

H11 Managing Your Medications

March 2007

Intro: Hundreds of thousands of people go to the ER every year because of problems with medications they're taking – accidental overdoses, side effects and bad interactions. Pharmacists at Mayo Clinic are trying to change that. They've started a new program that helps people manage their medications safely and as cost-effectively as possible.

Video

Total running time 1:36

Vivian Meech

Takes Medications

Audio

VIVIAN MEECH SAYS TAKING LOTS

OF PILLS CAN BE A NUISANCE.

“I HAD TO TAKE THESE THINGS

FOUR TIMES A DAY.”

EVERY DAY VIVIAN TAKES A

VARIETY OF MEDICATIONS TO

TREAT CROHN'S DISEASE AND

ANOTHER CONDITION THAT

CAUSES HER JOINTS TO BECOME

STIFF. PLUS ONE OF HER

MEDICATIONS WAS CAUSING BAD

SIDE EFFECTS.

Vivian Meech

“THERE WAS SOMETHING IN THAT

DRUG THAT INTERACTED WITH MY

PILLS AND INTERACTED WITH MY

LIVER.”

TO HELP VIVIAN GET ON A SAFER

AND LESS CUMBERSOME DRUG
REGIMEN, HER DOCTOR
RECOMMENDED SHE MEET WITH A
PHARMACIST IN MAYO CLINIC'S
MEDICATION THERAPY
MANAGEMENT PROGRAM.

Pharmacist with Vivian

"I'M GOING TO ASK YOU IF YOU
HAVE ANY PARTICULAR
CONCERNS..."

**Laura Odell, Pharm.D.
Mayo Clinic Pharmacist**

"THE GOAL OF THE PROGRAM IS
FOR THE PHARMACIST AND
PATIENT TO WORK TOGETHER TO
FIND OUT WHAT TYPE OF DRUG
THERAPY WOULD BE MOST
CONVENIENT FOR THE PATIENT,
THE MOST EFFECTIVE AND THE
SAFEST."

**Standup
Vivien Williams
Reporting**

RESEARCH IN THE *JOURNAL OF
THE AMERICAN MEDICAL
ASSOCIATION* SHOWS THAT EVERY
YEAR MORE THAN 700-THOUSAND
PEOPLE GO TO THE ER BECAUSE
OF THEIR MEDICATIONS, AND ONE

SIXTH OF THOSE PEOPLE ARE HOSPITALIZED. MAYO CLINIC PHARMACIST LAURA ODELL AND COLLEAGUES SAY SOME OF THESE EVENTS CAN BE AVOIDED IF PEOPLE KNOW MORE ABOUT THE DRUGS THEY'RE TAKING, BOTH PRESCRIPTION AND OVER – THE-COUNTER.

Laura Odell
Mayo Clinic Pharmacist

“WE REALLY FOCUS ON GIVING THEM DRUG MANAGEMENT TOOLS.”

Vivian Meech

“THIS IS THE LIST OF ALL THE MEDICATIONS. IT TELLS WHICH ONES TO TAKE AND WHEN.”

HAVING LEARNED MORE ABOUT HER MEDICATIONS, VIVIAN'S NOW ON A PROGRAM THAT'S SAFER, MORE MANAGEABLE AND MORE COST-EFFECTIVE. FOR MEDICAL EDGE, I'M VIVIEN WILLIAMS.

Anchor tag:

Laura O'Dell says the medicine management program is not meant to replace the relationship you have with your community pharmacist. It's another option for people

with multiple medical concerns to learn more about how to get the most benefit from their medications.

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