



Top Ten Practical Tips to Obtain a BPMH in LTC

- 1 Be proactive.** Gather as much information as possible prior to seeing the resident or substitute decision maker (SDM).
- 2 Prompt questions about non-prescription categories:** over the counter, vitamins, recreational, herbal/traditional.
- 3 Prompt questions about unique dosage forms:** eye drops inhalers patches and sprays.
- 4 Don't assume residents take medications according to prescription vials** (ask about recent changes by the prescriber).
- 5 Use open-ended questions** ('Tell me how you take this?')
- 6 Use medical conditions as a trigger** to prompt consideration of appropriate medications.
- 7 Consider 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 info** and ask about multiple pharmacies.
- 10 Use a systematic process** like a BPMH interview guide or checklist.