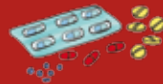




Good Medicines Better Health



WHAT DOES IT MEAN AND HOW CAN IT BE ACHIEVED?

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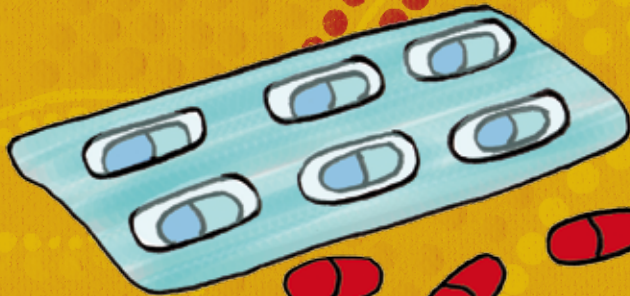
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Quality Use of Medicines means the safe, effective and appropriate use of medicines:

- 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.





What is a medicine?

Medicines include:

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

Who can help you with your medicines?

- Aboriginal Health Workers.
- Your Doctor.
- Nurses.
- Pharmacists.
- Other healthcare professionals (for special advice about kidneys, heart, and teeth).
- Family members or carers can also help you manage your medicines.





What do you need to ask your Aboriginal Health Worker, Doctor or Pharmacist?

- 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?

What you need to know about your medicine

Some are for every day:

- Some need to be taken daily even if you feel well (e.g. high blood pressure tablets). You might have to take them at certain times, such as breakfast, lunch, dinner and night time.

Others are only sometimes:

- Some medicines only need to be taken when you have symptoms (e.g. asthma puffer). Check with your Aboriginal Health Worker.
- Others are only taken for a short time (e.g. antibiotics for infection).



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Problems with medicines

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

Side effects

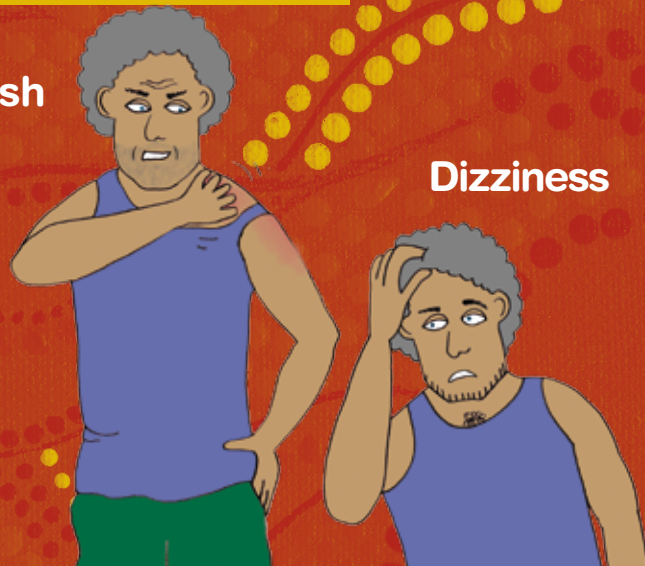
- A side effect is an unwanted effect of a medicine.
- Some medicines can cause side effects.
- Not all side effects are serious.
- Some examples of side effects are dizziness, coughing, shortness of breath, a rash, nausea or not sleeping.
- See your Aboriginal Health Worker or Doctor if you suspect a side effect.

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?

Rash

Dizziness





Storing your medicines

Medicines should be stored:

- In a 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?

Dose Administration Aids (DAA)

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

These include:

- Webster-pak™.
- Dosette boxes.
- Clam shells.

Things 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?

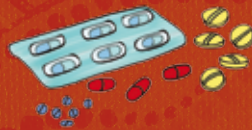
- It's important not to use out of date medicines.
- It's important not to share your medicines.
- Take unused or out of date medicines back to the clinic.



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 you drink alcohol.

OPEN Day & Night Pharmacy



Medicine

+



+

Alcohol

=



Sick

Brand name
(Name company has given)



Generic name
(Active ingredient)

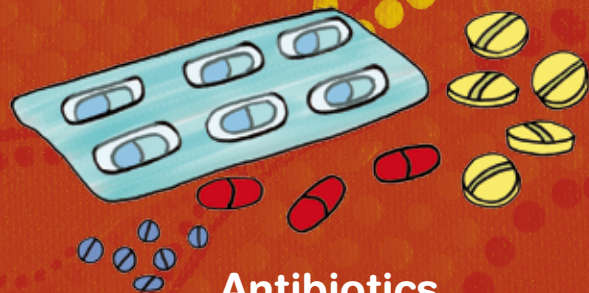
* This is not an actual brand.

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.

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

Medicines and breastfeeding

- Some medicines can travel through your 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.

What you need to remember:

- Take all of your medicines to the clinic to show the Aboriginal Health Worker or Doctor.





Staying healthy

- Remember that medicines are only part of you being well and healthy.
- It's important to stay healthy, look after yourself and get regular check-ups while you are on medicines.
- Exercise and good food can help you stay healthy.

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.



Keep your Medicines List up-to-date

Name: Date of Birth: Date to have my medicines reviewed:

Name of medicine	Strength	What is the medicine for?	How much do I use and how often?	Date started	When to stop or review
Example: Paracetamol	500mg tablets	Pain from arthritis in knee	2 tablets, 4 times/day	11.1.2009	11.3.2009
1.					
2.					
3.					
4.					

Clinic Details: _____ Contact: _____ Doctor's Signature: _____

Keep your Medicines List up-to-date

Name of medicine	Strength	What is the medicine for?	How much do I use and how often?	Date started	When to stop or review
5.					
6.					
7.					
8.					
9.					
10.					
11.					

Keep your Medicines List up-to-date

Name of medicine	Strength	What is the medicine for?	How much do I use and how often?	Date started	When to stop or review
12.					
13.					
14.					
15.					

List ALL of your medicines including: Prescription medicines, medicines you buy over the counter from the pharmacy or supermarket, bush medicines, herbal medicines, vitamins and minerals.

For extra copies go to our website www.nps.org.au/consumers or pick up another Medimate from your Doctor or Pharmacist.



National Prescribing Service Limited



NACCHO



Aboriginal Health Council
of South Australia Inc.