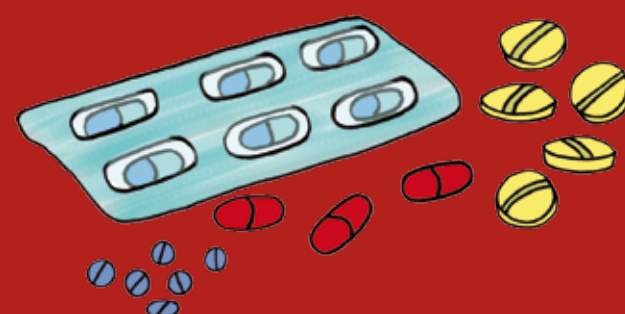




**Good Medicines Better Health**

**WHAT DOES IT MEAN AND  
HOW CAN IT BE ACHIEVED?**



# About this chart

This flipchart can be used to guide discussions with your clients.

The information is also available in a brochure that clients can take home as a reminder.

The bottom part of each notes page has been left blank for you to add your own comments or examples relevant to your clinic.

If you find that there are examples or pieces of information missing, please let us know. We hope to continue developing this resource with your feedback.

My notes



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# Quality Use of Medicines

**Means the safe, effective and appropriate use of medicines:**

- A **safe** medicine is one that is not overused or underused, or mixed with other drugs.
- For a medicine to be **effective**, it must be easy to get, stored properly and taken the right way.
- An **appropriate** medicine is one that has been carefully selected to meet your needs.

## My notes

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# Quality Use of Medicines

Appropriate ?

Safe



Effective





# What is a medicine?

## Medicines come in lots of different forms, not just tablets and capsules.

## Other forms include:

- Creams
- Inhalers
- Lotions
- Ointments
- Patches

## Questions clients should be encouraged to ask:

- How much medicine do I need to take?
- How many times a day?
- How long do I have to take the medicine for?

## My notes

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# What is a medicine?

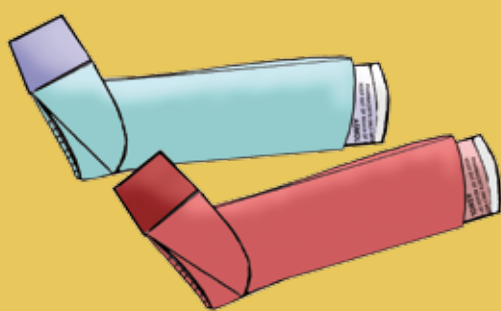
## Medicines include:

- Prescriptions (prescribed by a Doctor).
- Medicines that can be bought over the counter in the pharmacy or supermarket.
- Bush medicines.
- Herbal medicines, vitamins and minerals.

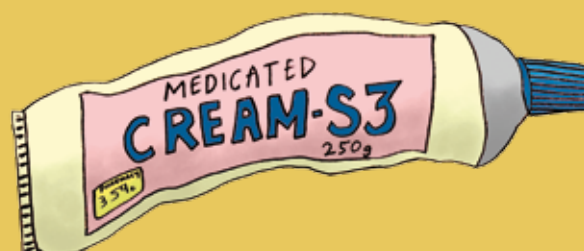
### Tablets/Capsules



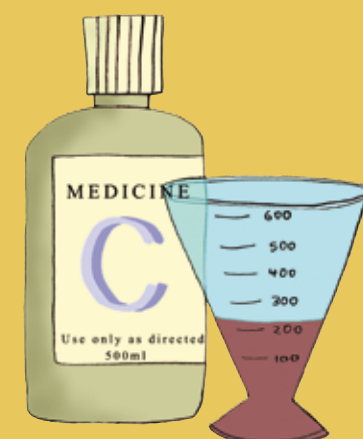
### Bush Medicine



### Inhaler



### Cream



### Liquid



# Who can help you with your medicines?

- **Aboriginal Health Workers.**
- **Doctors.**
- **Nurses.**
- **Pharmacists.**
- **Other health care professionals (for special advice about kidneys, heart, and teeth).**
- **Family members or carers can help you manage your medicines.**

## My notes

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# Who can help you with your medicines?

## Aboriginal Health Workers



## Pharmacist



## You



## Doctor



## Nurses



## Family/Carers

# What you need to know about your medicines

- **Some medicines need to be taken every day, even if you feel well (e.g. high blood pressure tablets). You might have to take the them at certain times, such as breakfast, lunch, dinner and night time.**
- **Some medicines only need to be taken when you have symptoms (e.g. asthma puffer).**
- **Others are only taken for a short time (e.g. antibiotics for infection).**

## Client prompting questions:

- What is the medicine for?
- What should I expect from the medicine?
- What check-ups do I need?
- How much medicine do I need to take?
- How many times a day?
- Should I take with or without food?

## My notes

[illegible]



# What you need to know about your medicines

- What is the medicine for?
- What should I expect from the medicine?
- What check-ups do I need?
- How much medicine do I need to take?
- How many times a day?
- How long do I have to take the medicine for?
- Should I take with or without food?



**breakfast**



**lunch**



**dinner**



**night time**

**?**



# Problems with medicines

## What are some problems that you may have with your medicines?

- Taking medicines at the wrong time.
- Forgetting to take your medicines.
- Taking certain medicines together.
- Medicines not working well.
- Sharing your medicines.

**Clients need to know what to do in each of these situations.**

## My notes

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# Problems with medicines

- Taking medicines at the wrong time.
- Forgetting to take your medicines.
- Taking certain medicines together.
- Medicines not working well.
- Sharing your medicines.



## Side effects

- Side effects are unwanted effects of medicines.
- Some medicines can cause side effects but not all side effects are serious.
- Not everyone will experience side effects from medicines and not everyone will experience the same side effects from medicines.
- Some examples of side effects are a rash, nausea, dizziness or not sleeping.

## My notes

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# Side effects

- **A side effect is an unwanted effect of a medicine.**
- **Some medicines can cause side effects.**
- **Not all side effects are serious.**

## **What to ask your Aboriginal Health Worker:**

- **What effects could there be?**
- **What should I do if one occurs?**
- **How soon do I need to act?**



# Storing your medicines

## Medicines should be stored:

- In cool, dry and dark place.
- Out of the reach of children and animals.

## What patients need to know:

- Store according to instructions.
- Some medicines have to be kept cold (e.g. insulin).
- Store away from children.

## My notes

[illegible]



# Storing your medicines

## Medicines should be stored:

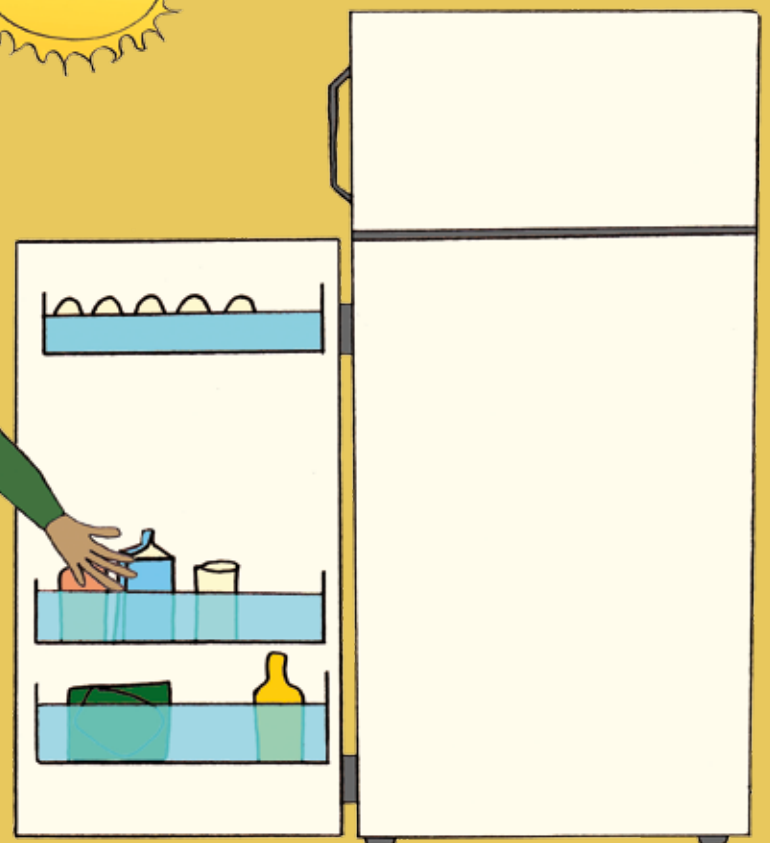
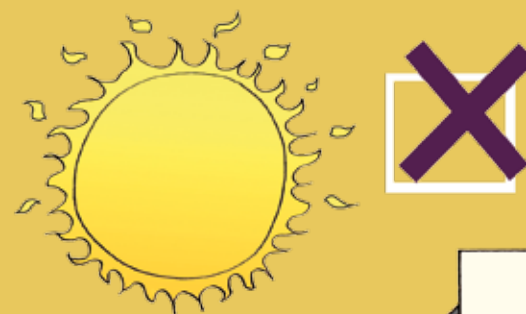
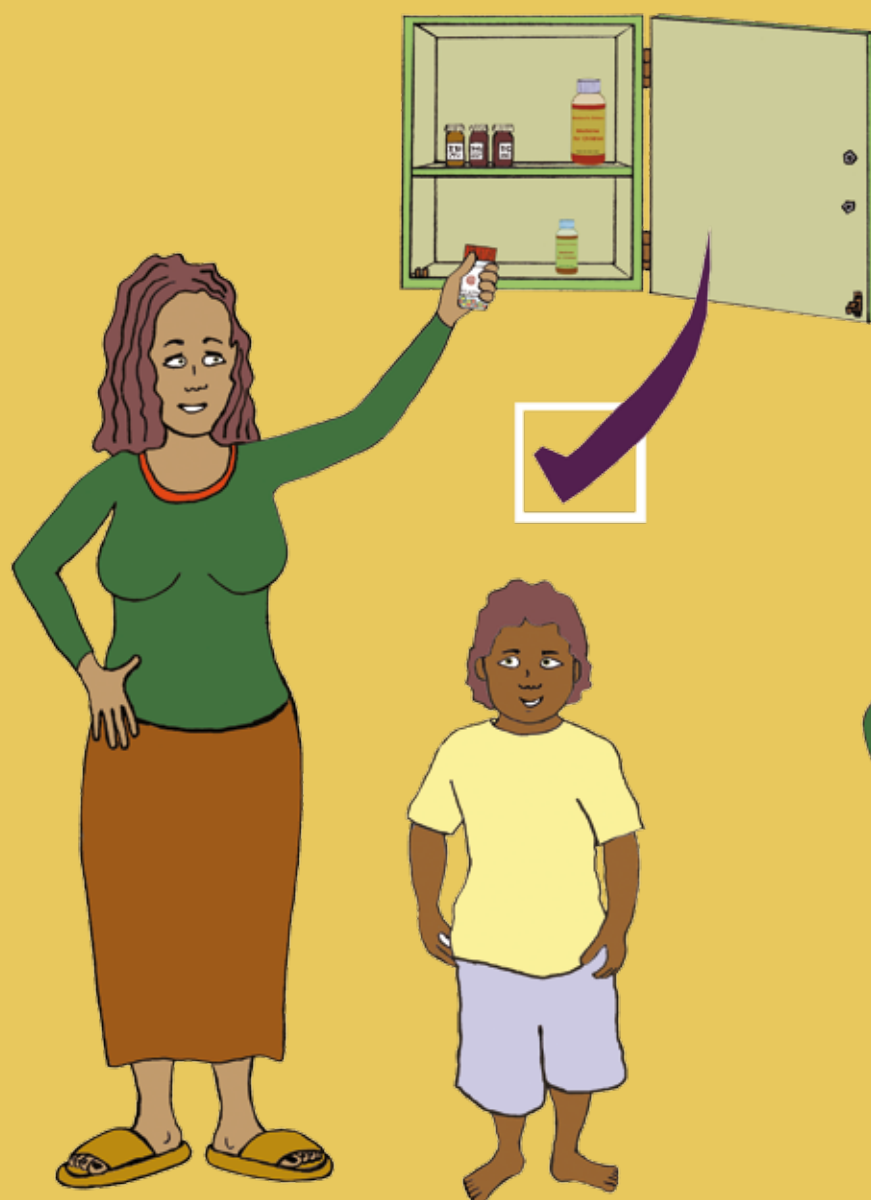
- In cool, dry and dark place.
- Out of the reach of children and animals.

## What to ask your Aboriginal Health Worker:

- Where should I keep this medicine?
- Does it need to stay cold?

**Keep away from children**

**Read instructions carefully**



**Check the temperature**

# Dose Administration Aids (DAA)

**DAA's can sometimes make it easier to manage your medicines.**

## For example:

- Webster-pak™
- Dosette boxes
- Clam shells

**It is important to choose a Dose Administration Aid that you are comfortable using.**

## Things the client needs to consider:

- Can you get to the clinic to collect your DAA each week?
- Do you know how to use your DAA?
- Do you have somewhere safe to store your DAA?

## My notes

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# Dose Administration Aids (DAA)

Dose Administration Aids include:

- Webster-pak™
- Dosette boxes
- Clam shells

**What do you need to consider?**

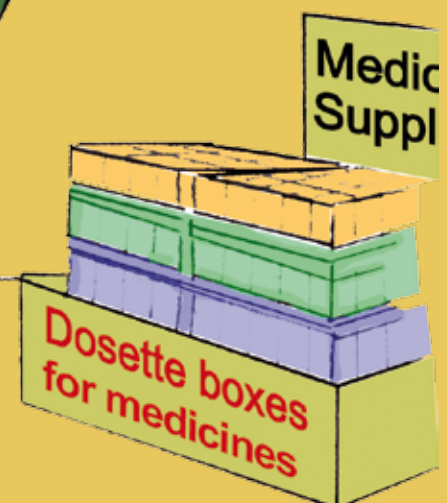
- Can you get to the clinic to collect your DAA each week?
- Do you know how to use your DAA?
- Do you have somewhere safe to store your DAA?



**Webster-pak™**



**Dosette boxes**





## What about unused or out of date medicines?

## It's important not to:

- Use out of date medicines.
- Keep unused medicines.
- Share your medicines.

## Clients should:

- **Take unused medicines back to the clinic.**

## My notes

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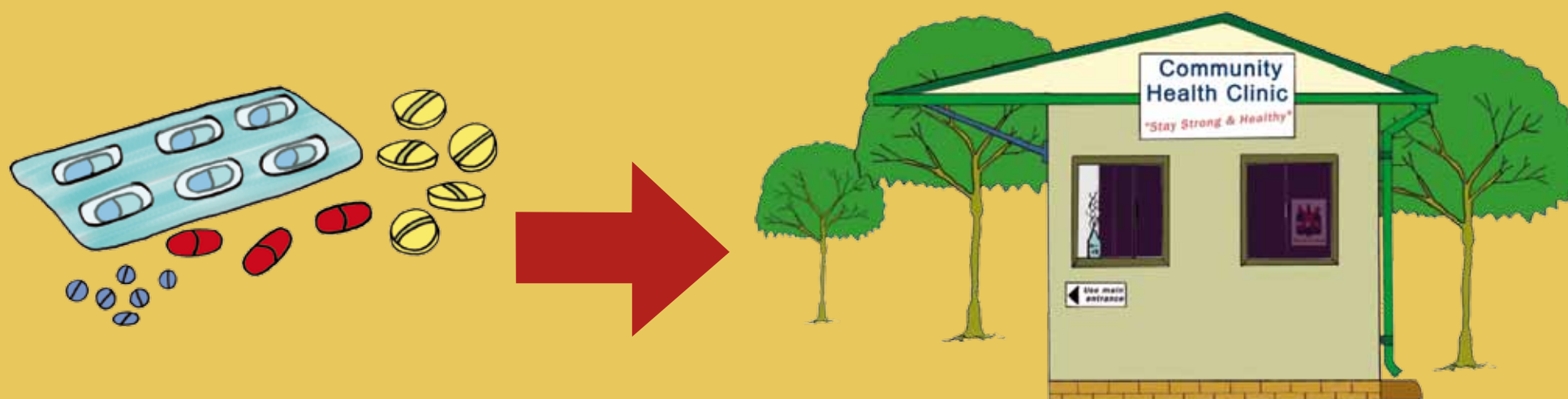
# What about unused or out of date medicines?

**It's important to:**

- Not use out of date medicines.
- Not to keep unused medicines.
- Take unused or out of date medicines back to the clinic.



**It's important not to share your medicines**



**Take old medicines back to the clinic**

# Mixing medicines

- Mixing certain medicines together can make us sick.
- Mixing certain medicines with alcohol can also make us sick.
- For example, if people drink alcohol while they are taking some antibiotics, they can feel very sick. In some cases, no alcohol is best, however, in other cases a small amount of alcohol is okay.
- If you are taking medicines, it's important to speak with your Aboriginal Health Worker or Doctor before drinking alcohol.

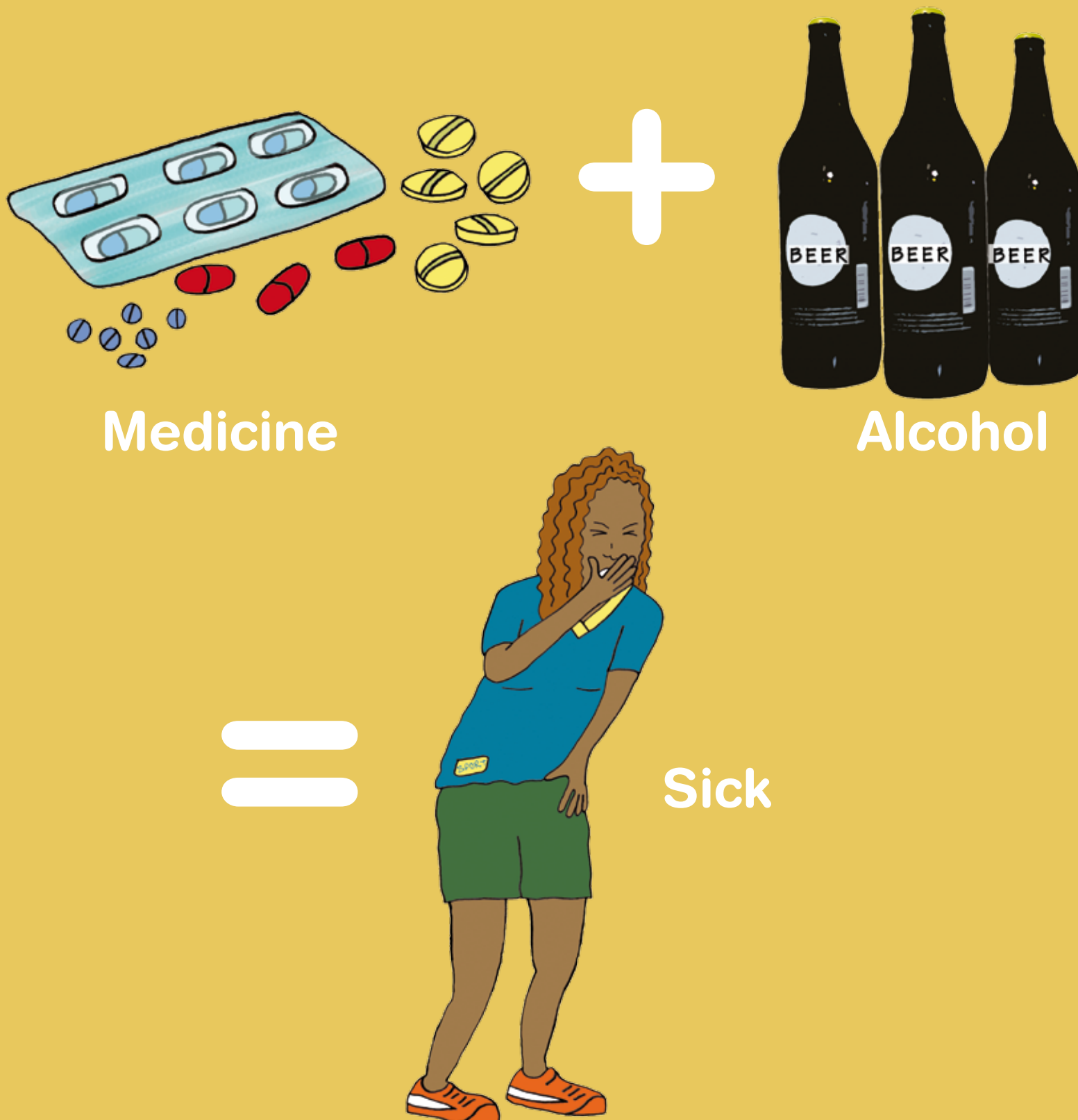
## My notes

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# Mixing medicines

- Not all medicines can be taken together.
- When some medicines are taken together they can make you sick.
- Drinking alcohol while taking some medicines can make you sick.
- If you are taking medicines, it's important to speak with your Aboriginal Health Worker or Doctor before drinking alcohol.



# Generic name and brand name

- Medicines have only one generic name but can have many brand names.
- The generic name is the real name or the name of the chemical active ingredient. The brand name is the name given to the medicine by the company which makes it and sells it.
- A doctor may prescribe a client a medicine using the generic name and the pharmacist may give them a medicine with a different brand name.
- You can always find the generic name on the medicine package, usually in smaller print.
- Generic medicines may look different to the original brand of medicine. They may be a different colour, size, or have different packaging. Because generic medicines have the same active ingredient, they are expected to work the same way.

## My notes

[illegible]

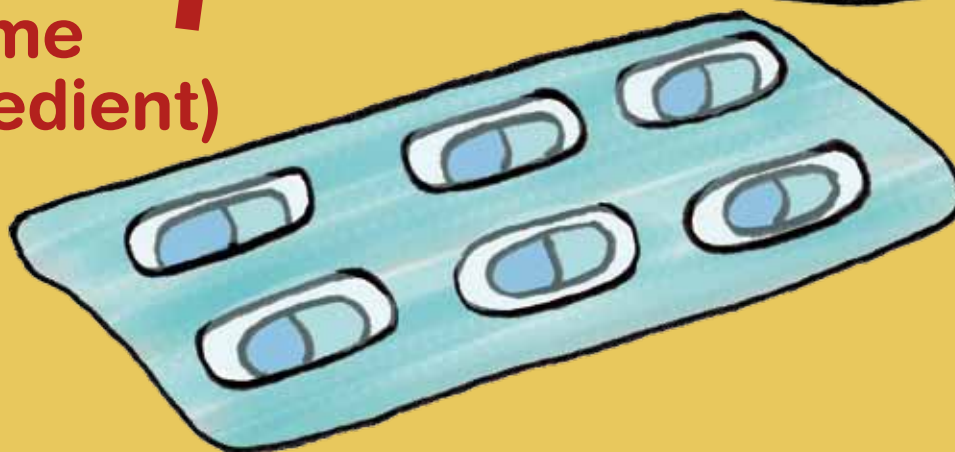
# Generic name and brand name

- Medicines have one generic name but can have many brand names.
- The generic name is the real name and the name of the chemical active ingredient. The active ingredient is what makes your medicine work.
- The brand name is the name given to the medicine by the company who makes it and sells it.
- You may be prescribed a medicine with a different brand name but the same generic name. The medicine will do the same thing.

**Brand name**  
(Name company has given)



**Generic name**  
(Active ingredient)



\* This is not an actual brand.



# Antibiotics

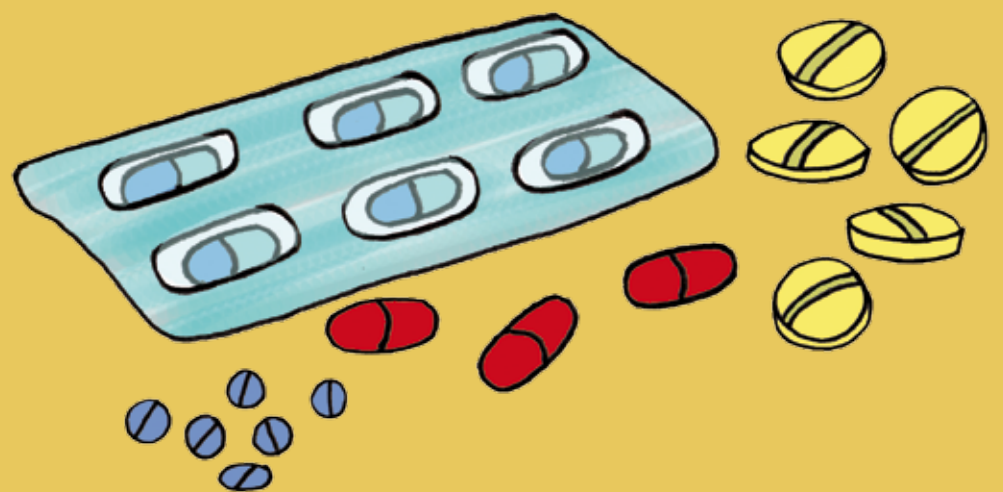
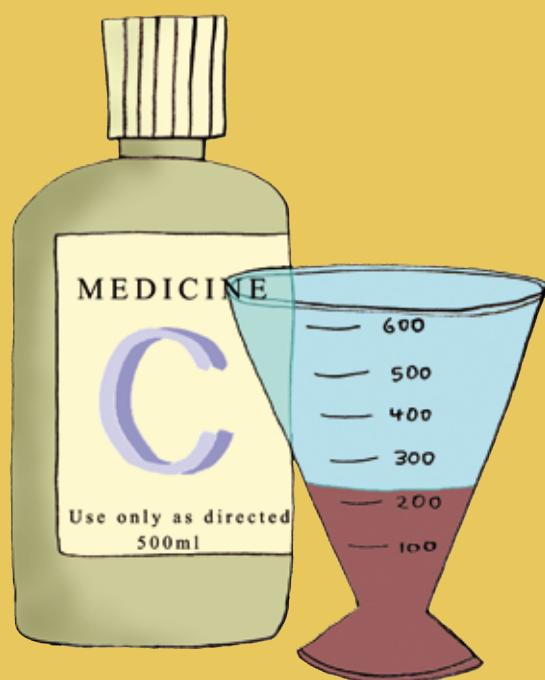
- It's important that clients are familiar with all of their medicines so they know when to take them and how long to take them for.
- It's important to tell your clients about antibiotics.
- Antibiotics are part of a group of medicines used in the treatment of infections caused by micro organisms (germs) e.g bacteria, fungi and protozoa.
- Ask your clients to take all of their antibiotics, even if they feel better. This helps to make sure all the germs are gone and the infection does not come back and get worse.
- If a few germs are left, this can lead to germs becoming resistant to antibiotics and the antibiotics not being strong enough to kill the germs.
- You must finish your course or they may not work!

## My notes

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# Antibiotics

- A type of medicine that treats infection in the body by killing germs (bacteria).
- Take all of your antibiotics, even if you feel better. This will make sure all the germs are gone and the infection does not come back.
- Not finishing your antibiotics puts you at risk of the infection coming back and getting worse.



## Antibiotics

# Medicines and pregnancy

- Some medicines can cause harm to the baby if the mother takes it while she is pregnant. Medicines move through the body in our blood stream. This means that they may be able to travel through the placenta and into the baby. This can harm the baby.
- The doctor must decide which medicine is safest for her and her baby or what would happen if no medicine is taken at all.
- Always ask the woman if she is pregnant or trying to become pregnant before giving a medicine and do a pregnancy test, if she is of child bearing age and if she is not sure.
- The first 3 months of pregnancy are usually the most important because this is when:
  - The baby is growing faster.
  - The mother may not know she is pregnant.

## My notes



# Medicines and pregnancy

- Some medicines can move through the body into the baby. This can harm the baby.
- Talk to your Aboriginal Health Worker or Doctor if you are pregnant or trying to become pregnant and taking any medicines. This includes bush medicine, over-the-counter medicine and prescription medicine.



# Medicines and breastfeeding

- Medicines also travel through mother's blood into breast milk. Some medicines remain in the breast milk for a long time and this means the baby may get higher doses of the medicine than is safe.
- Some medicines can cause harm to the baby if the mother takes them while breastfeeding.
- **Things you need to ask the mother if she is breastfeeding:**
- Remind them to tell their Aboriginal Health Worker or Doctor if they are breastfeeding.
- Ask the mother to bring the baby into the clinic if the baby seems sick. Also bring all of her medicines to show the Aboriginal Health Worker or Doctor.
- Whenever a baby is unsettled or has unusual symptoms such as breathing quickly, is hot or has a rash, you should always check what medicines the mother has taken. This includes all over-the-counter medicines, bush medicines, vitamins and prescription medicines.

My notes

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# Medicines and breastfeeding

- Some medicines can travel through the mother's body into breast milk.
- Some medicines can cause harm to your baby while you are breastfeeding.
- Check with your Aboriginal Health Worker or Doctor to make sure your medicine is safe for your baby while you are breastfeeding.





# Staying healthy

- Remember that medicines are only part of you being healthy.
- People still need to stay healthy, look after themselves and get regular check-ups while they are on medicines.
- Exercise and good food can help you stay healthy.

## My notes

[illegible]

# Staying healthy

You still need to stay healthy, look after yourself and get regular check-ups

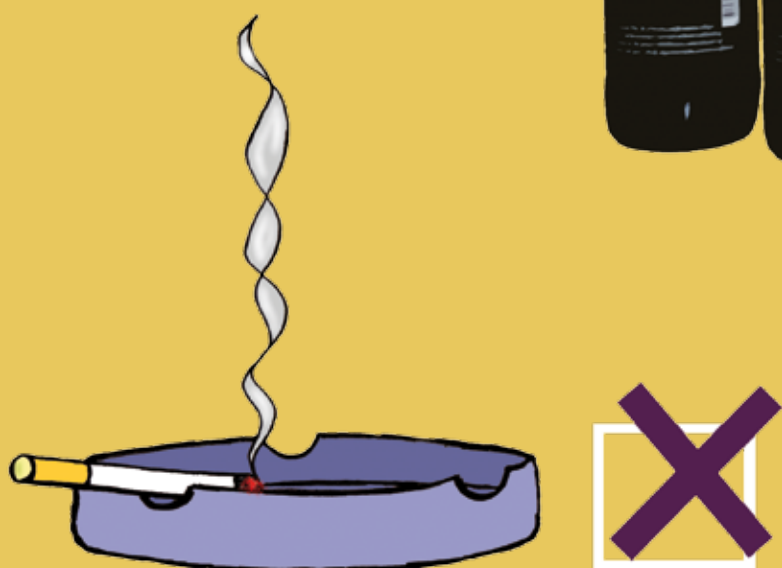
## Exercise



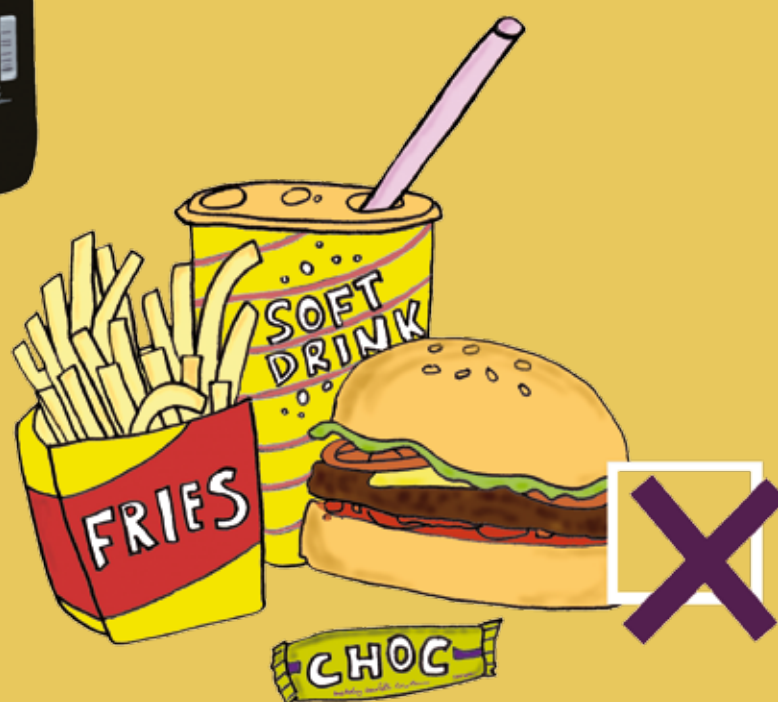
## Good food



## Reduce alcohol



## Reduce smoking



## Reduce junk food

## Keep a medicines list

**It is important to check that your medicines are working properly and not causing any unwanted side effects.**

## Some things to think about are:

- You can use a Medicines List to keep track of all your medicines.
- Make sure it includes all prescription, over-the-counter, herbal, bush medicines, vitamins and minerals.
- Get your list reviewed regularly to ensure that all your medicines are listed and are not causing complications.
- If your medicine chart or list has not been reviewed in the last six months, make an appointment with the doctor.

## Questions to ask your client:

- How are you going with your medicines?
- Are you having any problems?
- Do you want to see a doctor, pharmacist or nurse?
- Do you want anything checked?

## My notes

[illegible]



# Keep a medicines list

- Keep a medicines list and show it to your Aboriginal Health Worker or Doctor.
- Make sure you include all your medicines including over-the-counter medicines, bush medicines, vitamins and minerals.
- It's important to visit the clinic to have your medicines reviewed.
- Ask for help if you have any problems.







National Prescribing Service Limited



NACCHO



**Aboriginal Health Council**  
of South Australia Inc.