

Structured Medication Review (SMR)

What is an SMR medication review?

A medication review is a private, confidential meeting between you and a GP, clinical pharmacist, or another suitably qualified health professional to discuss your medicines.

The aim of the medication review is to check that you are prescribed the most appropriate medicines and that you get the best out of those medicines.

Tests may be made to determine whether the medicine is working (e.g. blood pressure checks). Monitoring may be necessary for the type of medication that you are on.

You will be asked how you are getting on with your medicines; so, inform your health professional of any problems you may be experiencing with your medicines.

You will have the opportunity to ask any questions you may have about your medicines.

If any changes need to be made to your medication, your agreement will be sought before changes are made.

A record of the review will be documented in your medical notes.

Preparing for your SMR

- ❖ Mark the date and time of the appointment, whether it is face-to-face or via telephone and who you are going to see for the medication review in your diary or calendar.
- ❖ Make a list of all medication that you take. This includes:
 - Any medicines that are prescribed for you.
 - Any medicines that you buy over the counter from the chemist or supermarket or other stores e.g., herbal medicines, vitamins etc.
 - Any recreational drugs you may take
 - Any medicines that you no longer take.

NB: If you are not able to or haven't managed to make a medication list, bring all your medicines to the medication review meeting.

❖ Make a list of questions that you may have about your medicines.
Some questions that you may wish to consider:

- Why is it important to take this medicine(s)?
- When and how to take the medicine(s)?
- How long is the medicine(s) to be taken for?
- How do I know the medicine is working?
- What should I do if I have problems with the medicine?
- Are there any medicines or food that I should avoid taking whilst on these medicine(s)?
- What will happen if I miss a dose of the medicine or stop taking it?

After the medication review:

- Your regular GP will be informed of any medication changes agreed by you at the meeting.
- A summary of the meeting will be documented in your medical record.
- Any tests or referrals to other health care professionals if required will be agreed and acted upon.