

HOW TO GET THE MOST OUT OF YOUR STRUCTURED MEDICAL REVIEW (SMR)

A SMR is your opportunity to voice what matters to you and be part of a shared decision-making process regarding your medication. A SMR will help you understand your medication better and make choices with a clinical professional that bring better health outcomes to you.

What is a Structured Medication Review?

A SMR is a review with a pharmacist to discuss the medicines you are currently taking. It is an opportunity for you to discuss any concerns you may have and ensure that you are getting the best from the medicines that are prescribed for you.

The goal of the appointment is to help patients who take multiple, often complex medications (known as polypharmacy):

- To improve experience and quality of care through being involved in the decision-making process.
- Helping you have a better understanding of the medication they take.
- Helping to identify and prevent risk of harm from medicines such as adverse drug events, side effects, and addiction.
- Help prevent potential avoidable hospital admissions, by identifying vulnerable patients and links to their medications that may make them prone to falls and fractures.
- Reduce medication waste

Why do I need a SMR?

- To ensure all prescribed medications are necessary, effective and safe, considering your current health status.
- Identifying medication issues
- Addressing problems such as adherence and side effects.
- Investigate optimising the medication that you take to (1) reduce the risk of adverse side effects, (2) improve health outcomes, & (3) reduce the cost to the NHS without compromising your care.
- Assist with medication education and give you a better understanding of the purpose of their medications and how to manage them effectively.

SMR Benefits & Outcomes

- Improved safety and reduced medication-related harm.
- Enhanced adherence to treatment plans.
- Optimised medication therapy for better health outcomes.
- Reduced healthcare costs associated with medication-related issues.
- Increased patient satisfaction and trust in healthcare providers.

How do I get the most out of a SMR?

Prepare a list of all the medications you take, include in your list any over-the-counter medicines and supplements. Write down any questions that you may have regarding the medication that you are taking.

SUGGESTED questions are:

- What is the medication for?
- Why is it important to take this medication?
- Is there a reason why I need to take my medication at specific times of the day?
- When and how do I take the medication?
- How long should I take the medication for?
- How do I know the medication is working?
- What should I do if I have problems with the medication?
- Are there any other medication or food that I should avoid taking whilst on these medicines?
- What will happen if I miss a dose of the medication or stop taking it?

Questions you may be asked during your SMR

- What matters to you?
- Do you think the medication is working for you and / or making you feel better?

- Is the medication essential or could lifestyle changes mean that treatment objectives can be achieved in place of the medication?
- Is the medication controlling your symptoms?
- Is the medication causing any unwanted / undesirable side effects?

REVISION HISTORY

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Table of Contents

HOW TO GET THE MOST OUT OF YOUR STRUCTURED MEDICAL REVIEW (SMR)	1
WHAT IS A STRUCTURED MEDICATION REVIEW?	1
WHY DO I NEED A SMR?.....	1
SMR BENEFITS & OUTCOMES	1
HOW DO I GET THE MOST OUT OF A SMR?	1
QUESTIONS YOU MAY BE ASKED DURING YOUR SMR	1
REVISION HISTORY	2
TABLE OF CONTENTS	2