

# Improving Patient Specific Medication Profiles on Discharge from Hospital - a co-design project

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## Did you know?

The majority of patients are worried about managing medicines at home after discharge. All patients who received a Medication Profile were more confident in medication management at home.

## Background

Patient Specific Medication Profiles (now known as Pharmacist Shared Medication Lists (PSMLs)) are seen as a crucial part of the discharge process. The design of SHP's PSMLs had not been reviewed for over 10 years. **Previous reviews did not seek formal patient or consumer feedback.**

## Objectives

To gain an understanding of how patients use PSMLs, what patients value and what can be improved utilising co-design principles and input from consumers.

Medication (status)	Directions and Timing				Reason for Medication	Additional Information <small>More information is available on request</small>
	B'Fast	Lunch	Dinner	Bedtime		
apixaban - 5mg - Tablets Eliquis (New)					To treat blood clots.	Take doses at about the same time each day. May be taken with or without food. It is important to tell any doctor, dentist or health professional that you are taking this medication. Contact your doctor immediately if you experience any unexplained bruising, red or dark brown urine, red or black faeces, or blood in vomit.
amoxicillin - 1000mg - Tablets Amoxicillin Sandoz Tablets (New - Temporary)	1	1	1		To treat pneumonia	Take doses with food to reduce stomach irritation. Regular dosage essential - complete the entire course, even if the infection appears to have gone away. If you experience diarrhoea, rash or itching contact your doctor or pharmacist.

Medication (status)	Directions and Timing				Reason for Medication	Additional Information <small>More information is available on request</small>
	B'Fast	Lunch	Dinner	Bedtime		
perindopril arginine - 5mg - Tablets Coversyl (Unchanged)	1				To lower blood pressure.	Regular dosage is essential. Lower blood pressure may cause dizziness, so get up slowly after sitting or lying down. Talk to your doctor or pharmacist if you develop a persistent dry cough, rash, fever, flushing, and for suitable medicines for coughs and colds if needed.

### Medications stopped:

Ceased Medication	Ceased Reason
amlodipine - 5mg - Tablets Norvasc (Stopped - Ceased)	Stopped in hospital as blood pressure was low whilst unwell. Please review with GP as may need to restart if blood pressure rises once recovered.

## Methods

Phone interview of adult patients discharged from hospital with a PSML containing at least 5 medications. As this was a **small-scale qualitative study**, clinical pharmacists selected patients using the convenience method to confirm patients were willing to be contacted after discharge.

## Author details or further information

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## Results

Eight patient interviews were analysed. The majority (62.5%) of patients were worried about managing medications on discharge.

All participants who used the profile after discharge were more confident in managing their medications at home. Some of the positive comments include; 'Wish I had something like this years ago', 'Took the pressure off as I was concerned I would forget stuff with information overload', 'Invaluable'.

Patients particularly commented on the indication and additional information sections stating, 'it was good to know in layman's terms what the medicines were for, whether to take them with food and what side effects to look out for'. The other standout was to clearly see what medicines had been ceased and why.

Minimal areas for improvement were identified. Some included; adding blank spaces to handwrite later changes and highlighting dates of dose changes on dose reduction schedules.

brilliant  
capable  
confident straightforward  
easy marvellous  
Invaluable helpful  
reassured great  
simple

## Discussion

Patients feel more capable and confident with their medicines when given a PSML on discharge. The results suggest that the design is appropriate and accepted by patients and could only be improved with minor changes to be considered with a PSML update.