

Host Your Own Check Your Meds Day



Quick How-To Guide

Many of you already offer “brown bags” or comprehensive medication reviews (CMR), but having a day dedicated to these services requires some additional planning and resources. Here are some helpful tips and best practices to ensure the day is a success at your pharmacy.

WANT MORE INFORMATION AND RESOURCES? Check out the NCPA Host Your Own Check Your Meds Toolkit at ncpanet.org/checkyourmeds.

PROMOTE Check Your Meds Day to your patients and throughout your community. Use the bag stuffers, social media posts, and other promotional materials available in the NCPA Check Your Meds Toolkit. Post flyers in local community centers, prescribers’ offices, and senior centers.

PLAN AHEAD so you have all necessary materials ready to go. NCPA has several resources prepared for you in the NCPA Check Your Meds Toolkit.

Set up a separate table or designate a certain counseling area as the “Check Your Meds Zone.” This will help with the flow of traffic through your pharmacy.

ENLIST HELP from your pharmacy team and student pharmacists. Technicians can use the Patient Medication List Template to create the patient’s initial medication list.

Many student pharmacists appreciate the opportunity for patient care experience and are more than willing to provide their assistance with your event. Student pharmacists can complete CMRs for the pharmacist to review, which saves time for your pharmacy staff.

SCHEDULE APPOINTMENTS for patients who do not have the time to wait. If your pharmacy gets too busy, set up appointments with patients to get their CMRs done later in the week. This way, patients get the care they need without overworking your pharmacy staff.

5 Basic Steps for a CMR

1. List the patient’s current medications and any over-the-counter items.
2. Make clinical decisions based on the list and your interview with the patient.
3. Make sure all medications follow the rule: “right drug, right dose, right time.”
4. Develop and communicate a list of recommended changes for the patient’s prescribers.
5. Educate the patient and/or caregivers on their medications, how to take them appropriately, and how to dispose of them properly.