



Department of
Health



Health and
Social Care



5 Moments for Medication Safety ★★★★★ ✓



About 5 Moments for Medication Safety



The '5 Moments for Medication Safety' tool was first developed by the World Health Organization to help make medication use safer; the tool has been adapted in consultation with patients and carers for use throughout Northern Ireland.

Purpose

- Encourage active patient involvement and open communication with health professionals.
- Highlight the 5 key moments where patients/carers can reduce the risk of harm related to medication.

Who can use it

- Patients, families, and carers – to use with support from health professionals.
- Health professionals – introduce, encourage and support use of tool.

When to use it

Health professionals can help answer your questions about your medication:

- During visits to doctors, nurses, pharmacists, or dentists.
- At GP practices or pharmacies.
- When admitted to, or discharged from healthcare facilities.
- When referred to, or transferred between healthcare facilities.
- While receiving treatment or care at home.

Using the tool

- Use questions in each of the 5 moments as a guide to help you ask health professionals important questions about your medication.
- Use before, during and after health care appointments.
- Bring to health care appointments.
- Record additional questions or new information in notes section.
- Keep an up-to-date list of your medication; update your 'My Medicines List' each time there is a change in your medication.



Starting a Medication

- What is the name of this medication and what is it for?
- What are the risks and possible side-effects?
- Have I told my health professional about:
 - my allergies and other health conditions?
 - my current prescribed medication?
 - any medication I have bought including vitamins, supplements and herbal medicines?
- Is there another way of treating my condition?
- Is the medication intended for short-term or on-going use?
- How should I store this new medication?
- How do I obtain further supplies of medication?

NOTES:



Taking my Medication



- When should I take this medication and how much should I take each time?
- What should I do if I have side-effects?
- How should I take the medication?
- Is there anything related to food and drink (including alcohol) that I should know while taking this medication?
- What should I do if I miss a dose of this medication?
- What should I do if I take too much of this medication?

NOTES:

Adding a Medication

- Do I really need any other medication?
- Can this medication interact with my other medications?
- Have I told my health professional about:
 - the prescribed medications I am currently taking?
 - any medication I have bought including vitamins, supplements and herbal medicines?
- What should I do if I suspect an interaction?
- Will I be able to manage multiple medications correctly?

NOTES:



- How long should I take each medication?
- Am I taking any medication I no longer need?
- How often should my medication be reviewed?
- Does a health professional check my medication regularly?
- Do I keep an up-to-date list of my medication?

NOTES:

[illegible]

- When should I stop each medication?
- If I have to stop my medication due to an unwanted effect, where should I report this?
- Should any of my medications not be stopped suddenly?
- What should I do if I run out of medication?
- If I have been advised to stop my medication, do I know the reason for stopping?
- If I have experienced an unwanted side-effect of medication, have I sought professional advice about what to do next?
- What should I do with leftover or expired medication?

NOTES

NOTES





What is 'My Medicines List'?

- It is a simple way to keep track of all the medication a person is taking.
- It can be a useful reminder, when talking to health professionals.
- **Keep the list updated and bring it to health care appointments.**

Completing 'My Medicines List'

- The list should be completed by patient or carer.
- If needed, ask a friend, family member or healthcare staff to help.
- List ALL prescribed medication and any bought medication, including vitamins, supplements and herbal medicines.
- Include things like inhalers, eye-drops, injections, patches, creams.

Keeping 'My Medicines List' up-to-date

- Review and update the list regularly.
- Add any new medication you start.
- Put a line through medication no longer prescribed or taken.
- Include changes to doses or how often the medication is taken.
- Bring your list to reviews with health professionals.

Tip: Take a photo of the up-to-date list on your mobile phone.

Further copies of 'My Medicines List'

- Blank 'My Medicines List' templates are available online.
- There is the option to either print it and fill it in by hand, or complete it on a mobile phone, tablet, or computer and save it.
- Scan the QR code to access online versions.



Keeping an up-to-date list of your medications can help you know your medicines. It can also help you when you are discussing your medicines with a healthcare professional.

[https://online.hscni.net/ourwork/pharmacy-and-medicines-management/medicines-management-programmes/medication-safety/know-check-ask/my-medicines-list/#:~:text=Keeping%20an%20up%20to%20date%20list%20of%20your%20medications\(SPPG\)](https://online.hscni.net/ourwork/pharmacy-and-medicines-management/medicines-management-programmes/medication-safety/know-check-ask/my-medicines-list/#:~:text=Keeping%20an%20up%20to%20date%20list%20of%20your%20medications(SPPG))

MY MEDICINES

My allergies and how I react:

Name:

Date of birth:

[illegible]

Date I filled out this form:

[illegible]



Transforming Medication Safety
Northern Ireland

5

4

2

3

1



5 Moments for Medication Safety ★★★★★



Transforming Medication Safety
Northern Ireland

Adapted by TMSNI/Dept of Health for Northern Ireland from WHO/HIS/SDS/2019.4
© World Health Organization 2019. Some rights reserved. This work is available under the CC BY-NC-SA 3.0 IGO licence. All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

