

Griffith University Mental Health Project Newsletter

Issue 5

This project is funded by the Australian Government Department of Health as part of the Fifth Community Pharmacy Agreement Research and Development Programme managed by the Pharmacy Guild of Australia. Ethics approval has been obtained from the Griffith University Human Research Ethics Committee (PHM/08/11/HREC).

CONTACT US

Phone: 1800 600 687

Email: mentalhealth@griffith.edu.au or find us on facebook:

<https://www.facebook.com/mentalhealthandcommunitypharmacy>



Consumers give the project the thumbs up

It is great to see all the positive changes our consumers are experiencing by working with their pharmacist to get the best out of their medicines.

A consumer from Western Australia recently completed the intervention with his pharmacy. Here is his final evaluation of the Medication Support Service:

Q: What did you hope to achieve in this support service?

A: Close supervision by my pharmacist: someone I can talk to about my medicines.

Q: What did you like the most?

A: The level of care and information offered to me.

Q: What would you suggest for other consumers who might be involved?

A: Everyone in my situation should be involved in a study like this. It's a fantastic idea and I'm glad I participated.

Still waiting for your Group 2 CPD certificate and honoraria payment for attending the Mental Health training workshop?

Perhaps you haven't sent back your quiz. This is your last chance to claim your CPD and honoraria payment for those eligible. The final date to return your quiz is **31 August 2014**.

Contact us if you need the quiz resent or to check we have received your completed quiz.

ONLY 10 DAYS LEFT TO SIGN UP NEW RECRUITS

31 July 2014 is the final date to recruit new consumers for the Medication Support Intervention. All participants must complete Step 1 (consent form) by July 31. Pharmacies can continue to work with recruited consumers through to 31 October 2014.

31 October 2014 all consumer folders must be returned to Griffith University by this date. Completed consumer record folders can be returned at any time.

Remember to keep your GPs involved and remind them that they can also gain CPD credits through the Mental Health Project.

Consumers are finding that setting goals with the pharmacist is a positive and valuable experience. A consumer from QLD said: ***I wish I had sat down earlier with my pharmacist to do this evaluation.***

Here are some great examples of goals that have been set by pharmacists working with consumers, carers, GPs and other health professionals to improve or maintain optimal medicines management and health outcomes:

- Exercise - walk to the end of the block 3 times a week
- Weight gain - reduce snacking after meals
- Take medication regularly - starting with Webster packs
- Adverse effects – work with GP to find suitable pain relief without drug interaction
- Lack of understanding of condition – work with pharmacist to gain information
- Do photography once a week in the afternoon

Tip of the month

Complete Step 6 by phone

Some pharmacies have found the final health review and evaluation can often be completed over the phone. This offers a convenient alternative for both pharmacists and consumers. Some consumers really appreciate the greater flexibility and increased sense of privacy. We understand that community pharmacies are busy workplaces. Talk to your mentor or contact the research team to find out how we can support you.

Recruitment Update

Congratulations, we have now enrolled 500 consumers in the Medication Support Service. If we enroll another 100 we have a good chance of achieving our target of 500 completers. We understand that not everyone will be able to finish, but keep the momentum going and get as many as you can to complete the intervention.



As indicated below there are 341 consumers nearing completion. Please advise the team when these consumers have completed the Final Health Review and we will collect the necessary paperwork.

