

**Medications, Therapies   
& Allergies**

**Why is this Section Important?**

It’s important to keep an up-to-date record of current medications, vaccines, allergies, and alternative and complimentary therapies that can be easily shared with the healthcare team.

This is important because this record can:

* Decrease medication errors or bad reactions
* Help prevent allergic reactions
* Decrease how often you have to tell people this information
* Help your healthcare team better understand your complete healthcare journey

By recording this information, you will be able to quickly access and share this with members of the healthcare team.

**What information do I need to record?**

**Allergies and Sensitivities**

Throughout your healthcare journey, you will often be asked about any allergies you might have. Having a list that can quickly be accessed is an easy way to share this information. Healthcare providers will want to know about any type of reaction you might have had including reactions to medication, food, or the environment (e.g. seasonal allergies).

**Medications, Complementary and Alternative Therapies**

Having a current medication list that can be quickly shared with your health team can help to reduce medication errors or bad reactions. This record is also helpful to healthcare providers as it provides the most up-to-date record of what medications are being taken and when. It’s also important to include lists of vitamins or supplements, complementary and alternative therapies (such as massage or acupuncture), as these therapies are essential to consider in relation to medication and treatment plans.

**Vaccines or Immunizations**

Immunization or vaccine history is another valuable resource to keep up to date. Healthcare providers will want to know which vaccines are up to date including influenza (the ‘flu’ shot), pneumonia and shingles vaccines. Keeping an up-to-date immunization record (such as the ‘Yellow book’) in this section is another option.

**How to Use this Section**

Use and adapt this section to fit your needs. Every healthcare journey is different.

Some examples of ways to use this section include:

* Keep medication records printed from your doctor, pharmacy or from the hospital in this section
* Ensure that you remove older versions of printed medication lists to avoid any confusion
* Review the questions to ask your pharmacist about your medication for examples of questions to ask to better understand your existing medication or learn about a new medication you will be taking
* Remember to dispose of old medical information securely. Ask your pharmacy to dispose of old medication and old medication lists

**Did you know??** Medication errors or mistakes are most likely to happen when moving throughout the healthcare system – such as being admitted or discharged from hospital[[1]](#footnote-1).

For this reason, organizations such as the **Institute for Safe Medication Practices in Canada**, **Patients for Patient Safety Canada**, the **Canadian Pharmacists Association**, and the **Canadian Association for Hospital Pharmacists** have worked together to develop 5 questions to help patients and caregivers start a conversation with their healthcare team about their medications[[2]](#footnote-2).

Use the questions below when talking with any member of your healthcare team about your medications. This includes doctors, nurses, and pharmacists.

1. **Changes?**

Have any medications been added, stopped or changed, and why?

1. **Continue?**

What medications do I need to keep taking, and why?

1. **Proper Use?**

How do I take my medications, and for how long?

1. **Monitor?**

How will I know if my medication is working, and what side effects do I watch for?

1. **Follow-Up?**

Do I need any tests and when do I book my next visits?

An **allergy** means your body sees the medicine as harmful. It rejects the drug with an allergic reaction. This can be mild or strong. It can happen within a few hours after you take the drug or not until 2 weeks later. A **sensitivity** or **side effect** is not the same thing as an allergy – it’s just your body feeling sensitive to a new medication. Some examples of sensitivities include feeling sick to your stomach, having muscle aches, or not having much energy[[3]](#footnote-3).

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| **Allergy or Sensitivity** | **What Happens?** |
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It is important to list all medications you take including both prescription and over the counter medications in this chart.

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| **Name and Dose** | **Reason** | **Instructions** | **As Needed** | **Break-fast** | **Lunch** | **Dinner** | **Bedtime** | **No Longer Taking** | **Last Updated**  **(dd/mm/yy)** |
| *e.g. Tylenol 250mg* | *e.g. Muscle Pain* | *e.g. Take one pill every 4hrs when sore* | 🗷 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | *8/12/18* |
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It is important to list **all** **medications** you take including both prescription and over the counter medications in this chart.

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| *e.g. Tylenol 250mg* | *e.g. Muscle Pain* | *e.g. Take one pill every 4hrs when sore* | 🗷 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | *8/12/18* |
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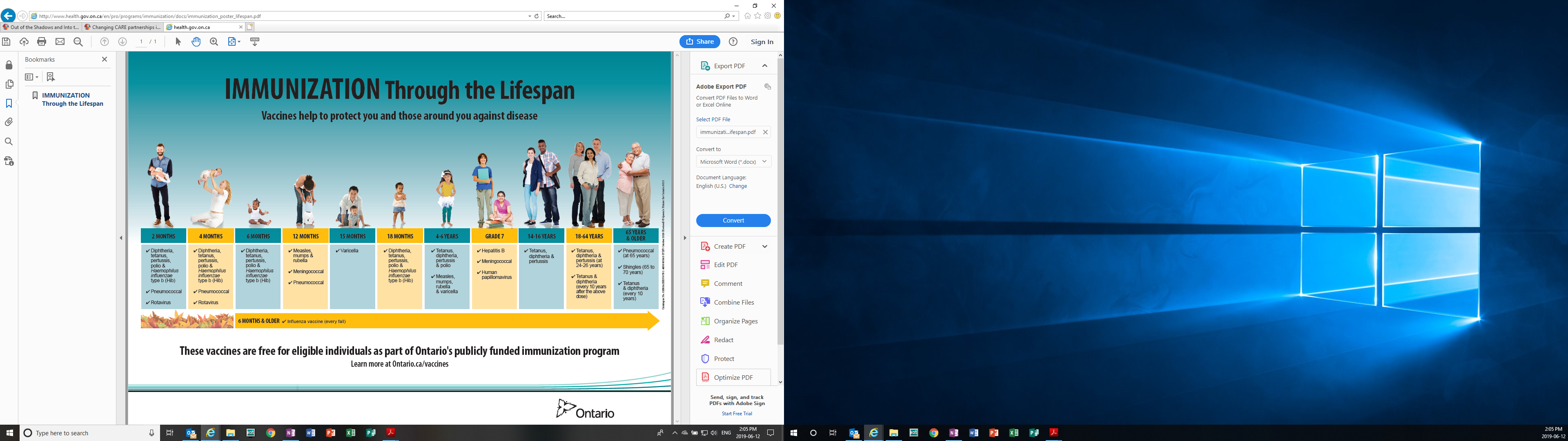
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| *e.g. Tylenol 250mg* | *e.g. Muscle Pain* | *e.g. Take one pill every 4hrs when sore* | 🗷 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | *8/12/18* |
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List **all** vitamins and supplements you take in this chart

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| **Name and Dose** | **Reason** | **Instruction** | **As Needed** | **Break-fast** | **Lunch** | **Dinner** | **Bedtime** | **No Longer Taking** | **Last Updated**  **(dd/mm/yy)** |
| *e.g. Vitamin D* | *e.g. Bone health* | *e.g. Take one pill daily* | 🞏 | 🗷 | 🞏 | 🞏 | 🞏 | 🞏 | *8/12/18* |
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Keep a copy of your vaccination records in the pocket of this binder. Below is some information on which vaccines or immunizations are needed throughout your lifetime.[[4]](#footnote-4)



**A complementary therapy** is something you do or use alongside your conventional medical treatment[[5]](#footnote-5).

**An alternative therapy** is something you do or use instead of conventional medical treatment1.

Some examples include: aromatherapy, acupuncture, herbal medicine, massage therapy, visualization, yoga

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| **Description and details of practice:** |
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1. Institute for Safe Medication Practices Canada. (2011, February 10). *Optimizing medication safety at care transitions – Creating a National Challenge.* Available from: https://www.ismp-canada.org/download/MedRec/MedRec\_National\_summitreport\_Feb\_2011\_EN.pdf [↑](#footnote-ref-1)
2. Institute for Safe Medication Practices Canada. (2016). *5 questions to ask about your medications when you see your doctor, nurse, or pharmacist.* Available from: https://www.ismp-canada.org/medrec/5questions.htm [↑](#footnote-ref-2)
3. Web MD. (2017). *Is it a drug allergy or a side effect?* Available from https://www.webmd.com/allergies/allergy-or-side-effect?print=t [↑](#footnote-ref-3)
4. Government of Ontario. (2016). Retrieved from: http://www.health.gov.on.ca/en/pro/programs/immunization/docs/immunization\_poster\_lifespan.pdf [↑](#footnote-ref-4)
5. Cancer Research UK. (2018). The difference between complementary and alternative therapies (CAMS). Retrieved from: https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/about/difference-between-therapies [↑](#footnote-ref-5)