

### Purpose

This interactive activity is to emphasize both the usefulness of a medication list as well as the important information to document on such a list.

### Time to Complete the Activity: 45-60 minutes

### Materials:

- Rx Roulette PowerPoint with spinning wheel and score board
- Rx Roulette Game questions
- Blank medication record for each participant
- Small prizes for the winning team/person (optional)

### Directions for the Facilitators:

- The questions are divided into the different categories of the medication list which is provided as a template for the participant to take home and fill out. Between each section of questions, refer back to the appropriate column on the medication list as a point of emphasis and understanding.
- Use the presentation slides to spin the wheel and determine the number of points for the correct answer to one of the following questions.
- Questions in some cases build upon the previous question, therefore, it is best to ask the questions in order
- You may wish to offer a small prize for the person or team that gets the highest score at the end of the game.

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### Rx Roulette Game Questions

(It would be helpful to give each participant a blank medication record to look at during the game)

### Medication Names

**1. This is the name a medication would go by if it is only available by one manufacturer.**

**BRAND NAME**

**2. This is the name a medication would go by if it is available by many manufacturers.**

**GENERIC NAME**

**3. Listing both the generic and brand name medication on your complete medication list is important because:**

Any of the following answers would be correct

- Keeps me or others from accidentally giving or taking both the brand and generic form of the medication
- Helps me remember when filling my pillbox that these are the same medications
- Helps me learn both names so if someone refers to either name, I understand which medication they mean.

## Directions

These are True or False questions:

**1. Taking a medication twice daily means take it every 12 hours.**

True or **False**?

Discussion: It is important to clarify with your prescriber or pharmacist when the best 2 times of day would be to take the medication. If it is a medication for your blood sugar, it might be best to take it just before a meal or it might not matter. It is always best to check as you get a new prescription.

**2. It is important to record on a medication list the approximate time you take your dose of medication.**

**True** or False?

This can be helpful if someone else ever needs to use your list to find out when to give you a medication. This can be very useful if you are admitted to a hospital or nursing home.

**3. Medications should never be taken with milk.**

True or **False**?

Sometimes it is a good idea to take a medication with food or milk, but on occasion it might be best to avoid taking them at the same time. Again, your pharmacist is a great resource to answer this type of question.

## Purpose of a Medication

**1. Are there any occasions when the same medication could be used to treat more than one disease?**

**Yes**, an example would be Neurontin (Gabapentin). It was first used to help prevent certain types of seizures and is now also often used to help with nerve pain such as neuropathy.

**2. Is it important for you to know why the doctor prescribed each of your medications?**

**Yes**, there are various reasons that could be given such as:

- Otherwise I would not know if it is working or not
- Helps me understand how important it is for me to take it
- Helps me understand when to take it if the medication is prescribed "only as needed."

**3. Do you have to know the exact mechanism by which the drug works and record this on your medication list?**

**No**, as long as you have a general understanding of what the drug is suppose to do, this is enough to safely take the medication. However, if you would like to know more details about how it does what it does, be sure to ask your pharmacist.

## Prescriber

### 1. Is your primary care doctor the only doctor who should be listed as the prescriber for all of your medications?

**No**, it is important to have the person who actually wrote the prescription for you listed as the prescriber. This way, when you need a refill, you know who to contact to get this refill.

## Other Information

### 1. What information would be good to put in this column of your medication list?

Various answers could be acceptable. Some examples of answers would be:

- If it should be taken with or without food
- If it should be taken at the same time as another medication
- If it is important to avoid alcohol while on this medication
- If the medication makes you extra sensitive to the sun, puts you at an increased risk of sunburn
- If the medication should be stored in the refrigerator
- If the medication should be discarded after so many days, such as an opened bottle of nitroglycerin tablets should be replaced after being opened for 6 months

### 2. Could you use this column to record the goals of therapy of a medication such as blood pressure goals?

**Yes**, this would be an excellent place to keep information such as blood pressure goals, blood sugar goals or cholesterol goals as established by yourself and your health care practitioner.

