



Taking Hold of Your Medications Medication Reconciliation Worksheet

Medication reconciliation is the process of comparing a patient's prescribed or ordered medications to all the medications they have actually been taking, in order to identify and resolve any discrepancies. This is a useful tool, as it can help improve the patient's quality of life by better understanding what medications they are taking, the purpose, and addressing any side effects.

A medication reconciliation is typically done during a doctor's appointment or clinic visit, but can also be done in the hospital or other health care setting. A patient or family member may ask for a medication reconciliation at any time.

A typical medication reconciliation can include:

- **Medication History**: The pharmacist will review a list of medications that the patient is actually taking as well as those they should be taking. This information may come from the patient, family members, and/or health care providers.
- **Clarification**: The pharmacist will assess medications and dosages for appropriateness, to ensure that they are the best and safest treatment option.
- **Reconciliation**: The pharmacist will make adjustments as needed and answer any questions or concerns the patient may have about their medications. The patient will receive an updated, accurate medication list and follow-up items (if needed).

The pharmacist's role in a medication reconciliation includes:

- Reviewing the patient's current medication list, including over-the-counter medications, herbals, vitamins, and supplements
- Considering potential duplicate medications, dosage issues, side effects, and medication compliance
- Providing follow-up questions for the patients to ask their health care providers, if medication changes need to be made

Preparing for a Medication Reconciliation:

Patients and/or their family members should bring:

- ☐ Current medication list (including prescriptions, over-the-counter medications, and herbals, vitamins, and supplements)
- ☐ Current medical history
- ☐ List of questions and concerns to be addressed

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Questions to Ask Yourself Before a Medication Reconciliation

Am I taking any medications that I don't understand the purpose of? If yes, what are they?

Am I experiencing any negative side effects from these medications? If yes, what is the side effect and how is it impacting my quality of life?

What challenges (if any) am I experiencing that prevent me from taking my medications?

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Questions to Consider Asking During a Medication Reconciliation

Why am I taking this medication?

I am experiencing a side effect that is negatively impacting my quality of life. Is it possible to address this side effect, and if yes, how?

I am experiencing some challenges that prevent me from taking my medications. Is it possible to address this, and if yes, how?

Which health care providers should I discuss my concerns with?

What questions should I ask of my health care providers?

Is there anything else about my medications that I should be aware of?
