



Why is it important?

A recent study estimated that in one year, incorrect use of medications resulted in more than 9 million hospital admissions and more than 18 million emergency room visits.

Unintentional medication misuse can lead to patient harm and additional healthcare costs.

According to the Institute of Medicine, 7000 people die each year in the US from preventable errors having to do with medicines while under hospital care.

Many of these deaths are a result of inaccurate medication lists.

Why Carry a Medicine List?

The Chief Quality Officer at Providence St. Mary Medical Center encourages every person to carry a medicine list. This simple action can make your health care safer and more effective, and can even save your life.

- Do you know what your medications are for?
- Do you know of possible side effects?
- Do you know of special instructions such as to not take with food or other medications?
- Are you taking any medication that requires frequent or occasional monitoring or tests?

What you need on your Medicine Card

- Lists ALL prescription medications, over the counter medications, herbals, natural remedies, dietary supplements, vitamins and minerals.
- List the name of the medication or supplement along with the dosage and how often you take it (frequency).
- Delete any medicines from the list that you stop taking.
- Lists any allergies or adverse reactions to medicines, foods, and environmental agents (including latex and tapes).
- Make sure that it is always up-to-date and accurate

If you need help filling out or editing your card, please ask your health care provider to assist you.

What is your responsibility?

It is important for you to be an active member of your health care team. The FDA says that by knowing your medications and communicating them to all of your health care providers, you can receive better care and reduce risks that may occur from decisions based on inaccurate information.

To make medicine use SAFER:

- Speak up
- Ask questions
- Find the facts
- Evaluate your choices
- Read the label and follow directions



A recent article published in the Journal of the American Medical Association found that: "Physicians are frequently unaware of their patients' nonprescription medication use because they do not ask patients; patients do not report use of nonprescription medications, or both."