



SERVICE PROGRAM FOR OLDER PEOPLE

Group Protocol

Name of the Group: Understanding My Medications/ Comprendiendo Mi Medicacion (Spanish)

Purpose of the Group: *CRS Services: Wellness Self-Management – MESM (Medication Education and Self-Management).* Participants will become more informed regarding prescription and OTC medications (including supplements), their side effects and how to communicate effectively to their medical and psychiatric providers regarding their medication regimens. Participants will explore their attitudes about taking medication, discuss stigma and build skills to take the lead in medication administration.

Criteria to be Admitted to the Group: Participants need to identify difficulty understanding their medication regimen or difficulty discussing their regimen with their prescriber. They need to express a desire to learn about their medications and a willingness to openly discuss their regimen.

Intended Objectives/Outcomes: Participants will make a list of their current medication regimen. They will become knowledgeable about what the medications are prescribed for, possible side effects and interactions with other medications and/or substances, how and when they should be taken and how they work. Participants will learn how to discuss medication questions and concerns with their doctors and practice this skill through role play within the group.

Participants will learn about lifestyle behaviors that can negatively impact the efficacy of their medications as well as lifestyle changes that can support or enhance their effectiveness.

Minimum/Maximum Number of Group Members: 6 / 12

Expected Number of Sessions Required to Complete the Group Objectives: 15

Criteria to Be Terminated from the Group: non-attendance or achievement of the stated objectives of the group.

Signature of Group Leader

Date

Program Director's Signature

Date



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Group Curriculum

Name of the Group: Understanding My Medications/ Comprendo Mi Medicacion (Spanish)

Purpose of the Group: *CRS Services: Wellness Self-Management – MESM (Medication Education and Self-Management)*. Participants will become more informed regarding the pros and cons of medications prescribed and over the counter (including supplements), their side effects and how to communicate effectively to their medical and psychiatric providers.

Resources:

- Session 4- having a medication record
 - <http://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Forms/UCM095018.pdf>
- Sessions 3-12 (mini “units” on specific OTC and psychiatric medications)
 - <http://www.nami.org/Learn-More/Treatment/Mental-Health-Medications>
 - <https://www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml>
 - <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/>

Sessions:

1. Introduction and overview of group
 - a. What is Understanding My Medication? What is the purpose/ objective of this group?
 - b. What do you want to learn/ discover/discuss
 - c. What is “medicine” or what are “medications”?
 - i. Body systems
2. Attitudes about Medication
 - a. Stigma
 - i. Cultural attitudes (psychiatric meds)
 - ii. Family attitudes
 - b. Individual history with taking medications
 - i. Past adverse outcomes/ side effects/ allergies
 - ii. Multiple meds/ many providers
 - iii. Meds changed as dx changed over time
 - c. Pulling this together- we are a product of our experiences and environments
3. Prescriptions
 - a. Rx vs. OTC- what does this mean?
 - b. Abbreviations/ instructions
 - c. Recommended doses (OTC) and the FDA

4. Managing my medication
 - a. Making a list/ having a medication record
 - i. Small group activity- pill box setup
5. OTC Pain Medication
 - a. Ibuprofen
 - b. Acetaminophen
 - c. Naproxen (also rx)
 - d. Aspirin
6. Sleep Medication
 - Challenges/dangers older adults face with sleep meds
 - a. OTC
 - b. Rx
 - c. Herbal/ natural
7. Antidepressants (1)
 - a. SSRIs
8. Antidepressants (2)
 - a. SNRIs
 - b. Others
9. Mood Stabilizers
10. Antipsychotics
 - a. "typical"/ First Generation
 - i. Long-Acting Injectables (LAIs)
11. Antipsychotics (2)
 - a. "atypical"/ Second Generation
 - i. LAIs
12. Anti-anxiety/ benzodiazepines
 - a. Controlled substance/ state registries
 - b. Dependence
13. Prescribers/ Providers
 - a. Psychiatrists
 - b. Nurse practitioners
 - c. Medical doctors
 - d. Pharmacists
 - e. Social workers/ counselors
14. Talking about your medications with prescribers/ providers
15. Where do I go from here/ Recap
 - a. What did I learn/ gain
 - b. How can I apply this in my life?