

## How do I do MedRec?

MedRec is a 3-Step Process:

### 1 Compile the medication list:

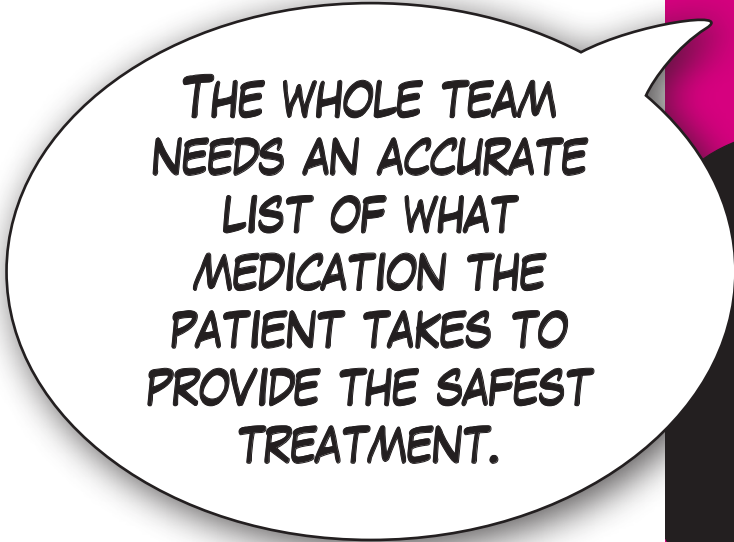
Generate a complete and up-to-date list of what medications the patient is currently taking, including the medication name, dosage, route and frequency. The patient, family or caregiver is involved in this process. At admission this is often called creating a Best Possible Medication History (BPMH). A good BPMH uses at least two different sources of information.

### 2 Reconcile:

Use the medication list to create orders or compare the list against what the patient should be taking (e.g. medication orders or prescriptions) to identify and resolve all discrepancies.

### 3 Document & Communicate:

Document and communicate any resulting changes to medications and the reason for the changes. This information should be communicated to the patient, family or caregiver and next health care providers at all transitions of care.




THE WHOLE TEAM  
NEEDS AN ACCURATE  
LIST OF WHAT  
MEDICATION THE  
PATIENT TAKES TO  
PROVIDE THE SAFEST  
TREATMENT.

### Where can I find some tools and information?

If you want to learn more about MedRec, visit [www.albertahealthservices.ca/medlist](http://www.albertahealthservices.ca/medlist) or visit the Medication Reconciliation pages on Insite.

\* may also be clients or residents

\*\* Health care providers can include physicians, nurse practitioners, registered nurses, licensed practical nurses, pharmacists and pharmacy technicians.



IF IT'S  
ON THE LIST,  
IT WON'T  
BE MISSED!


MEDREC  
FOR  
HEALTH  
CARE  
PROVIDERS

MEDICATION SAFETY - OUR SHARED RESPONSIBILITY

Obtaining an accurate medication list and history from the patients\* you care for, and sharing that information within the health care team, is a critical part of providing safe health care. It's called Medication Reconciliation or MedRec.

### What is MedRec?

MedRec builds upon existing medication history-taking processes by health care providers\*\*. It helps create consistent documentation and comprehensive lists of a patient's medications every time they enter, or move within, our health system.



*THE MEDICATION LIST IS SHARED WITH TEAM MEMBERS INVOLVED IN THAT PATIENT'S CARE.*

The information is used to verify or validate the patient's medications to reduce errors and adverse drug events.

### Why Do We Need MedRec?

Medication information that is accurate and complete can prevent potentially harmful events from happening, helping to keep those in our care, safe.

With accurate information, health care providers can better prescribe the most appropriate treatment and make sure patients know their medications and how to properly take them. Alberta Health Services is committed to patient safety and standardizing consistent MedRec processes across the health care system in this province.

### Medication Safety is a Team Effort!

We all have a role to play. Through MedRec, health care providers partner with patients and, family or caregivers to get an accurate and complete transfer of medication information. The whole team of professionals involved in a patient's care must be a part of the MedRec process. This includes making sure a patient's medication information is communicated between health care teams inside AHS and to those in the community.

### What can you do as a health care provider to help with MedRec?

Once an accurate medication history is compiled, the information about the medication, how it has been prescribed, and any changes to this, must be consistently recorded, in the same place and the same way, and shared with members of the health care team.

Make sure to ask the right questions of your patient to create a clear understanding of how they take their medications.



*EVERY PATIENT IS UNIQUE!*

Remember that medications are more than just those prescribed by a doctor, they also can include anything taken over-the-counter.

You can help patients begin to understand how they can be a part of MedRec by keeping and sharing their up to date medication list.

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