

## **Home Medicines Review**

A Home Medicines Review (HMR) is when an accredited pharmacist checks the medicines you are taking at home.

Taking lots of different medicines can be complicated. A Home Medicines Review makes sure that your medicines are safe. A Home Medicines Review also checks that:

- you are taking your medicines correctly
- your medicines are working for you

An HMR involves your doctor and your preferred community pharmacy. It may also involve other health care team members, such as carers or nurses in community practice.

If you handle someone's medical care, it's important to manage their medicines very carefully. Not taking them properly or mixing the wrong ones can have serious consequences.

An HMR is different from a medication review by your doctor or in hospital. Doctors make sure you are receiving the right medicines for your condition.

## **How do I get a Home Medicines Review?**

Your doctor will assess your need for a Home Medicines Review. If your doctor thinks you will benefit from the service, they will write a referral to a pharmacist.

Usually, your doctor will choose a pharmacist for you. They must be:

- an accredited community pharmacist
- an independent pharmacist

You can also search for a pharmacist near you on the [healthdirect service finder](#).

## **What happens during a Home Medicines Review?**

### **Before your HMR**

Before the pharmacist visits you at home, make sure you gather all the medicines you are taking. Remember to include:

- your prescription medicines
- any [over-the-counter medicines](#) you buy from the chemist, shops or [order online](#)

- any vitamins, supplements, and herbal remedies you take

Remember to include your:

- inhalers
- patches
- creams
- eye or ear drops

### **During your HMR visit**

The pharmacist will visit you in your home.

They will talk to you about the medicines you are taking. This will include any:

- prescription medicines
- over-the-counter medicines
- vitamins and supplements

The pharmacist will:

- check your medicines haven't passed their use-by date
- check how you take your medicines
- suggest ways of helping you remember to take the right medicine at the right time
- show you how to store your medicines properly

The pharmacist can also show you how to use and look after any medical devices you might use. For example, inhalers, blood pressure monitors and blood glucose monitors.

### **After your HMR**

The pharmacist will write a report and send it to your doctor. You should make a follow-up appointment with your doctor after your HMR.

Your doctor will discuss the report with you and write a plan for managing your medicines. The report might suggest that some of your medicines could be changed.

Your doctor will talk to you about any changes they make. If you agree, a copy of your plan will be sent to your local community pharmacy. This will help your pharmacy support you with any changes to your medicines.

After going through the report with you, the doctor will give you a 'Medication Management Plan'. This should be shared with all your healthcare providers.

