

# Me + My Medicines newsletter

January 2020

## Project update: launch of resources

Over the last couple of months, we have been developing a range of resources to further raise awareness of the **Me + My Medicines campaign**. We wanted to highlight the importance of patients knowing 'it's ok to ask' when it comes to speaking to a healthcare professional about their medicines.



The resources developed included two [videos](#) and an [animation](#) which were launched on the week of the 20th January.

The animation explains more about the Medicines Communication Charter and the key message echoed throughout the video is 'it's ok to ask' about your medicines. The videos show patients' experiences of using

the Charter and explores how it has helped them to manage their medicines better and have more effective conversations with their healthcare provider.

We have promoted these resources through a variety of channels including social media, the Me + My Medicines [website](#) and various newsletters.

Me + My Medicines now has 1037 followers on Twitter. To keep up to date with Me + My Medicines, follow us: [@MeandMyMeds](#)

## Graham's update



On 28th November 2019, healthcare organisations and patients came together for the **Patients as partners: Collaboration to Enhance Practice event**. Attendees included: The Royal Pharmaceutical Society, Bradford School of Pharmacy and Medical Sciences, Leeds Teaching Hospitals NHS Trust and the Yorkshire & Humber AHSN.

Together with patients, we collaborated in the design and delivery of an evening dedicated to understanding how to better involve people in the choice and use of medicines, particularly from a clinician education perspective.

The presentations and round table discussions were focused on learning from patient experiences through stories and by asking relevant open questions about medicines. The discussions were guided by experiences of pharmacists working in a variety of clinical settings. They shared the impact and lasting impression that these experiences had on their



approach to clinical practice and their research. The value of a broad range of interpersonal skills was highlighted as critically important to achieving good outcomes.

The organisers will be sharing back the findings and actions to be taken with respect to education as a result of this event.

### **MSc/Diploma Foundation Pharmacy Practice (multisector) Programme Induction Day**

We were very pleased to be able to contribute to the Pharmacy Practice Course induction day on 8th January 2020 for graduates at the University of Bradford. The aim of the session was to share the importance of the patient contribution to the safer and more effective use of medicines. It also helped to shape their thinking about how they can better prepare for the future inclusion and involvement of patients and carers in their own care.

If you would like to learn more about the project, please contact the team at [meandmy Medicines@gmail.com](mailto:meandmy Medicines@gmail.com)

