

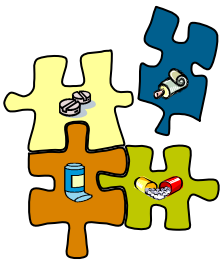
Top 10 Tips

How to Obtain a Comprehensive Best Possible Medication History (BPMH)

- 1** Be proactive. Gather as much information as possible prior to seeing the patient. Review medical history, PharmaNet profile and medications containers/lists.
- 2** Use medical conditions as a trigger to prompt consideration of appropriate common medications.
- 3** Do NOT assume patients are taking medications according to PharmaNet. Ask about recent changes initiated by either the patient or the prescriber and if the change was due to lack of effect or an adverse reaction to a drug.
- 4** Ask questions about drugs not listed in PharmaNet: antiretrovirals, nonprescription drugs, vitamins, samples, study drugs, recreational drugs, herbal/traditional remedies and items obtained outside of British Columbia or over the internet.
- 5** Ask questions about unique dosage forms: eye drops, inhalers, injections, patches, and sprays.
- 6** Use open-ended questions: "Tell me how you take this medication?"
- 7** Consider patient adherence with prescribed regimens. Review fill dates and quantities in PharmaNet and inquire about discrepancies.
- 8** Verify accuracy: verify information by using two sources e.g. patient/family and PharmaNet.
- 9** Obtain community pharmacy contact information: anticipate and inquire about multiple pharmacies.
- 10** Use a BPMH interview guide. Consider efficient order/appropriate phrasing of questions to identify commonly-missed medications.

Adapted with permission from University Health Network and ISMP Canada 2009

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Best Possible Medication History Interview Guide

Preparation:

- Print and review the patient's/resident's/client's Medication Reconciliation Orders/Record/Prescription form
- Review chart/file for any clinical conditions and medication lists obtained previously
- Arrange for a translator or family member to assist if required

Conversation:

- Introduce yourself and explain your purpose e.g. *"It is important we know what medications you are taking at home and which medications you have tried that either did not work for you or made you feel worse due to side effects"*
- Confirm that this is an appropriate time for an interview
- Ask the patient/resident/client if they brought their home medications with them. If so, review each medication with them as below (If in the hospital setting, remind them not to take these medications while in hospital)
- Ask the patient/resident/client to describe why and how they are taking each medication **regardless of what is printed on the label or in PharmaNet**
- Ask about *"medications that you can buy without a prescription or in a health food store"*, especially:
 - aspirin
 - analgesics e.g. acetaminophen, ibuprofen
 - vitamins, calcium, iron and other supplements
 - allergy medications, eye drops, etc.
- Ask if their doctor has given them any samples or if they have purchased any medications over the internet
- Ask if they have any additional questions and thank them for their time

Documentation:

- For each medication listed in PharmaNet, complete the "Medication History" column using the options listed on the Medication Reconciliation Order/Record/Prescription form
- For non-prescription medications, document the name of the drug, the dose, route, frequency and indication (if known)
- For herbal and complementary/alternative products, document the name of the preparation and as much additional information as is readily available
- Place completed Medication Reconciliation Orders/Record/Prescription form in the orders section of the chart for processing and future reference