



# World Patient Safety Day 2022

## Medication Safety: Medication Without Harm Communications Toolkit for Community Organizers



Prepared by the Canadian Deprescribing Network Team



## Have you heard of medication overload? On World Patient Safety Day, help us raise awareness!

[The Canadian Deprescribing Network](#) is proud to be commemorating the upcoming [World Patient Safety Day](#) on September 17, 2022. The theme for World Patient Safety Day is *Medication Safety: Medication Without Harm*.

### ***Who is this communications toolkit for?***

This communications toolkit has been developed to help community organizers across Canada commemorate World Patient Safety Day in September 2022. If you share information with members through social media, newsletter or public events, this document is for you!

### ***How can you help raise awareness on World Patient Safety Day?***

By sharing essential information and resources with your members! We have prepared contents for World Patient Safety Day that you can easily share with members of your organization. The content is free to use and was developed by expert health care professionals from the Canadian Deprescribing Network. The Canadian Deprescribing Network is funded by public research organizations in Canada.

### ***What kind of information and resources can be shared?***

In support of this important day, the Canadian Deprescribing Network is raising awareness on the issue of **medication overload**. We have developed a brochure on medication overload, which briefly explains what medication overload is and how to prevent it.

We have prepared the following contents on medication overload for you to share with your members:

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The brochure can also be downloaded as a PDF and included in your communications. The links below are for the English and French versions. The brochure is also available in Simplified Chinese upon request.



Link to access English version of brochure:

<https://www.deprescribingnetwork.ca/medication-review-handout>

Link to access French version of brochure:

<https://www.reseaudeprescription.ca/surcharge-medicaments-brochure>

***Can I adapt the content?***

If you share any of the content, we kindly ask that you keep the text unchanged. If you wish to make edits to the content, please submit these changes to our team before publishing or sharing with your members. You can reach us by emailing [ninh.khuong@caden-recad.ca](mailto:ninh.khuong@caden-recad.ca). Please contact us if you would like to translate the content to another language.

***Are there any requirements prior to sharing?***

That you let us know you participated :) ! We keep track of everything that is shared. We invite you to send us an email to [ninh.khuong@caden-recad.ca](mailto:ninh.khuong@caden-recad.ca) indicating what kind of information/resource was shared and how many members were reached.

If you use social media, please use the following Canadian Deprescribing Network handles:

Twitter : [@DeprescribeNet](https://twitter.com/DeprescribeNet)

Facebook : [@deprescribingnetwork](https://www.facebook.com/deprescribingnetwork)

***Who can I contact for more information?***

Ninh Khuong, Network Coordinator of the Canadian Deprescribing Network, is here to help you with your requests: [ninh.khuong@caden-recad.ca](mailto:ninh.khuong@caden-recad.ca)

**Thank you for your help raising awareness on this important issue!**



## Message for a newsletter (electronic)

### September 17 is World Patient Safety Day: Let's prevent medication overload



Photo: iStock

Did you know? Around the globe, September 17 is the World Health Organization [World Patient Safety Day](#). This year's theme is Medication Safety: Medication Without Harm and **INSERT NAME OF PARTNER ORGANIZATION** is excited to be helping spread the word to promote the safe use of medications.

Medications can help us in many different ways. But medications can also cause us harm. When we take more medications than we need, it is called **medication overload**. Medication overload also means taking too many medications that, together, cause more harm than good.

Medication overload can cause drug interactions and harmful side effects such as falls and fractures, memory loss, hospitalizations and even death. Medication overload affects a lot of people: did you know that **1 in 10 hospital admissions** in older adults are the result of a medication side effect?

Find out how to prevent medication overload by checking out this short and engaging brochure: [click here to access the brochure](#).

Help us prevent medication overload: share this resource with your friends and family!

You can also check out [deprescribingnetwork.ca](https://deprescribingnetwork.ca) to discover other medication safety resources.



## Message for a newsletter (paper)

### September 17 is World Patient Safety Day: Let's prevent medication overload



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Medication overload can cause drug interactions and harmful side effects such as falls and fractures, memory loss, hospitalizations and even death. Medication overload affects a lot of people: did you know that in Canada, **1 in 10 hospital admissions** in older adults are the result of a medication side effect?

Find out how to prevent medication overload by checking out this short and engaging brochure in the following pages of the newsletter.

Help us prevent medication overload: share this resource with your friends and family!

You can also check out [deprescribingnetwork.ca](https://www.deprescribingnetwork.ca) to discover other medication safety resources.

**DOWNLOAD AND INSERT THE PDF OF THE HANDOUT AVAILABLE HERE IN THE NEWSLETTER:**  
<https://www.deprescribingnetwork.ca/medication-review-handout>

## Message to share on Facebook



Did you know? Around the globe, September 17 is the World Patient Safety Day. The theme this year is *Medication Safety: Medication Without Harm*.

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Find out how to prevent medication overload by checking out this short and engaging brochure. Link to brochure: <https://www.deprescribingnetwork.ca/medication-review-handout>

Help us prevent medication overload: share this resource with your friends and family!

@PatientSafety @WorldPatientSafetyDay @MedicationSafety @deprescribingnetwork

## Message to share on Twitter



Sept 17 is World Patient Safety Day. The theme this year is Medication Without Harm. On this special day, take a look at this resource to learn how to prevent medication overload -> <https://www.deprescribingnetwork.ca/medication-review-handout>  
@PatientSafety @WorldPatientSafetyDay @MedicationSafety @DeprescribeNet





## Medication overload brochure:

# Is it time to review your medications?



## Medication use is a fine balance



Medications can help us in many different ways. But medications can also cause us harm. That's why it's important to weigh the potential benefits and harms of taking a medication over time.

### What is medication overload?



Medication overload means taking more medications than we need. It also means taking too many medications that, together, cause more harm than good.

### What are too many medications?



There is no strict number. When we take even one medication that can cause more harm than good at a particular time in our life, one can be too many.

## Medication overload causes harm

Medication overload can cause drug interactions and harmful side effects. Harms from medication overload can be very serious. Some examples include:



**falls & fractures**



**hospitalizations**



**premature loss  
of independence**



**confusion & memory  
problems**



**car crashes**



**death**

## Who is at highest risk?



People who take multiple medications, older adults, and women are at greatest risk of medication harm. The more medications we take, the greater our risk of experiencing harm.

**1 in 10**

**hospital admissions in  
older adults are the  
result of a medication  
side effect<sup>1</sup>.**

## What can you do? Deprescribing may be an option.



Deprescribing means working with your doctor or another health care professional to stop or reduce the dose of a medication that you feel may cause you harm or is not helping you.





## Preparing for a medication review with your doctor, pharmacist or nurse



**1.** Book an appointment with your doctor, pharmacist or nurse *specifically* to review your medications.

**2.** Questions to ask yourself before your appointment:

- How are my medications affecting me? Am I having any problems with them?
- If my doctor recommended that I stop taking one or more of my medications, would I be willing?

**3.** Prepare your list of questions in advance!

Here are 5 questions to ask your doctor, pharmacist or nurse when starting a new medication or reviewing one you are already taking:

1. Why am I taking this medication?
2. What are the potential benefits and harms of this medication?
3. Can it affect my memory or cause me to fall?
4. Can I stop or reduce the dose of this medication (i.e. deprescribing)?
5. Who do I follow up with and when?



Remember to write down any other questions you would like to ask about your medications, too.

**4.** Bring an up-to-date medication list to your appointment. Ask your pharmacist for a list of all your medications, or make your own ([visit DeprescribingNetwork.ca for a sample record](#)). Include over-the-counter medicines and supplements.



Learn more about deprescribing and medication safety at [DeprescribingNetwork.ca](#)

### References

1. Parameswaran Nair, N., Chalmers, L., Connolly, M., et al. (2016). Prediction of Hospitalization due to Adverse Drug Reactions in Elderly Community-Dwelling Patients (The PADR-EC Score). PLoS One, 11(10): e0165757. <https://doi.org/10.1371/journal.pone.0165757>