

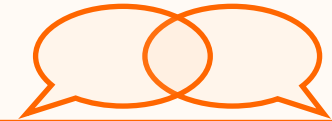
SHARING DECISIONS ABOUT MEDICATION: In an effort to further promote recovery-oriented services and consumer driven care in NJ, UMDNJ-UBHC, Behavioral Research and Training Institute and the Division of Mental Health and Addiction Services have jointly developed a brochure on Sharing Decisions about Medication.

This brochure is designed as a helpful tool for consumers and their family members in working together with their service providers, such as doctors, nurses, pharmacists, or mental health/addiction professionals. It can be printed on one piece of paper with three columns appearing on the front and three on the back side. Its organization allows for convenient folding along the lines separating the three same-size sections to produce a slim brochure for easier carrying and for greater privacy of the contents.

Users of the brochure can print as many copies as needed to take with them to their appointments for use as a guide to ask pertinent questions and to make notes for future references.

SHARING DECISIONS ABOUT MEDICATION

With your doctor, nurse, pharmacist or mental health/addiction professional



HOW YOU CAN WORK TOGETHER

BEFORE YOUR VISIT:

- Prepare to:
 - Talk about how medication affects the people & things that matter most to you.
 - Explain in detail changes in symptoms and side effects since your last visit.
 - Bring a family member, trusted friend or support person to your appointment.
- Get all your psychiatric and medical information ready. Include previous medication, allergies, test results, health history & other doctors you have seen.

DURING YOUR VISIT:

- Remember that you have a right to discuss what is important to you.
- Feel free to be honest about your diet, physical activity, smoking, alcohol/drug use and sexual history.
- Be open to learning some of the language that professionals use. Also don't be afraid to use your own words.
- Ask if you don't understand something.
- Talk about the recommendations you agree with and disagree with.

AFTER YOUR VISIT:

- If you have new concerns or forgot something, call or schedule another visit.
- Create or update your psychiatric advance directive if you want others to know your preferences about medication.

LIST OF CURRENT MEDICATIONS

(Prescription, over the counter, vitamins, roots, herbs, other supplements)

Medications I'm most concerned about are indicated by a checked box.

<u>Medication</u>	<u>Dosage</u>
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	

QUESTIONS TO DISCUSS TOGETHER

1. How is this medication going to help me?
2. How long will it be until I feel better?
How long will I need to take this medication?
3. What are the risks both for now & in the future? What can I do to reduce the risks?
4. How may this medication affect, or be affected by, the following?
 - Eating
 - Sleeping
 - Exercising
 - Caffeine
 - Smoking
 - Driving
 - Having sex
 - Drinking alcohol
 - Sun/heat
 - My other medications
 - My physical health
 - My weight
 - Going to school
 - Working at a job
 - Memory/attention
 - Becoming pregnant
 - Using substances
 - Certain foods/juices
5. What are my other options (medication & alternative therapies) to help in my mental health/substance use recovery?
6. What lab work do I need to have?
7. What other things should I be monitoring regularly, for example, weight, BMI (body mass index), waist circumference (size, in inches), blood pressure?
8. If we decide to stop or change my medication in any way, what are my options and how long would it take?
9. What should I do if I miss a dose or if I accidentally take more than I need?
10. Where can I get more information about this medication that I can understand and trust?

