



Community Medical Foundation for Patient Safety
The Community of Competence™ and Foundation for Life

Patient Safety Checklist[®]

Adherence to Prescription Medicines

- What:** A Checklist to help you take your prescription medicine as directed by your doctor.
Why: Many patients do not take their medicines correctly as prescribed and do not get the therapeutic benefits from the medicines. These medicines become unused and expired.
When: Use this Checklist to help you take your medicines correctly and to remind you to follow your doctor's order.
How: Check the boxes and follow the recommendations below. (CMFFORM0084)
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- Make taking prescription medicines an important part of your daily life.
 - Know what each medicine is prescribed for.
 - Read all directions, cautions, and warnings about the medicines carefully. Understand how you should take your medicines: with or without food, how many pills, and at what time. Contact your doctor or pharmacist if you do not understand.
 - Use the **Patient Safety Checklist[®]: Safe Medicines Log** to list your medicines and their schedule.
 - Put your medicine schedule into your daily, weekly, monthly calendar, or planner.
 - Use a daily or weekly (7 days) pillbox to organize your medicines. This practice will reduce the number of times you have to open your pill bottles.
 - Use a daily timer, beeping alarm, or wristwatch to remind you when to take your medicines.
 - Schedule taking your medicines conveniently with or around meals, breaks, and activities.
 - Take the same medicines at the same time each day. Do not skip any medicine.
 - Have someone you trust check and help remind you about your medicines.
 - Immediately report any allergic reaction or side effect to your doctor or pharmacist. Talk to your doctor or pharmacist if you have any concern or problem about your medicines.
 - Take all your medicine as directed, even if you feel better. Talk to your doctor first if you must stop or even think about not taking your medicines. Take all your antibiotics!
 - Make plans in advance to refill of your prescriptions before travel and special weekends, and as part of your emergency and disaster preparedness.
 - Check your medicines regularly with your doctor and pharmacist to make sure the medicines are still the right treatment for you.
 - Include list of medicines and written prescriptions with doctor's name in your emergency and disaster preparedness plan, particularly in case of evacuation to an emergency shelter.
 - Always reward and treat yourself when you stay on your medicine schedule, weekly and/or monthly.
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