

Development of Medication Management Resources for Caregivers, Patients, and Volunteers in the Community

KNOW YOUR MEDS

Ying Zhou SOO, Siew Ann LEE, Hwei-Xin LOU

National Pharmacy Programme Management Office, Ministry of Health, Singapore

ABOUT US

The Know Your Meds Series are self-help resources on basic medication management for



To enhance their medication literacy and empower them with basic skills to help themselves and others manage their medications independently at home

To educate and empower patients to manage their medications

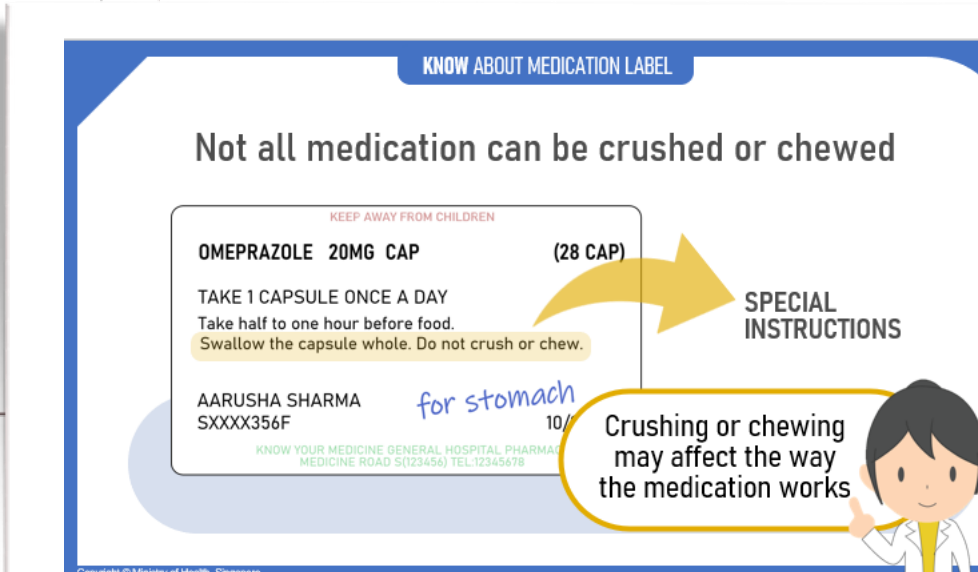
Check Out The Series **HERE!**



www.moh.gov.sg/knowyourmeds

DEVELOPMENT OF KNOW YOUR MEDS SERIES

Know Your Meds contents were developed based on frequently asked questions about medication management from caregivers, patients and volunteers. Content was reviewed by the Pharmaceutical Society of Singapore (Public Education Chapter) for accuracy and health literacy.

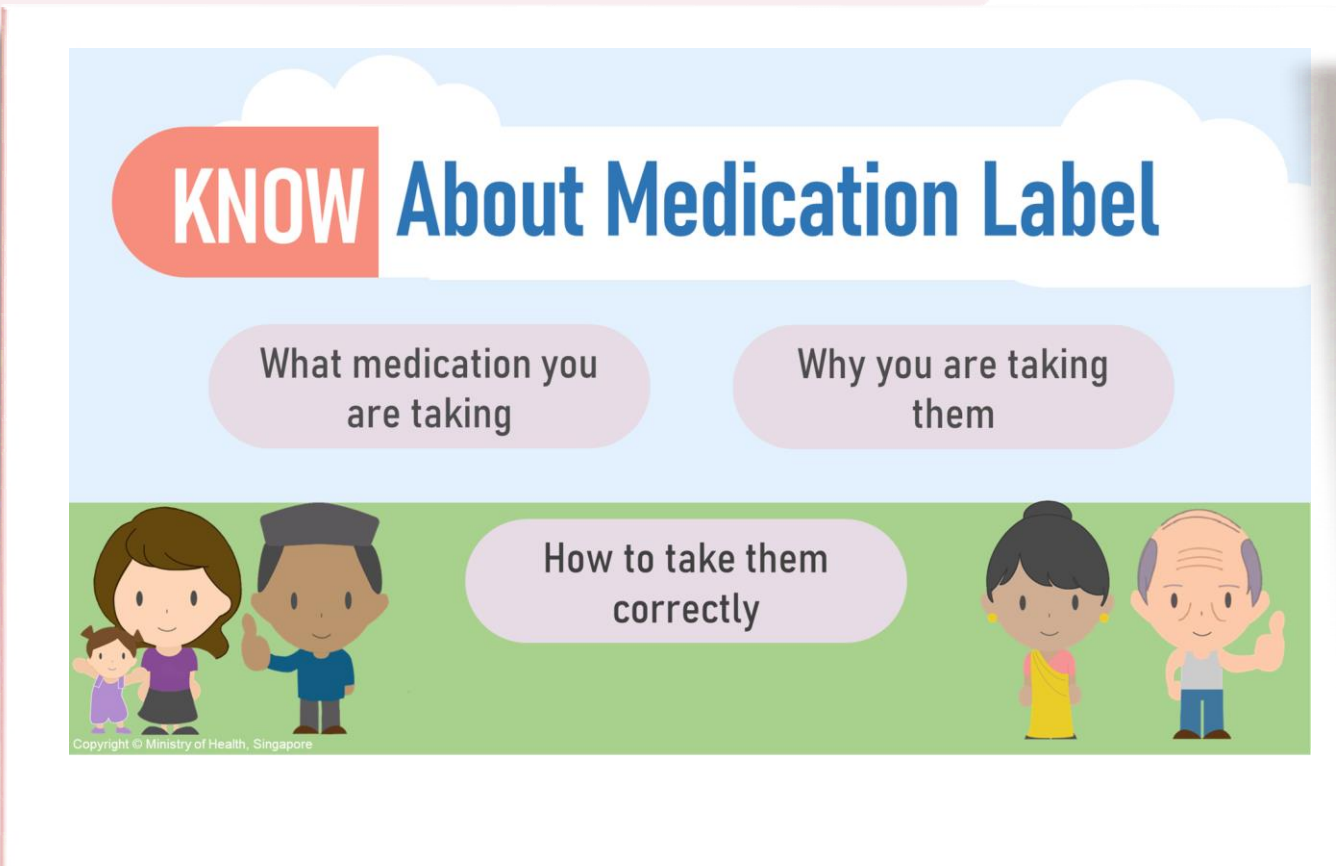


KEY FEATURES

- Accessible on the GO
- Bite sized
- Easy to understand

PILOT WITH AIC SGAs

The first video "Know: About Medication Label" aims to educate viewers on the importance of reading medication labels and how to use the information on them. It was presented live at the Agency of Integrated Care (AIC) Silver Generation Ambassadors (SGAs) Preventive Health Visit Webinar in Jan 2022 to gather feedback on the usefulness and relevance of the materials from the public's perspective.



Silver Generation Ambassadors (SGAs)¹

- SGAs play a pivotal role as the national outreach and communications arm for seniors in the community. Through their Preventive Health Visits initiative, SGAs strive to move upstream in identifying the needs of seniors early, and to sense and pick up health and social risks so as to prevent or delay deterioration.

PILOT FINDINGS

~500 SGAs Attended

143 Feedback Responses

61% Found the info new

97% Found the info useful

98% Keen to learn more

Future Topics of Interest

- Medication Packing, Storage & Expiry
- Allergies & Side-Effects of Medications
- Common Conditions in Seniors (e.g., Diabetes, Hypertension, Dyslipidemia)
- Supplements & TCM

Who are the SGAs?¹

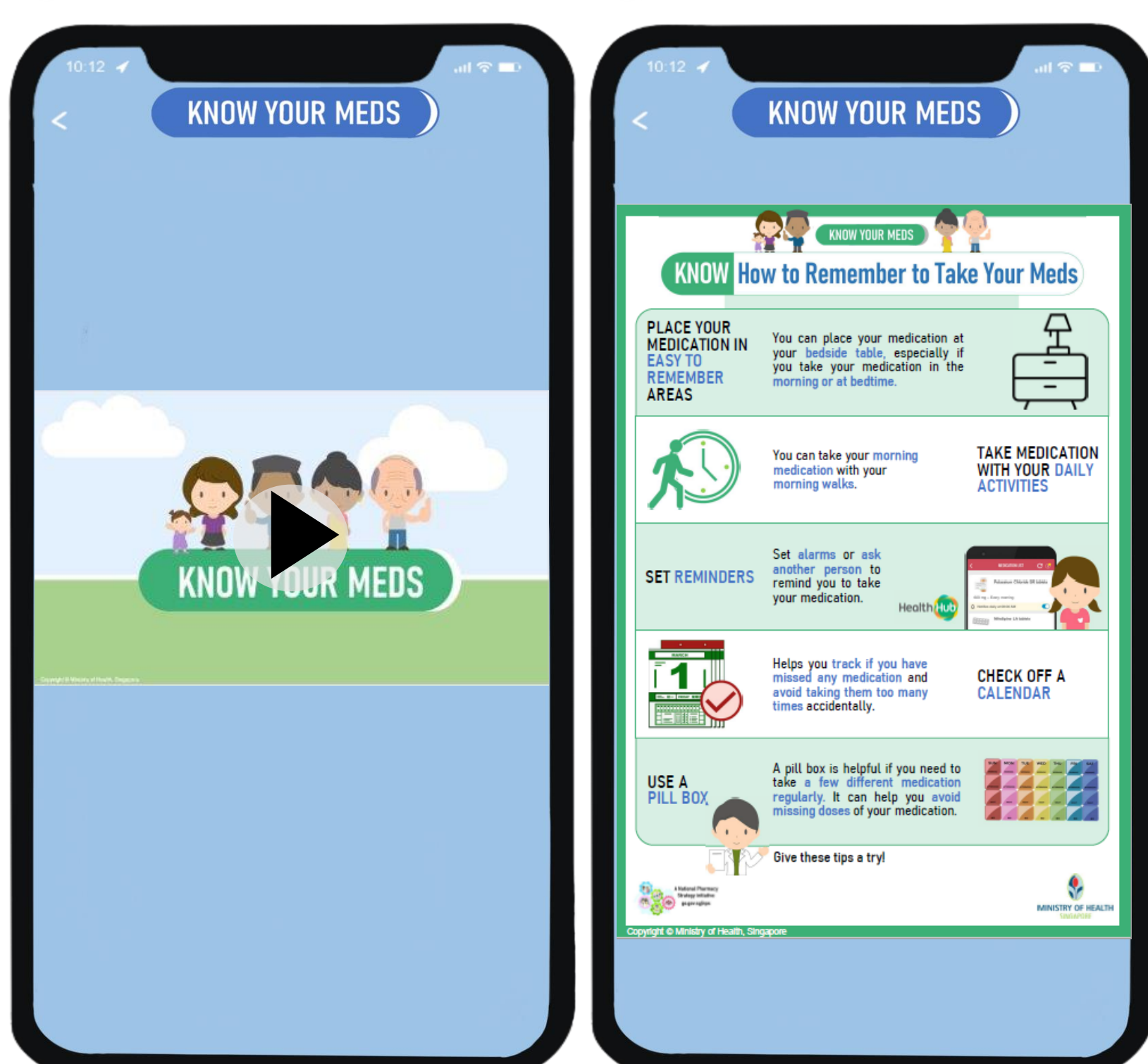
- ≥ 18 years old
- Singapore Citizen or Permanent Resident
- Have basic computer literacy
- Good conversational and writing skills in English and one Mother Tongue language or dialect

Vital information for self care, as caregiver & as SGA volunteer.

Very comprehensive information for ourselves and also good advice to those seniors citizens who are not as educated to know of such crucial information. Well done 👍

¹Reference: AIC Website

LAUNCH OF KNOW YOUR MEDS SERIES



6 videos and infographics have been published to date

Pilot findings demonstrated that the first video presented useful information that was easily understood by the public. Subsequent topics on medication management were selected based on feedback from the pilot, to ensure that content delivered is useful and relatable to the public.

WHAT'S NEXT?

Translation into the vernacular languages to promote accessibility to a larger audience

Creation of additional contents on medication-related topics of interest

