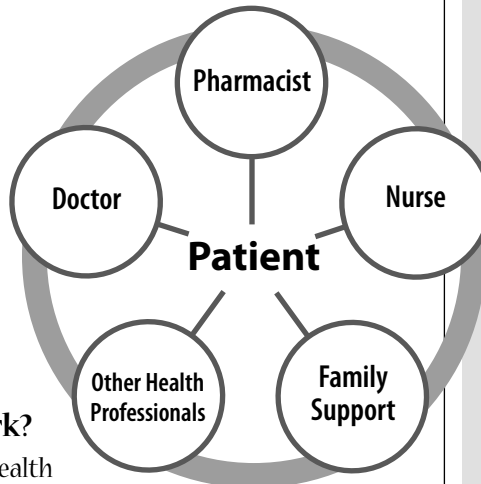


Pharmacists and Medication Management: A Personalized Service for You

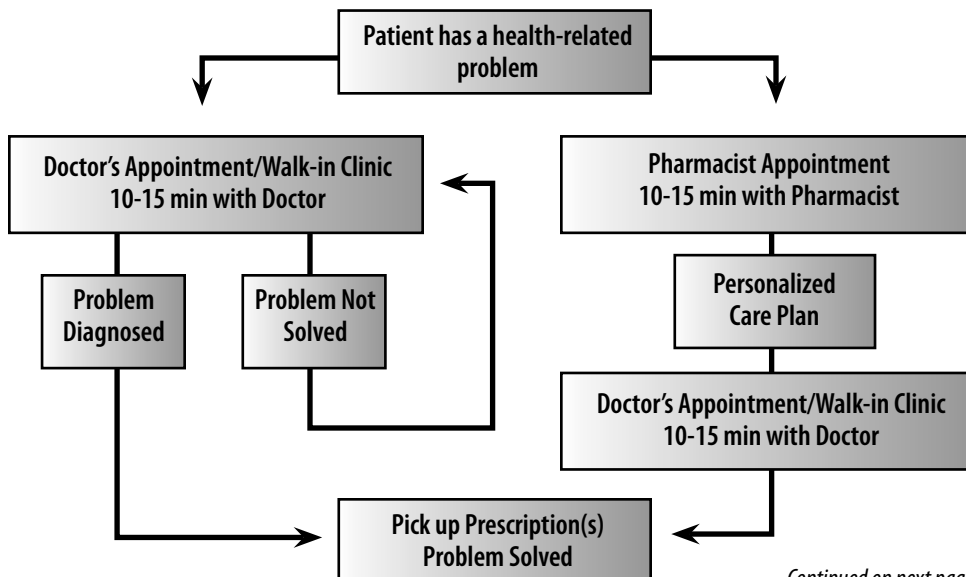
With medications and diseases becoming more and more complicated, it is essential that you ensure the health care you and your family receives is the absolute best available. Medication Management is the latest project initiated by the BC Ministry of Health Services that will help you achieve that. Imagine having a doctor, nurse, pharmacist and others on the same team working together to solve your health needs—that is what Medication Management can do for you.



How does Medication Management Work?

Medication Management is the idea that all of the health professionals involved in your care work as a team and focus on their individual strengths. Specifically, the pharmacist will assess your medications and provide recommendations in a personalized care-plan for you and your doctor to review. This will allow your doctor to spend more time with you during your appointment to focus on the diagnosis and physical assessment, rather than on the medications.

Medication Management is different from typical advice you get from your pharmacist because the pharmacist now takes a greater role in choosing drug therapy. In order for your pharmacist to complete a personalized care-plan, a 10-15 minute consultation is often necessary to obtain information. The time spent with your pharmacist during a consultation is above and beyond the time you would save in an appointment with your doctor, which means you can address your health issues faster and avoid repeated visits.



Continued on next page

Healthy Moving – Prescription for Good Health

Here's a remedy we can all take. Health Canada, in partnership with the College of Family Physicians, urges you to start right away on the "Go For Green" prescription. Check it out at www.goforgreen.ca

Students Walk Out

Every year, students from around the world participate in International Walk to School Week by walking or biking to school with parents, school staff, and community leaders. Walking or biking to school helps young people gain healthy habits they'll benefit from for the rest of their lives.



HOURS

Monday to Friday

9AM – 5:30PM

Saturday 9AM – 12:00PM

Serving the Sunshine Coast since 1979

Conveniently located at

825 Gibsons Way, next to the Gibsons Medical Clinic
604-886-3365 • 1-888-886-3365



Healthy Living

Professional, reliable healthcare information

Are you caring for an elderly friend or relative who has lots of prescription



and non-prescription medications? If you (and they) are curious or concerned about any of

them, we encourage you to make an appointment with the pharmacists at Howe Sound Pharmacy.

We're here to help you both make sense of the medicines, and as well, to help make your friend's or relative's retirement years healthy and enjoyable. At Howe Sound Pharmacy, quality patient care is based on a team approach. Working together with our fellow healthcare professionals and our patients & their caregivers is an important aspect of our commitment to you.

Strip-pouch packaging

It's simple, convenient and there's no extra charge at Howe Sound Pharmacy. With new airport requirements, you'll travel worry-free with strip-pouch



packaging, available for all doses of prescription and non-prescription medications. No travel plans? Strip pouches are ideal for anyone at work, school, volunteer duties

and other close-to-home activities. Each dose is packed in a separate pouch, legally labeled and sealed. No more vials or unlabelled pill boxes. All ages can benefit from strip pouches. Drop in and ask our pharmacists for more details.

Why does my doctor need a care-plan from the pharmacist?

As a member of your health care team, pharmacists are the medication experts and can provide a wealth of information. A pharmacist is the best resource for any questions related to medications and can also provide disease management advice, signs and symptoms to watch for, medication adverse reactions and medication contraindications. Armed with your personalized care-plan, your doctor can confidently make therapy decisions knowing that they have been reviewed by a second opinion.

How does Medication Management help me?

The benefits of Medication Management are simple: have more skilled health professionals looking out for your best interests and you will get better health care. Traditionally, if you wanted this kind of service you would have to approach the pharmacist, have a similar consultation, but then be responsible for relaying any of that information to your doctor. With Medication Management, the work you do does not change, but now you can have a pharmacist consultation with peace of mind knowing that everything discussed will be in the care-plan that you and your doctor can review.

The personalized care-plan is also your copy of all of your medications, doses and strengths, allergies and disease information that you can always refer back to or carry around in your wallet. In addition, Medication Management has shown to:

- > reduce problems caused by medications
- > reduce hospitalizations
- > reduce emergency visits
- > reduce waiting times
- > lower health care costs
- > improve understanding of your medications
- > improve management of health conditions such as asthma, diabetes, high blood pressure, heart disease and depression
- > improve patient satisfaction

Implementation of Medication Management

The project is now underway at participating pharmacies, including Howe Sound Pharmacy. Individuals are encouraged to participate and invest in improving your own health care. Most consultations can be done with the pharmacist right away, but complex or stubborn problems that may take longer to discuss should be done in a scheduled appointment. Appointments can be made via phone or in person. Howe Sound Pharmacy also offers an added service of home visits by the pharmacist if you cannot make it to the pharmacy.

More information about the Medication Management program can be found online on the BC Pharmacists Association website (www.bcpharmacy.ca) or by contacting Howe Sound Pharmacy.

If you have any questions or concerns about Medication Management, please book an appointment with one of our pharmacists, 604-886-3365.

Did you know? You don't even need to leave home to have your prescriptions refilled*. **Call us with your order, and we'll deliver right to your door, for free! 604-886-3365**

*Delivery available Monday to Friday, Port Mellon to Redrooffs. Certain prescription refills may require a doctor visit. Please call us for further details.

Visit our website for more helpful info www.soundcare.ca