

Useful information

Choice and Medication Website

www.choiceandmedication.org/devon

See inside for more details.

Devon Partnership NHS Trust's Medicines Helpline

If you have any questions or concerns about medicines for mental health conditions call:



We may be able to help by providing advice on:

- What to expect from your medicines
- The best way to take your medicines
- Ways of remembering to take your medicines as directed, for example tablet organisers
- Signs to look out for and things to avoid
- Help with side effects

Your feedback

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust
Franklyn House
Franklyn Drive
Exeter, EX2 9HS

t: 01392 675 686
e: dpt.pals@nhs.net

www.dpt.nhs.uk



NHS

Devon Partnership
NHS Trust

You and your medicines

Supporting people to make informed decisions about their medication

Devon Partnership NHS Trust's
Medicines Helpline

01392 675 688

Available 10am - 4pm Monday to
Friday (excluding Bank Holidays)

Supporting you to live well

www.dpt.nhs.uk

Making the most of your appointment

- Devon Partnership NHS Trust is committed to providing clear, accessible information about medicines to people who use its services. We believe that involving people in treatment decisions will help them to get the most from their medicines.
- Your prescriber needs to know what is important to you to help choose the best medicine for you.
- Please use your appointment as an opportunity to ask questions and share your concerns with your prescriber - see the next page for example questions
- Appointments can be challenging. You can bring a friend/family member with you, or you could speak to a specialist mental health pharmacist in advance about your medicines via our **Medicines Helpline** (see back of leaflet for details).

For further advice and general information or questions you should ask in this and other appointments, please check the **Choosing Wisely UK** resources and website www.choosingwisely.co.uk

Examples of questions you may want to ask in your appointment

- Why are you suggesting this medication and are other choices available?
- What are the possible side effects and who should I contact if I'm worried?
- How long will it take for the medicine to work?
- Do I need any physical health monitoring and how would I access this?
- How long do you suggest I take it for and what follow-up will I need?
- What should I do if I decide I don't want to take it anymore?
- What will happen if I stop taking this medication?
- Do you have any written information about this medication?

Have you seen the Choice and Medication Website? www.choiceandmedication.org/devon

Search by **condition**, by **keyword** or by **medicine**

The screenshot shows the website's search interface. At the top, it says 'Find out more about mental health conditions, treatments and medications'. Below this, it instructs users to 'Use the shortcuts below to go straight to information about a Condition or a Medication'. There are two dropdown menus: 'Conditions' and 'Medications'. Below these is a section for 'Printable Leaflets' with a 'View leaflets' button. To the right, there is a search bar with the prompt 'Type a search term below' and a 'Search' button. The search bar contains the text 'Enter keyword(s)...'. Surrounding the screenshot are several speech bubbles containing questions:

- How does the medicine work?
- What are the side effects?
- Is it addictive?
- What if I forget to take it?
- Will I put weight on?
- Should I avoid certain foods or drinks?
- Can I compare medicines?
- What are the symptoms of this condition?
- What causes the condition?
- How long will I have to take the medicine?
- Will my sex life be affected?
- What treatments are available?