



# Single Medication Review

## WHAT IS A SINGLE MEDICATION REVIEW (SMR)

A single medication review is a systematic way of collecting patient-specific information tied to a **specific** medication or supplement.

## WHY SHOULD I DO A COMPREHENSIVE MEDICATION REVIEW (CMR) PRIOR TO A SMR?

During a CMR, we assess all your medications and supplements in detail along with the conditions for which you are using these medications. **It is necessary to know all this to ensure effectiveness and safety regarding your targeted medication question.** This will help to avoid things like drug-drug/drug-supplement interactions, duplicate therapies, contraindications (some medications cannot be used with others), etc.

For this reason, a SMR is significantly less expensive if you have had a CMR within the past year. Before or during your appointment, it may be determined that a CMR will be more appropriate due to the complexity of the question(s) and, with your permission, we can upgrade the service to a CMR.

## WHAT SPECIFICALLY WILL BE ASSESSED IN A SMR?

**INDICATION** • **Why are you taking the medication/supplement?** It may be determined that either you do not need the medication/supplement or additional medication/supplement is appropriate. It may also be determined that there are more effective or safe non-medication options to try first (i.e. improving sleep habits is first line for insomnia as opposed to adding melatonin or another sleep agent).

**EFFECTIVENESS** • **Is the medication/supplement going to work for you?** It may be determined that the dose you are taking or want to try is too low, there is a more effective medication/supplement available or some type of monitoring is needed (i.e. iron level to determine if an iron supplement is working) before it can be determined that the medication/supplement is appropriate.

**SAFETY** • **Are you experiencing unnecessary side effects?** It may be determined that the dose you are taking or want to try is too high or the medication/supplement may cause drug-drug/drug-supplement interactions with your current medications/supplements. These interactions can cause a medication/supplement to be ineffective or unsafe.

**CONVENIENCE** • **Is there a reason you are not taking the medication/supplement as directed?** It may be determined that you are not taking a medication or supplement correctly which makes it seem like it doesn't work (i.e. not using an asthma inhaler correctly). It may be determined a cheaper option is available or changes that can be made to how you are taking the medication to make it easier to remember or improve its effectiveness.

## WHAT HAPPENS AFTER A SMR?

I will send you a letter in the mail with the recommendation and arrange a time to meet with you to go over the plan whether that be in person or over the phone. If necessary and with your permission, I will also collaborate with and communicate any suggestions or concerns about your medications/supplements with your primary care provider.