

Award Winning Renal Medication Booklet

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Background

The Renal Medication Information Booklet (RMB) was produced in 2006 by Angela Lamb, Paediatric Renal Pharmacist, Glasgow, initially to assist families and children with chronic kidney disease (CKD). The RMB is an easy to understand information booklet about medicines for patients who have complex medication regimens. As well as providing information about medicines, the RMB included local contact details.

The RMB was rolled out Scotland wide for all children with CKD via the Scottish Paediatric Renal & Urology Network (SPRUN) in 2008. The booklet won an award at the Ask About Medicines Awards for Excellence (**“Category E: Medicines information for carers or non-healthcare professionals working with patients or medicine users”**). The ceremony took place at the House of Commons in London on 22 July 2008.



The booklet was subsequently expanded to include information around diet.

Aims

The RMB allows patients/carers record changes to doses - to give them ownership and a way of coping with the constantly changing medication regimen as well as providing other relevant information.

Outcomes

Audits with patients, carers and staff show that RMBs are well used, are being updated and can help with self management of conditions.

Patient Audit

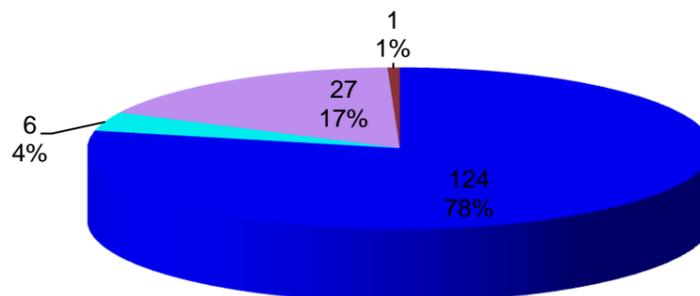
Question	2007 Audit 65pts	2013 Audit 38pts
have a RMB	95%	100%
always or sometimes bring their RMB to the renal clinic	96%	100%
always or sometimes bring their RMB when admitted to ward	81%	100%
changed information in their RMB when contacted at home by medical staff	87%	97%
RMB are up to date with all medicines and doses	98%	95%
always or sometimes take their RMB to the GP	55%	45%
always or sometimes take their RMB to the Community Pharmacy	35%	31%
always or sometimes find the RMB helpful	98%	97%
RMB helps stick to your child's medication routine	NA	97%
RMB helps you manage your child's medication	NA	95%

Staff Audit

Question	2006 Audit 23 staff	2013 Audit 13 staff	
Do you ask to see the patient's Renal Medication Booklet (RMB) when attending clinic? (always & sometimes)	69%	77%	
Do you ask to see the patient's RMB when attending the ward? (always & sometimes)	87%	92%	
Do you update the RMB when you change the patient's medication at clinic? (always & sometimes)	NA	77%	
Do you update the RMB when you change patient's medication at discharge from the ward? (always & sometimes)	NA	85%	50/50
Is the RMB easy to use?	96%	100%	
Would you say the RMB improves patient compliance with medication? (always & sometimes)	96%	100%	50/50
Would you say the RMB improves patient's self management? (always & sometimes)	NA	100%	50/50

Since 2014, a total of 86 booklets have been issued to patients. Additional medication inserts created include Calcium Supplements, Colecalciferol (Vitamin D3), Doxazosin, Enoxaparin and MIRCERA. Inserts also developed to promote PatientView (secure website that patients can register on to see their personal up to date medical information) and infoKID (renal patient information website).

Renal Medication Booklet (RMB) Status of Children with Chronic Kidney Disease 3-5 (incl. Transplants) National Totals for 2014/15 (n=158)



Due to the book's great versatility, it has been adapted by other managed clinical networks to suit the individual needs of the patients, parents and carers.

In summary, the RMB was a change made to support patient care, outcomes and safety from a pharmacy perspective with a view to promoting self management. The content of the booklet has also been expanded to cover other areas of information.