

MEDICATIONS IN A LONG-TERM CARE HOME

WHAT YOU NEED TO KNOW

As you prepare to move into a Long-Term Care Home, it is essential that you are aware of important information related to your medications. This will ensure that the Long-Term Care Home and the pharmacy that will be responsible for your medications have the information they need to safely meet your medication needs. The pharmacist for your Long-Term Care Home will regularly review your medications, and will be available to answer your questions at the home.

Long-Term Care Homes are subject to legislation under the *Long-Term Care Homes Act* and as such must follow certain rules. It is important, as a resident of that home, that you are aware of these requirements.

Medication check list

When you are admitted to a Long-Term Care Home, it is **vitaly important** that you bring with you a list of all the medications that you are taking. This list should include all prescription medications (including eye drops, liquids, patches, nasal sprays, inhalers, ointments) and non-prescription medications (for example, over the counter medications such as Aspirin, Ex-Lax[®] or Polysporin[®], and natural health products such as herbal remedies, vitamins or other supplements).

Prior to being admitted to a home, it is recommended that a MedsCheck consultation is arranged at your local pharmacy or you may even be able to request a pharmacist visit through the CCAC. A MedsCheck consultation lets you speak to your pharmacist one-on-one to receive a thorough review of your medications. It can help you better understand your medication therapy and ensure that you are taking your medications as prescribed. This is a voluntary, free, service funded by the Ontario Ministry of Health and Long-Term Care. The MedsCheck program is funded by the Ministry of Health and Long-Term Care.

After completing your MedsCheck, the pharmacist will provide you with a printed list of your medications. Please take this list with you on the day of your admission. It is also important for the Long-Term Care Home to know the name and the phone number of the pharmacy where you have been getting your prescriptions filled.

On the day of admission

It is not necessary to refill your prescriptions prior to your admission to the Long-Term Care Home. You should only bring a small supply of medication with you (enough for a few days) since the Long-Term Care Home will be dispensing new medications for you and cannot use your existing supply. While at the Long-Term Care Home, all of your medications will be managed by the pharmacist assigned to the home. (The *Long-Term Care Homes Act* requires that all residents of a Long-Term Care Home use the home's contracted pharmacy for the supply and management of all medications.)

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Storage of medications

All of your medications (prescription and non-prescription) will be administered and stored by registered nursing staff at the Long-Term Care Home. Specialized packaging provided by the pharmacy ensures that your medications are administered safely and effectively by the staff at the home. Medications should not be stored in your room or provided by family members, unless authorized by the attending physician.

Additional supply of medications

All medication renewals, as well as new prescription and over the counter medications, will be supplied by the pharmacy that is contracted by the Long-Term Care Home (as required by the *Long-Term Care Homes Act*). Any prescriptions obtained from physicians or consultants outside of the home, or through a hospital, should be brought back to the Long-Term Care Home to be filled by the home's contracted pharmacy.

Alcohol and other substances

All alcoholic products will be administered and stored by the staff of the Long-Term Care Home. Families and informal caregivers are encouraged to speak with the staff before providing any alcoholic or non-prescribed products to a resident.

Tobacco use

In-home smoking rooms are extremely rare and you are encouraged to confirm their availability with your local CCAC contact.

If you are a smoker and you would like to continue smoking once you have moved into your Long-Term Care Home, you must adhere to the home's policies and all Smoke-Free Ontario regulations concerning smoking in communal living settings. You must be able to safely and independently access the outdoors and to move at least nine (9) meters from the building should you wish to smoke. If you cannot smoke independently (i.e., you need assistance to access a smoking area), your family or caregiver must assist you as staff at Long-Term Care Homes are not obligated to help residents smoke.

If you would like to quit smoking, you are encouraged to speak with your pharmacist and/or physician as both of these healthcare providers can make smoking cessation recommendations as required.

If you have any questions, do not hesitate to contact your CCAC Care Coordinator.