

HMR

Would you or someone you care for benefit from a Home Medicines Review? ... Take the test ✓

Are your medicines right for you?

Every year, up to 210,000 Australians are admitted to hospital due to medication problems. At least 50% of these admissions could be avoided by better medicine management.

A Home Medicines Review (HMR) helps you understand your medicines and stay out of hospital.

What is a Home Medicines Review?

A Home Medicines Review is a free health service funded by the Commonwealth Government.

A Home Medicines Review involves a pharmacist visiting you at home and reviewing all your medicines. The pharmacist then works together with your doctor to develop a plan to manage and record the medicines you take.

By working together with you, your doctor and pharmacist can identify any medication problems and make sure your medicines are:

- ✓ The best treatment option for you;
- ✓ Suitable and safe to take together; and
- ✓ Taken correctly.

Why have a Home Medicines Review?

A Home Medicines Review will help you better manage your medicines. It will help:

- ✓ Increase your knowledge about your medicines;
- ✓ Increase your confidence in using your medicines; and
- ✓ Reduce your risk of an avoidable trip to hospital.



Tick the boxes that apply:

- Have you recently been discharged from hospital?
- Are you taking several medicines? (including supermarket or herbal medicines)
- Have you had recent changes to your medicines?
- Do your medicines need monitoring? (e.g. blood thinning medicines)
- Do any of your medicines make you feel unwell?
- Do you use devices to assist with medication management such as monitoring blood glucose or a nebuliser?
- Do you attend more than one doctor including general practitioners and specialists?
- Are you sometimes unsure about which medicines you should be taking?
- Would you like to be more confident about understanding your medicines?

Many different people are helped by a Home Medicines Review.

- Are you a child or adolescent with an ongoing health condition? (e.g. asthma)
- Are you from a non-English speaking background?
- Are you receiving palliative care?
- Do you have a heart condition?
- Do you have asthma or emphysema?
- Do you have a mental health condition?
- Do you have diabetes?

Ask your doctor or pharmacist about a Home Medicines Review.

If you have ticked one or more of the above boxes, you may benefit from a Home Medicines Review.

