

# Home Medication Reviews

For people living with HIV taking three or more medications

## What's a Home Medication Review?

A Home Medication Review is when an accredited community pharmacist (chemist) checks all your medications that you are taking.

- The primary aim of a Home Medication Review is to ensure that the medications you are prescribed and any other over-the-counter medications and supplements e.g. vitamins, are working as expected.
- A Home Medication Review may also identify if you're not taking your medication correctly, or if another medication that is prescribed could be reducing or blocking the effect of another medication (contraindication).

## How can a medication review benefit me?

- As people living with HIV get older, we can develop other chronic health conditions such as high blood pressure (hypertension), diabetes, or high cholesterol. We are likely to be taking multiple medications (polypharmacy) as well as the antiretroviral therapy (ART) that we are taking.
- These medications could be to lower blood pressure, lower cholesterol, relieve nerve pain, manage anxiety or depression, or supplement other minerals and vitamins that we need etc
- People who take more than three medications are at risk of the medications interacting and causing adverse reactions, negative side effects and even life-threatening conditions.
- A medication may bind or join with another medication and can change how your body absorbs (metabolises) the medication, or medications that use the same pathways in the body can affect the medication.
- A Home Medication Review is undertaken by a specialised pharmacist who is educated on the chemicals within the medication and the pathways your body uses to absorb (metabolise) the medication.



## How long does it take?

Normally, a home medication review can take up to 30 minutes to complete. It can be more lengthy and complex especially if a translator is involved or if any training is required (such as how to use a spacer with inhaled medications).

## Translating and Interpreting Service (TIS) 13 14 50

Book a phone interpreter or an on-site interpreter

[www.tisnational.gov.au](http://www.tisnational.gov.au)

## How do I arrange a medicine review?

- Talk to your GP or HIV doctor about having a home medication review (also called a Domiciliary Medication Management Review or DMMR)
- Your doctor will write a request (referral) for the medication review to give to a local pharmacist, a pharmacist of your choice or one the doctor recommends. The cost of the review is covered by Medicare.
- Often your local chemist will know someone who is accredited, or your GP might send the request directly to the chemist, who then passes it on to the accredited pharmacist.
- The pharmacist will talk with you about all the medications you're taking including prescription medicines, over-the-counter medicines and vitamins and supplements.
- They will check you are taking all your medicines correctly and they haven't passed their use-by dates; show you how to store your medicines properly; suggest ways that help you remember to take your medicines at the right time; and suggest whether any medicines could be changed.
- The pharmacist will write a report and send it to your GP. Your GP will go through the report with you, and write you a 'Medication Management Plan'. This should be shared with every healthcare provider you see.
- Your GP or HIV doctor can arrange for you to have a home medicines review every 12 months.

## Where does the home medication review take place?

The home medication review is preferably carried out in your home, or via video. This means the pharmacist can assess all the aspects related to how you store and take your medications.

## What if I live in a rural or remote area?

- There is a rural allowance that the pharmacist can claim if their travel is over 10km.
- If you live in a very remote area, a Skype interview (telehealth) may be the only way to do the interview.
- Some pharmacists can travel and may involve a bit more communication and flexibility of the pharmacist with a rural clinic.

## How often do I need a home medicine review?

Home medication reviews are usually recommended every 12 months unless there has been a significant change in your health condition or medication regimen.

## How do I prepare for a home medicine review?

To prepare for the medication review, gather all your medications together whether prescribed or over-the-counter. Include all your blister packs (sometimes called Webster Packs), eye drops, patches, inhaled medications, vitamins, supplements etc, so the pharmacist can review the packaging, use by dates, usage instructions and discuss with you when and how you're taking each medication.

The pharmacists will have your GP request with diagnostic history and biochemistry results along with the main reason for the medication review. They may also request the last six months dispensing history from your chemist to verify your current medications.

## Further support if you need to talk to someone?

If you would like for further assistance you can talk to your dispensing pharmacist or contact a Positive Life Peer Support Officer on (02) 8357 8386, 1800 245 677 or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

### Find a pharmacist who can do medication reviews

The website for accredited pharmacists has a search facility for pharmacists in your area [www.findapharmacy.com.au/our-services/home-medicines-review](http://www.findapharmacy.com.au/our-services/home-medicines-review)



For more information phone 02 8357 8386 or 1800 245 677 (freecall) or visit [www.positivelife.org.au](http://www.positivelife.org.au)

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The voice of all people living with HIV

Positive Life NSW