

Structured Healthcare Professional Podcast - Monitoring the Effectiveness of Medicines

Recap about the study

Start filming

Could you begin by explaining why it's helpful for individuals to monitor the effectiveness of their medicines for pain and any for the related side effects of constipation and nausea?

Why is this helpful for the particular individual concerned?

- Increases understanding, control over medicines taking and subsequent control over the symptoms of pain, nausea and constipation
- Helps in the fine tuning of the medicines they are on regarding the right doses

Why is this monitoring by the individual helpful for specialist healthcare professionals working with them?

- Helps in understanding how well the medicines are working:
 - understanding any changes in pain or in the effectiveness of meds,
 - whether doses need to go up or down or be altered in terms of when in the day the medicine is taken,
 - or whether an alternative medicine is required
- Helpful to improve the communication between the individual and HCP, so the HCP can understand the individual's experience and together they can discuss any necessary changes

So, what is it a good idea to monitor?

- Which medicines are helping and in what circumstances. For example is something working well in combination with another pain control method?

You have years of experience helping individuals monitor the effectiveness of their pain medicines. How do you aid an individual's initial understanding of their medicines, in terms of what they are taking and why?

- Medicine charts (edit an example into the film) – crossing off what has been taken and noting down any as needed medication taken especially for breakthrough pain

Helping to educate individuals to monitor the effectiveness of their medicines is obviously an on-going process. What level of understanding are you aiming for?

- Understanding of the effects of the medicines on the individual – balancing the intended effects and side effects at the right level for them

In your experience, what have you found helps individuals to achieve this level of understanding?

- Pain diary (edit an example into the film) – recording when a pain starts, where is it, how strong the pain is, whether anything causes the pain to start, the medicines taken for the pain and whether they helped. Did they work a little or a lot? The importance of knowing this.

Thank you