

# Help us to help you!

Questions to consider:

Why is it important for me to take this medicine?

When and how do I need to take this medicine?

Are there any medicines, herbal remedies, or foods that I should avoid taking?

What should I do if I experience any problems with the medicine?

What should I do if I miss a dose?

## Structured Medication Review



*Leaflet produced by Solihull Rural PCN  
Pharmacy Team*

*With acknowledgements to North Solihull GP  
Collaborative*

## What is a structured medication review?

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A structured medication review (SMR) is a meeting to review and discuss your medications with a qualified member of our team. It involves a detailed look at the medications you're taking and how you're finding them. We will check to make sure that your medications are still the most appropriate for you, and that you're getting the best out of them.

This will be a good opportunity to find out more about your condition(s) and medication(s). You'll also be able to discuss any concerns you have and work together with us, to determine the best course of action for you.

Please bring along all the medications you're taking or have them ready to discuss (if having a meeting via video-call). This will include any medication you may have had from hospital or purchased over the counter e.g. any herbal remedies, vitamins or supplements.

If there's someone who helps you manage your medications, it may be helpful for them to be present. Due to current government guidelines, this must be someone in your support bubble (Jan 2021).

## Who will carry out the SMR?

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You will be invited to a meeting or video-call with the Clinical Pharmacist based at your GP practice.

Clinical Pharmacists are highly qualified healthcare professionals who have trained for many years to become experts in medications. They are best placed to give advice about medicine-related problems or concerns.

They will work directly with you as part of the wider general practice team. Clinical Pharmacists are supported by Pharmacy Technicians. You may well see or hear from a Pharmacy Technician during the process.

## What happens at the SMR?

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The review is confidential and you'll be asked questions relating to the medications you take. The Clinical Pharmacist may suggest some changes to your medications such as, adjusting the dosage or frequency of your medication and/or

stopping or starting new medication altogether, using the best available evidence. The Clinical Pharmacist will work with you to come to a shared-decision about your medications.

Tests may be performed before or during the review, to determine whether your medication is working correctly. E.g. blood pressure checks and/or blood tests.

## What happens after my SMR?

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Your regular GP will be informed of any medication changes agreed by you at the review. A summary of the meeting will be recorded in your medical notes. Following the review, if you have any questions you can contact the practice and speak to the Clinical Pharmacist or Pharmacy Technician.

