



Consumers Can Help Prevent Harmful Medication Incidents

SafeMedicationUse.ca Newsletter

Volume 15 • Issue 8 • August 14, 2024

Getting the Most Out of a Best Possible Medication History Interview

A “Best Possible Medication History” interview helps your health care provider learn more about you and your medications. The medication history interview is used to create an up-to-date medication list. You will be asked about your medical history, allergies, and current medications, as well as any severe side effects from past medications. Your updated medication list will help both you and your provider to make decisions about your care.

Mederror.ca received a report about a person who had fallen many times because of low blood pressure. Their blister pack contained a blood pressure pill that was supposed to be stopped months earlier. A nurse discovered the error while conducting a medication history interview.

The following tips can help you prepare for and participate in a medication history interview:

- Bring your medication list or all your prescription and nonprescription medications to the interview. Be prepared to include information about vitamins, natural health products, traditional medicines, cannabis, and lifestyle products.
- Share how you take your medications, even if it is different from what was prescribed.
- Bring the contact information for every pharmacy that you use.
- Bring someone you trust to the appointment, to help answer questions about your medications, if needed.
- Ask for your updated medication list before leaving the interview.



Best Possible Medication History

Interview Guide

To learn more about the types of questions to expect during a medication history interview, read the updated **Best Possible Medication History Interview Guide**.

ismpcanada.ca/bpmhinterviewguide/

This newsletter was developed in collaboration with Best Medicines Coalition and [Patients for Patient Safety Canada](#). Recommendations are shared with healthcare providers, through the [ISMP Canada Safety Bulletin](#), so that changes can be made together. This newsletter shares information about safe medication practices, is noncommercial, and is therefore exempt from Canadian anti-spam legislation.

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