

# Medicines

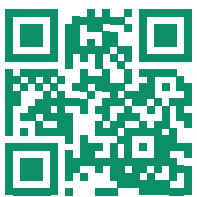
This kete will help you to understand your medicines and make a plan to manage them.

healthify.nz/kete-medicines



## Tips for using medicines wisely:

- ▶ Talk to your doctor or pharmacist and get to know your medicines.
- ▶ Keep an updated list of all your medicines and supplements.
- ▶ Get your medicines reviewed every year.
- ▶ Be prepared for side effects and know what to do if they occur.
- ▶ Discuss any worries you have about the medicines you are taking with your doctor or pharmacist.



**Learn more at:**  
healthify.nz

**Book recommendation:**  
Living a Healthy Life with Chronic Conditions, by Kate Lorig, et al. Bull Publishing, 2020.



# My medicines

You may take a number of medicines. Sometimes your medicines or doses are changed, so it's important to keep an accurate and up-to-date list.

There are a number of ways you could do this. You could take all your medicines to your next appointment, take a photo, or ask your support team or pharmacist to help you.

**Include everything you are taking** such as rongoā, other traditional medicines, eyedrops and over-the-counter medicines such as Lemsip or paracetamol.

Which of your medicines do you believe are working really well? \_\_\_\_\_

\_\_\_\_\_

Are there any medicines you choose not to take sometimes? Why? \_\_\_\_\_

\_\_\_\_\_

Are there any medicines you have stopped taking? Why? \_\_\_\_\_

\_\_\_\_\_

What side effects would you like to talk about? \_\_\_\_\_

\_\_\_\_\_

Everyone forgets to take their medicines from time to time. Which medicines do you forget to take and how often? \_\_\_\_\_

\_\_\_\_\_

Your healthcare professional can simplify how you take your medicines. This can include changing the timing of them, using blister packs, or a reminder app on your phone. Would this help? Yes ☐ No ☐

Don't worry, everyone  
forgets sometimes!



# Medicines

What do I need to know about my medicines?



- You need to know the answers to these questions for each medicine you take.

Why am I taking it?

Are there any medicines that I shouldn't stop taking suddenly?

Are there any side effects?

How does it work?

Can I increase or reduce the number of tablets I take without talking to my doctor?

Are there any serious side effects I need to tell my doctor about straight away?

How long do I have to take it for?

How do I take it?  
With meals? Morning?  
Evening?

What if I have concerns about taking my medicines?

Is there a maximum number of tablets I can take a day?  
What if I'm using more?

Is there anything I shouldn't eat or drink with it?

Am I taking the right medicine?

What should I do if I forget to take a dose?

How necessary is it for me to take it?

Am I taking my medicine at the right time?

Am I taking the right dose?



# Medicines - your thoughts, feelings and beliefs



- ▶ You may have positive and negative thoughts, feelings and beliefs about your medicines.
- ▶ You might get different information from other people about your medicines.
- ▶ You might read something negative about your medicines.

It's normal to have thoughts and anxieties about this. Here are thoughts others have had:

My friends told me I will become dependent on this medicine

I read things on the internet that worry me

I've read that this medicine has long-term side effects

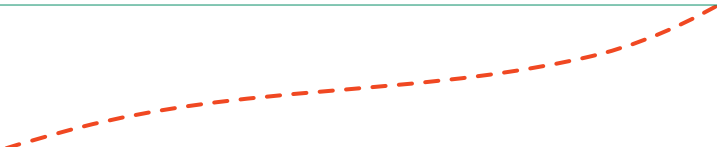
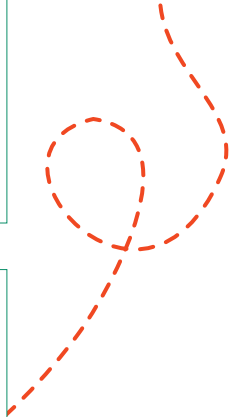
If I am on so many medicines I must be really sick

I haven't been given enough information

Taking these medicines now could mean they won't work for me in the future

I worry my medicines do more harm than good

**Write down your thoughts in the boxes below**



# Tips about medicines safety

Here are some tips for remembering to take your medicines and how to take them safely.

- ▶ Tips to help you remember to take your medicines:
  - Ask your pharmacist about blister packs (*there is a charge for blister packs*).
  - Use a pill organiser.
  - Develop a routine for taking your medicines. For example, first thing in the morning or with breakfast.
  - Set an alarm to remind you about the medicines that need to be taken at a particular time each day.
  - Use an app on your phone such as: **MyMedSchedule**, **MyMeds** or **RxmindMe**. You can read app reviews at [hn.org.nz/applibrary](https://hn.org.nz/applibrary).
- ▶ Tips to help you take your medicines safely:
  - Take your medicines **as prescribed or recommended by your doctor as written on the label**.
  - Make sure that you don't forget to get your prescription filled before you run out.
  - Never give your medicines to anyone else.
  - Tell your doctor or nurse about any herbal and natural health products you take.
  - Keep medicines out of reach of children.
  - Return unused medicines to the pharmacy.

*If you find it hard to remember to take your medicines or you're unhappy about the medicines you're taking, talk to your doctor or pharmacist.*



# Medicines list

List of all my medicines, puffers, creams, vitamins and supplements



Take this list  
with you to your  
appointments



Medicine name(s)	Strength and amount	Times & doses			What is it for?	Questions
		Morning	Lunch	Dinner		

Talk with your doctor, nurse or pharmacist before stopping any medicines.

# My progress

## What I'm tracking



Use the blank rows for other visits.



Here you can record your lab results and other things that affect your health. At the top are some common things but you can cross them out and add what you like, such as pain or peak flow. You can find some of this information in your patient portal, or ask your healthcare team.

Visit	Aim/range:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:
Blood pressure										
Weight										
Cholesterol										



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# My check-ups

To keep track of my regular checks and appointments



Use the blank rows for other visits.



Visit	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
GP visit													
Nurse visit													
Specialist visit													
Dietitian													
Eye check													
Foot check													
Dentist													



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## My medicines action plan



Now it's time to start making a plan to help you manage your medicines better.

Start with a goal, it can be anything that you would like to achieve that is important to you. When you decide on what you will do to work towards your goal, try to make it:

- **Specific** - not vague.
- **Measurable** - so you know you are doing it.
- **Achievable** - if it's too hard you won't manage it.
- **Realistic** - if it's not possible you might not even get started!
- **Trackable** - something you can record over time and see how you're doing.

Here's an example:

**Goal:** Hemi wants to be as healthy as he can be to see his mokopuna/grandson grow up.

**Actions:** He has problems with taking all his medicines at the right time and wants to get help with this.

**Chosen action:** Hemi buys a pill organiser and every Sunday he sets up his morning and night time pills for the coming week.

**Confidence:** He is fairly sure he can do this so rates his confidence as 9 out of 10.

*If a big change feels too much, break  
it down into a set of steps. Small  
steps are a great way to start.*



## My action plan: What is my goal and action plan?



### My medicines action plan goal:

**Why** do I want to do this? \_\_\_\_\_

**How** will this help? \_\_\_\_\_

**What** could I do to achieve this: \_\_\_\_\_

### My medicines action plan:

**How much** or how often will I do this? \_\_\_\_\_

**When** will I do this? \_\_\_\_\_

**Who** can help me: \_\_\_\_\_

**How confident am I that I can do this:** ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Things I am not ready to do yet: \_\_\_\_\_

What might stop me achieving these goals or making these changes? \_\_\_\_\_

You are more likely to be successful if your confidence level is 7 or more. If you are less confident, you might like to make your action plan easier.



For more copies, visit  
healthify.nz/kete



# Patient portals

Accessing your health information online.

Patient portals are secure online sites provided by GP clinics where you can access your health information 24/7. Aotearoa New Zealand portals are Health365, ManageMyHealth, MyIndici, ConnectMed and Vensa.

## Patient portals let you:

- request repeat prescriptions and book appointments
- receive reminders and recalls from your healthcare team
- send and receive secure messages to and from your healthcare team
- see your lab results and clinical notes
- see your current diagnoses and medical conditions
- see the medicines you are on
- see your immunisation and vaccination history.

Not all GP clinics will offer all of these services. Clinics can choose which services to offer through their patient portal.

For more info, visit  
[healthify.nz/  
patient-portals](https://healthify.nz/patient-portals)



# Advance care planning

Being prepared and thinking about my future.

An advance care plan is a document that outlines the medical treatments you would like if at some stage in the future you are too unwell to speak for yourself.

Advance care planning is for everyone. You may want to plan for a sudden health crisis or because you have a life-threatening illness or long-term condition. You may choose not to plan at all.

Start the conversation by talking/kōrero with your family and whānau about what you would like to happen if you are very unwell and not able to speak for yourself.

Take the time to talk about it now, plan ahead and avoid the pain and distress of family and whānau having to guess what you would want.

## An advance care plan allows you to record:

- what's important to you and who you want involved in decisions about your treatment and care
- how much treatment you want and when you want to stop if you become very sick
- where you would like to be cared for.

**Talk to your GP if you are interested in making an advance care plan.**

For more info, visit  
[healthify.nz/acp](https://healthify.nz/acp)

