

# Top 10 Practical Tips

## How to Obtain an Efficient, Comprehensive and Accurate Best Possible Medication History (BPMH)

- 1** **Be proactive.** Gather as much information as possible prior to seeing the patient. Include primary medication histories, provincial database information, and medications vials/ lists.
- 2** **Prompt questions about non-prescription categories:** over the counter drugs, vitamins, recreational drugs, herbal/traditional remedies.
- 3** **Prompt questions about unique dosage forms:** eye drops, inhalers, patches, and sprays.
- 4** **Don't assume patients are taking medications according to prescription vials** (ask about recent changes initiated by either the patient or the prescriber).
- 5** **Use open-ended questions:** ("Tell me how you take this medication?").
- 6** **Use medical conditions as a trigger** to prompt consideration of appropriate common medications.
- 7** **Consider patient adherence with prescribed regimens** ("Has the medication been recently filled?").
- 8** **Verify accuracy:** validate with at least two sources of information.
- 9** **Obtain community pharmacy contact information:** anticipate and inquire about multiple pharmacies.
- 10** **Use a BPMH trigger sheet** (or a systematic process / interview guide). Include efficient order/optimal phrasing of questions, and prompts for commonly missed medications.