you a written prescription you will need to take it to the pharmacy to get it filled.
- ✓ Be sure to take your insurance card with you. There may be a co-pay.
- ✓ If you will be taking the medication for a while, the prescription will probably have refills.



Handling Refills

- ✓ You will want to make sure you order your refill before your medication is gone so you don't miss any doses.
- ✓ Mark your calendar to remind you of when to call in your prescription refill.
- ✓ Call to order your refills as early as your insurance company allows. (Some insurers only allow refills when you have 2-3 days of medication remaining.)



Time-Saving Tip

When your doctor wants you to take medication, ask during the office visit if the provider's staff can transmit the prescription to your pharmacy via fax, computer or phone.



Special Circumstances

Prescriptions for controlled substances cannot be faxed and their use is carefully monitored.



Your Concerns are Important!

- ✓ If you have any concerns or questions, talk to your health care providers and pharmacist!
- ✓ Make sure you understand how and when to take your medication.
- ✓ Make sure you understand any possible side effects to be aware of and what to do if you experience them.



What else do we need to know?



To Contact Bridges to the Future

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