

# Home Medicines Review for Aboriginal and Torres Strait Islander people

## What is a Home Medicines Review?

A Home Medicines Review (HMR) helps you, your care-coordinator, doctor and pharmacist, manage your medicines. Your care-coordinator or doctor may arrange a pharmacist to visit you at home. At the visit the pharmacist will help you get the most out of your medicines. You can invite your care-coordinator or aboriginal outreach worker to attend the visit.

## How can a Home Medicines Review help me?

- Learn more about your medicines. For example, what they do and the best time to take them.
- Identify any possible side effects or medicines that do not work well together.
- Identify any medicines you no longer need.

## What will happen?

1. Your doctor or care-coordinator contacts your choice of regular pharmacist, or a HMR pharmacist.
2. Your care-coordinator or outreach worker arranges a suitable time for the pharmacist to visit you.
3. At the visit, the pharmacist together with your care-coordinator or outreach worker, will help you with your medicines and medical devices (inhalers, blood pressure monitors and blood glucose monitors).
4. The pharmacist will send a report to your doctor.
5. You will then meet with your doctor and care-coordinator to discuss the report.
6. Your doctor will develop a medicines plan. This will be shared with your regular pharmacist.

## A Home Medicines Review may be appropriate if you:

- take five or more medicines, or
- take more than 12 doses of medicines per day, or
- have had changes to your medicines in the last three months, or
- take medicines that need monitoring, or
- think you are suffering a side effect, or
- are worried your medicines are not working, or
- find it difficult to manage your tablets, or
- see more than one doctor, or
- have been discharged from hospital in the last four weeks

## Would a Home Medicines Review help you?

Speak to your doctor or  
care-coordinator  
about one today.

- *A Home Medical Review is free.*
- *The visit with the pharmacist will take about 45 minutes.*
- *The visit is usually at your home, so the pharmacist can check the storage of all your medicines.*

*However, if you prefer, the pharmacist can meet with you somewhere else.*

*This could be at your Aboriginal health service or in a park.*