

Medicines Conversation Guide

This guide is designed to facilitate an engaged discussion with older patients taking multiple medicines about their goals, preferences and priorities in relation to their medicines.

Set up the conversation

- Introduce purpose
- Expectations
- Information preferences

What are your **thoughts** about where you are with your health?

What do you hope will be **achieved** by reviewing the medications you are taking?

Are you interested in hearing much **information** about your medicines?

PROMPT: From me or your doctor? Some patients like to know as little or as much as possible.

Explore key topics

- Goals
- Activities and function
- Fears and worries
- Side effects

What is the **most important** thing for you now?

PROMPT: Or in the near future? Are your medicines helping with this?

What **activities** are important to your life?

PROMPT: Do your medicines fit in with this?

What are your biggest **fears and worries** about your health?

What medicines are helping you **feel better** right now?

PROMPT: Do medicines help with your day-to-day symptoms?

Do you have any **concerns** about your medicines?

PROMPT: About side effects?

PROMPT: About taking multiple medicines?

Check cognitive burden

I just want to make sure I'm not **overburdening** you with too many questions?

Make trade-offs

- Making changes
- Side effects/burden

How do you feel about **making changes** to your medications?

Now we are going to work out what **matters most** to you, because different people value different things.

PROMPT: If patient has unwanted **side effects**:

- Some people think side effects such as aching muscles aren't a big deal
- Some people hate having even mild side effects

PROMPT: If patient has a high **drug burden**:

- Some people think taking medicines every day is a hassle
- Some people are happy to take medicines

How much are you willing to accept side effects/hassle of taking medicines?

PROMPT: For the possibility of staying healthier/living longer in the future?

Close the conversation

- Summarise goals/priorities/ medicines

Is your **GP aware** of what's most important to you?

I've heard you say that ____ is really important to you. Keeping that in mind, I'm going to summarise your goals/priorities/medicines...

PROMPT: How much does your family know about your health priorities?