

## ▶ Before your rongoā review:

### How I am feeling...

(e.g. changes, side effects, difficulties)

### My concerns and questions about my medicines...

## ▶ At the end of your rongoā review:

### What do I do now?

(e.g. what changes do I need to make?)

Has the doctor or pharmacist updated your medicine card/list for you?

## It's good to ask questions at a health appointment. Pātai (Questions) you might want to ask:

- ▶ Do I still need to take all these medicines?
- ▶ Why am I taking this medicine?
- ▶ What are the benefits?
- ▶ What are the risks?
- ▶ How long do I need to take this medicine for?
- ▶ What happens if I forget a dose?
- ▶ Can I change the dose of this?
- ▶ What are the side effects of this medicine?
- ▶ Is this a side effect of this medicine?
- ▶ Why have my medicines been changed?
- ▶ Are there simpler, safer options?
- ▶ What happens if I stop taking this medicine?
- ▶ What medicines do I need to keep taking? Why?
- ▶ Do I need any tests?
- ▶ How do I know this medicine is working?
- ▶ Can I change the time of day I take my medicine?

## Health provider contact information:

Ma te rongo, ka mōhio  
Mā te mōhio, ka mārāma  
Mā te mārāma, ka mātau  
Mā te mātau, ka ora

*From listening comes knowledge  
From knowledge comes understanding  
From understanding comes wisdom  
From wisdom comes well-being*

## Tips for your rongoā (medicine) review



## INFORMATION FOR WHĀNAU



# TIPS TO MAKE THE MOST OF YOUR RONGOĀ (MEDICINE) REVIEW

## What is a rongoā review?

- ▶ A meeting with a doctor, nurse or pharmacist to talk about and review the medicines you are taking.
- ▶ Medicine reviews are a normal part of health care and it is a good idea to have one every year.
- ▶ Medicine reviews can be a separate appointment or can be part of a regular consultation.

## Why review your rongoā?

- ▶ It is really helpful for whānau who are taking a lot of medicines.
- ▶ Things can change from when you were first prescribed a medicine.
- ▶ You might have a new health condition, lost or gained weight, or developed a side effect.
- ▶ There might be some new medicines available that would be better for you.
- ▶ You might want to be reminded what each medicine is for and how to take it.

## Before your rongoā review appointment

- ▶ Bring all your medicines to your appointment - everything you have at home including pills, capsules, ointments, inhalers, over-the-counter drugs, supplements or natural remedies and rongoā Māori.
- ▶ Think about any changes in how you are feeling. Be ready to describe these clearly.
- ▶ Write down any concerns/questions about your medicines (use the questions on the back of this page to help).
- ▶ If you want to, ask one of your whānau or a support person to come with you.

## During your appointment

- ▶ Make sure you have your notes and your medicines with you. It can be helpful to write any questions down and take them with you to your appointment.

## Share your experience

- ▶ Tell your doctor/nurse/pharmacist about your experiences with your medicines and any changes in how you feel.

"I like to go to the kaumātua program, can I change when I take my furosemide so that I don't feel stressed about going to the toilet while I'm there?"

## Ask any pātai you may have

- ▶ Ask about your medicines and your health conditions.
- ▶ If there are any words you don't know, ask what they mean.

"I heard there's a new diabetes medication. Would that be good for me?"

"Do I have to pay for blister packs for all my medicines?"

## Check to make sure you understand

- ▶ Tell your doctor/nurse/pharmacist what you understood from their kōrero (explanation). This can help you to check that they explained everything clearly to you and you have understood correctly.
- ▶ Take notes if you like so you don't forget important details. Or, if you have whānau support, they could take notes for you.
- ▶ Ask for a list of your medications and how to take them (this might be a yellow card).

## FOR MORE INFORMATION:

Ask for printouts about your medicines or check these websites:

[healthnavigator.org.nz](http://healthnavigator.org.nz)

[hqsc.govt.nz](http://hqsc.govt.nz)

Choosing Wisely (find this on [hqsc.govt.nz](http://hqsc.govt.nz))