Patient Safety 2014:

Patient Health: Everyone with a long-term condition can have a care plan if they want one. A care plan is an agreement between you and your health professional to help you manage your health day-to-day. It can be a written document or something recorded in your patient notes. Everyone who has a long-term condition can take part in making their care plan. It helps to assess what care you need and how it will be provided. If you think a care plan could help you please contact us at the surgery and we can arrange a consultation.

Patient Health: Medicines need to be taken exactly as instructed so that they work properly. It’s important that you understand how and when to take your medicines and whether they should be taken with or without food.  If you take more than one type of medicine it’s vital to take them in the right way and make sure they don’t work against each other to cause side effects or make your condition worse. Speak to your GP, nurse or pharmacist about the medicines you’re taking and how often you should be taking them. They will explain to you how your medicine will help you and improve your condition, and listen to any worries.

Patient Health: If you or someone you care for struggles to swallow pills, you should always discuss this with your doctor or pharmacist. Alternative forms of the medicine are sometimes available, or you may just need to experiment with some simple swallowing techniques. This page gives some basic advice and outlines the clinical and legal issues around crushing tablets or opening capsules. This advice applies to adults who have difficulty swallowing pills, parents of children who struggle to swallow pills, nurses or carers of people with [dysphagia](http://www.nhs.uk/conditions/dysphagia/Pages/definition.aspx) (swallowing problems).