



# Home Medicines Reviews

4-step process for consumers

## Step 1 – Talk to your doctor

HMRs must be initiated by your GP, but requests can come from family members, pharmacists, carers, nurses, friends, or other health professionals.

Speak with your GP and ask him/her if they can arrange a Home Medicines Review – to do this the GP will need to generate an HMR Referral either on the computer or by hand.

## Step 2 – Take the referral to your pharmacy

Once you have the HMR Referral, take it to your community pharmacy of choice. Your pharmacist will then probably explain to you that (a) they can conduct the service or, (b) they are not accredited to do HMRs but they have a consultant pharmacist that they regularly use and will pass the referral on to them.

## Step 3 – The pharmacist's home visit

The pharmacist conducting the HMR will ring you to arrange a time for the home visit; usually this will take between 30-60 minutes. The pharmacist will ask you to have all your medications out on the table, even medicines that you may not be currently using and any items you may have bought from the pharmacy or supermarket.

During the home visit, the pharmacist will explain all about your medications, answer any questions, and discuss ways that will add to the management of any disease states or improve the use of your medication. The pharmacist will also ask about any side effects or problems that you may be experiencing.

## Step 4 – Another consultation with your doctor

Following the home visit, the pharmacist will write a report on the visit for your GP, outlining the issues discussed and possibly making some suggestions or recommendations where appropriate.

Your doctor will then have another consultation with you to discuss any issues that the pharmacist has raised, and will then prepare a management plan together with you that documents any changes to be made to your medicines (if you wish you can have a copy of the plan). Your community pharmacist will also receive a copy of the plan so they can monitor and assist you with any changes that have been made.

*Further information can be obtained from your GP or community pharmacist.*