

## Resources to Print

### USE MEDICATIONS SAFELY

#### Print resources contained in:

Manitoba Institute for Patient Safety

Supplement to Module E: Substance Use and Abuse Prevention

Lesson 1: Legal and Illegal Substances

Physical Education/Health Education

Grade 11 Active Healthy Lifestyles

For this lesson you may want to print these:

**It's Safe to Ask – Student Medication Card (included below)**

**5 Questions to Ask about Your Medications (included below)**

#### **Scenarios for Small Group Work (included below)**

- It is never safe to take someone else's medication.
- It is never safe to take medication from an unmarked container.
- Always use the same pharmacy for your medication needs.
- Keep an up to date list of all medication that you take, including prescriptions, over the counter medications, herbal medicine and vitamins.
- Always know how much of your medication to take (the dose) and how and when to take it.
- It is never safe to take expired medication.

## It's Safe to Ask: Student Medication Card

### *Vous pouvez poser des questions au sujet de vos médicaments*

Share your medication list with your parents, doctor, nurse and pharmacist. Carry this card with you at all times!

*Communiquez votre liste de médicaments à votre parents, votre médecin, votre infirmière et votre pharmacien. Ayez cette carte avec vous en tout temps!*

Name/*Nom*

Address/*Adresse*

Birth Date (dd/mm/yyyy)/*Date de naissance (jj/mm/aaaa)*

Gender \_\_\_\_\_

Manitoba Health Registration #/*N<sup>o</sup> d'immatriculation Santé Manitoba*

Personal Health ID #/*N<sup>o</sup> d'identification personnelle (9 numbers/chiffres)*

Medical Plan #/*Autre nom et N<sup>o</sup> d'assurance santé* (e.g. Blue Cross)

Family Doctor's Name /*Nom du médecin de famille*

Phone / *N<sup>o</sup> de téléphone*

Emergency Contact/*Nom contact en cas d'urgence*

Phone / *N<sup>o</sup> de téléphone*

Second Emergency Contact/*2<sup>e</sup> contact en cas d'urgence*

Phone / *N<sup>o</sup> de téléphone*

Pharmacy Name / *Nom de pharmacie*

Pharmacy phone number / *N<sup>o</sup> de téléphone (pharmacie)*

**Medical History / Antécédents médicaux:**

- diabetes/*diabète*
- high blood pressure/*haute pression*
- heart disease/*maladie de coeur*
- breathing problems/*problèmes respiratoires*
- other medical problems (list below)/*autres problèmes médicaux (veuillez préciser)*

**My allergies** or bad reactions to medications  
*Allergies ou réactions indésirables aux médicaments:*

List your medications on other side/*Inscrivez vos médicaments à l'envers*

If you have questions talk to your parents, or call your pharmacist.  
Si vous avez des questions, parler à tes parents ou téléphonez votre pharmacien.  
For additional copies, go to [www.safetoask.ca](http://www.safetoask.ca)  
Pour obtenir d'autres exemplaires, visitez le site [www.safetoask.ca](http://www.safetoask.ca)

**List all medications that you take. Include herbal medicine and vitamins.**  
*Indiquez tous les médicaments que vous prenez, y compris les plantes médicinales et les vitamines.*  
 Update your list. Cross out old medications. Add new ones!/Mettez votre liste à jour. Rayez les médicaments périmés. Ajoutez les nouveaux médicaments!

Medication name <i>Nom du médicament</i>	Strength <i>Puissance</i>	How much <i>Quantité</i>	How often and when <i>Fréquence et quand</i>	Date/Date		Reason for taking <i>Motif de l'administration</i>	Who prescribed <i>Qui a prescrit</i>
				Started/Debut	Stopped/Fin		
<i>Example: My drug Exemple: mon médicament</i>	<i>20 mg/tablet 20 mg/comprime</i>	<i>1 tablet 1 comprimé</i>	<i>2 times a day at breakfast &amp; dinner 2 fois par jour au petit déjeuner et au dîner</i>	<i>May 1, 2008 1er mai 2008</i>		<i>blood pressure haute pression</i>	<i>Dr. Doe Dr. Tremblay</i>

**For More Information on Medication Safety:**

**Manitoba Institute for Patient Safety, Medication Safety:** <http://mips.ca/pf-med-safety-it-s-safe-to-ask.html>

Including videos on why the Medication Card is important, and how to fill in and use the Medication Card.

**Safe Medication Use:** <http://safemedicationuse.ca/>

A Canadian resource on how to use medication safely.

**MedlinePlus, Drugs, Herbs and Supplements:** <http://www.nlm.nih.gov/medlineplus/druginformation.html>

Includes overview of prescription and over-the-counter drugs, including dosage, side effects, precautions, and more.

**Mayo Clinic / Micromedex:** <http://www.mayoclinic.org/drugs-supplements>

Information on drugs and supplements is divided into distinct chapters including generic and brand names, descriptions, what to consider prior to taking the medication or supplement, drug interactions, how to take the drug, dosing, storage, side effects, etc.

**Drug Cocktails.ca:** <http://www.drugcocktails.ca/>

A Canadian website with facts for youth about mixing medicine, booze and street drugs.

## It's Safe To Ask\*

# 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor,  
nurse, or pharmacist.



### 1. CHANGES?

Have any medications been added, stopped or changed, and why?

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### 2. CONTINUE?

What medications do I need to keep taking, and why?

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### 3. PROPER USE?

How do I take my medications, and for how long?

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### 4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

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### 5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?

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Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.



Institut de la Sécurité Médicamentaire Canada  
Canadian Institute for Medication Safety  
Institut de Sécurité des Médicaments  
du Manitoba



Canadian Pharmacists Society  
Association des Pharmaciens du Canada



MANITOBA INSTITUTE  
FOR PATIENT SAFETY



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
Caring for Health  
À l'écoute de notre santé



Canadian Society of Hospital Pharmacists  
Société canadienne des pharmaciens d'hôpitaux



CANADIAN PHARMACISTS ASSOCIATION  
ASSOCIATION DES PHARMACIENS DU CANADA

SafeMedicationUse.ca



NEW BRUNSWICK PHARMACISTS ASSOCIATION  
ASSOCIATION DES PHARMACIENS DU NOUVEAU-BRUNSWICK

Visit [safemedicationuse.ca](http://safemedicationuse.ca) for more information.  
Available in English and French

Download this form and a Manitoba Institute for Patient Safety medication card at [www.safetoask.ca](http://www.safetoask.ca)



## Using Medication Safely, Scenarios for Small Group Work

### 1. It is never safe to take someone else's medication.

You and your friends Jacob and Will are exploring the trails in Assiniboine Park, when Jacob gets stung by a bee. Jacob has a very severe allergy to bee stings. He has an epi pen that he is supposed to take if he gets stung, but he usually forgets it at home, and he doesn't have it with him. Jacob is having difficulty speaking and you can see that his tongue is starting to swell. Your friend Will has an epi pen with him, because he is allergic to peanuts. You know that it isn't safe to take someone else's medication.

**Should Jacob use Will's epi pen?**

- Are there exceptions to when it *would* be safe to take someone else's medication?
- Are there times when it would *never* be safe to take someone else's medication?

## Using Medication Safely, Scenarios for Small Group Work

### 2. It is never safe to take medication from an unmarked container.

Ella and her best friend are shopping at the mall and are about to see a movie. Ella has had a headache all afternoon but it's getting really bad. She really wants to take over-the-counter headache medication to get rid of the headache, knowing that if she doesn't, she won't be able to enjoy the movie. Ella's friend offers her pills from an unmarked pill container that she carries with her. She tells Ella that the pills are Advil and that they will get rid of her headache. Ella knows that it is never safe to take medication from an unmarked container.

**Should Ella take the unmarked pills, from the unmarked bottle, that her best friend is offering her?**

- Are there exceptions to when it *would* be safe to take medication from an unmarked container?
- Are there times when it would *never* be safe to take medication from an unmarked container?

### Using Medication Safely, Scenarios for Small Group Work

#### 3. Always use the same pharmacy for your medication needs.

Sarah has started taking birth control pills. She needs to refill her prescription, but the pharmacy where she's always gone to get her medications filled is not near her school, home, or work (it's near her doctor's office). She doesn't want to go out of her way when there is a much closer pharmacy she could go to. Sarah knows that you should always use the same pharmacy because the pharmacist needs to know about all of the medications you are on and make sure that they are safe to take together. Sarah could ask her parents to go to her usual pharmacy for her. Or she could go to a new, nearby pharmacy.

**Should Sarah fill her prescription at a new pharmacy?**

- Are there exceptions to when it *would* be safe to use a pharmacy other than your usual one?
- Are there times when it would *never* be safe to use a pharmacy other than your usual one?

### Using Medication Safely, Scenarios for Small Group Work

4. **Keep an up to date list of all medication that you take, including prescriptions, over the counter medications, herbal medicine and vitamins.**

Jack comes from a very private family. They don't talk openly about personal issues, especially when it comes to their health. Jack is about to go on a school trip and is thinking of completing a medication safety card to carry with him, since he is on a number of different medications. He would want his teachers and friends to have this information in an emergency situation. Jack is worried that his family might find out, or see the card, and be upset that he was being so public with his personal information.

**Should Jack complete a medication safety card and carry it with him?**

- **Are there times when it would *not* be safe to carry a completed medication safety card?**
- **Are there times when it would *never* be safe to be *without* your list of medications?**



### Using Medication Safely, Scenarios for Small Group Work

5. **Always know how much of your medication to take (the dose) and how and when to take it.**

Ian's doctor prescribed him antibiotics for strep throat and told him to take the medicine twice a day, 12 hours apart. Ian slept in this morning and forgot to take the medicine. Ian's mom advises him to take two doses this evening to make up for missing this morning. Ian trusts that his mom knows the best thing to do.

**Should Ian take two doses of his medicine because he missed the first dose this morning?**

- **Are there exceptions to when it is okay to *not* know how much of your medication to take, or how and when to take?**
- **Are there times when it would *never* be safe to not know how much of your medication to take, or how and when to take it?**

### Using Medication Safely, Scenarios for Small Group Work

**6. It is never safe to take expired medication.**

Christine has been fighting off a cold all day. After school she goes home and wants to take some cold and flu medication. She notices on the package that the pills expired a few months ago. Christine's parents could pick her up a new package on their way home, but they won't be home for a few more hours. The closest pharmacy is too far for Christine to go herself. She knows it's not safe to take expired medications because they do not work how they are supposed to, but she really isn't feeling well and wants to take the medication.

**Should Christine take the expired cold and flu medication?**

- Are there exceptions to when it *would* be safe to take expired medication?
- Are there times when it would *never* be safe to take expired medication?