



COMPREHENSIVE MEDICATION REVIEW (CMR)

What is a comprehensive medication review (CMR)?

A comprehensive medication review is a systematic way of collecting **patient-specific** information tied to all your medications and/or supplements. This includes an assessment of the indication (reason for use), effectiveness, safety and convenience for each medication and/or supplement. We will also do a review of all body systems to ensure we are not missing any other problems or concerns you may have.

INDICATION ▪ **Why are you taking the medication/supplement?** It may be determined that you are taking an unnecessary medication/supplement or that an additional medication/supplement is indicated for you. Further, it may be determined that non-medication options should be tried before adding a medication (i.e. improving sleep habits is first line for insomnia as opposed to adding melatonin or another sleep agent).

EFFECTIVENESS ▪ **Is the medication/supplement working for you?** It may be determined a dose you are taking is too low for you making it seem like a medication/supplement is not working, there is a more effective option available, or that you may need additional monitoring (i.e. iron level to determine if an iron supplement is working) before it can be determined that the medication/supplement is indeed effective for you.

SAFETY ▪ **Are you experiencing unnecessary side effects?** It may be determined that the dose you are taking is too high and possibly causing side effects, or the medication/supplement may cause drug-drug/drug-supplement interactions with your other 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/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 can be made to how you are taking the medication/supplement to make it easier to remember or improve its effectiveness.

Why do I need to take my medications/supplements to a CMR?

It will make the CMR more complete and efficient. Medications and supplements are manufactured under a many names, with varying ingredients. It is essential to know the exact medications/supplements you are using to properly assess them.

What happens after a CMR?

Based on your goals and input, I will compose an individualized action plan. I will send you a letter in the mail including an up-to-date medication/supplement list 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.