### Building good relationships with healthcare providers to support medication management





- Developing a good relationship with your healthcare providers is important for supporting medication self-management
- Healthcare providers can help with:
  - $\checkmark$  Answering questions
  - ✓ Addressing concerns
  - ✓ Making recommendations that align with your values and beliefs





There are many different strategies you can try to help build a relationship with your healthcare providers. Here are **6** strategies you can start with:

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### **Self-advocate**



### Self-advocate

- Discuss your preferences and values about medications with your healthcare provider
- Some examples include:
  - Limiting prescription medications
  - Adding natural health products (e.g., vitamins)
- You may consider bringing someone (e.g., family member, friend) to support you in advocating for yourself







# **Communicate clearly**



## **Communicate clearly**

- Prepare a list of questions ahead of time (refer to topics to discuss and questions to ask healthcare providers for some examples)
- If you have concerns about your medications, mention them to your healthcare provider (no concern is too big or too small to talk about)







## Ask questions



- Make sure all of your questions have been answered before leaving the appointment
  - **Tip**: it is helpful to create a list of questions ahead of time, refer to our list of questions to ask your providers for examples
- Ask if you need to schedule a follow-up visit, who it will be with, and when it will occur









### **Be honest**



### Be honest

- If you have experienced any lifestyle changes discuss them with your provider as they may impact your medication regimen
- Some examples of lifestyle changes include:
  - Exercise levels
  - Sleep patterns
  - Alcohol use
  - Tobacco use
  - Cannabis (marijuana) use







## Listen actively



- Active listening is an effective communication skill and involves listening to the content, intent, and feeling of the speaker
- It involves both verbal (asking questions, repeating what was said) and non-verbal cues (eye contact, focus)







## Learn together



### Learn together

- Accept that not everything will be known
- Communicate openly and work together along the journey

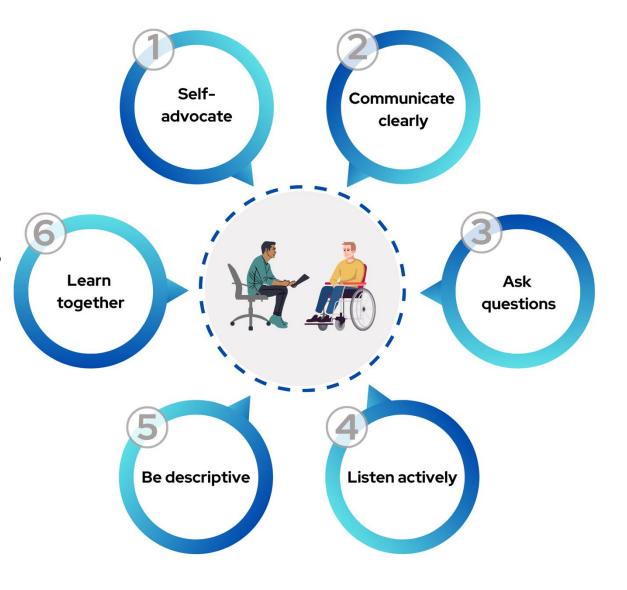




## Summary

- Building relationships with your healthcare providers will help support managing your medications
- There are many different ways to develop these relationships, but we have shared several options for getting started

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For more information, please visit our lab website: <u>http://www.optihexlab.com/</u>

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