

# Managing medications at home

Medication resources for families

## During your stay at Holland Bloorview

- Speak with your child's pharmacist – they can provide you with resources, such as:
  - » Medication and side effect information
  - » Medication calendars
  - » Drug coverage options
- If you suspect your child is experiencing a side effect from a medication, let your doctor, nurse, or pharmacist know about the nature of the reaction and when it started.
- Your child's team can discuss how medications are administered, such as through a feeding tube or by injection.
- Prepare to fit medication management into everyday life by discussing how to schedule medications into your daily routine and how to involve family members and other caregivers.

## Notes

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## What happens at discharge?

Here are some common topics that are discussed with families before going home:

- **How and when to give medications:** Your child's care team can show you and your family how to give medications to your child.
- **Education:** Your child's care team can help answer your questions regarding medications.
- **Drug coverage:** Funding sources are reviewed before going home.
- **Information handover:** Handover documents are sent to your child's community team when your child leaves the hospital. Make sure you know the dates and times of follow-up appointments.



After your child is discharged from Holland Bloorview, medications will be prescribed by your child's family physician or specialist after they re-assess your child's progress.

We encourage you to contact your family physician or pediatrician within one month of leaving the hospital.



Your team is here for you and will work with your family to transition back to the community.

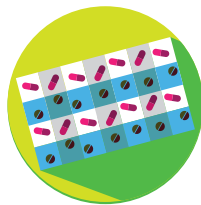
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## Tips for managing medications

### Keeping track of medications

Ask your pharmacist for tips on keeping track of your medications. They can provide you with a medication calendar to help you keep track of medication times. Pill packs and dosettes (see *picture right*) can help organize medications. Some people also set timers to remember when to give medications.



### Managing liquid medications

Use an oral syringe to give liquid medications – they are more accurate than medicine cups or spoons and are easy to use. It's important to check both the volume and the dose of the medication, as there may be different concentrations. It is also important to know how much and when medication should be given

Ask your pharmacist for the expiry date and storage conditions of your liquid medications.



### Masking the taste of medications

There are many ways to improve the taste of medications, such as giving them with juice or ice cream. Some can be made into a liquid or crushed using a pill crusher and sprinkled into food. However, not all medications can be altered – ask your pharmacist first.



## Helpful resources for medication

### After your stay with us

These resources may be helpful to support your understanding of medications but are not to replace the expertise of your child's care team. Please contact them if you have specific questions.

**About Kids Health** is an online resource provided by the Hospital for Sick Children with information on health conditions and medications.

[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

**Safe Medication Use** is an online resource provided by the Institute for Safe Medication Practices Canada that offers tools on medication use and incident reporting.

<https://safemedicationuse.ca/>

**Ontario Drug Benefit Programs** are drug funding sources provided by the Ontario Ministry of Health

[www.health.gov.on.ca/en/public/programs/drugs](http://www.health.gov.on.ca/en/public/programs/drugs)

**TeleHealth Ontario** – medical advice from registered nurses, available 24 hours a day, 7 days a week.

(1-866-767-0000)

**Knowledge is the Best Medicine** offers a free and confidential MyMedRec app or personalized medication book to help you take charge of your medication records.

[www.knowledgeisthebestmedicine.org](http://www.knowledgeisthebestmedicine.org)

## My community pharmacy

Community pharmacists can provide reliable resources and guidance about medications, herbs and supplements.

Store name

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Address

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Phone

Fax

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