

**CHSSN**  
**Community Health Education Program (CHEP)**  
**Impact Report – Medications: Ask an Expert**  
**January 20, 2009**

*All the great tips and information. When in doubt, ask your pharmacist. Go generic, it pays! How to read the label. Mixing certain pills. Proper storage of medications. Always read instructions and follow directions. --Participants, Medications: Ask an Expert videoconferencing session*

On Tuesday, January 20, 2009, one host community—Neighbours Association, joined by CASA, and MCDC—participated via videoconferencing to “ask an expert” on their chosen topic of medications. Thanks to the outstanding promotion of the Community Coordinators and the practical and clear presentation by Pharmacist, Marie Botrus, of St. Mary’s Hospital Center, 33 participants are now informed about the many aspects of taking medications.

Participants gained new knowledge and greater awareness about the ways in which to store and take medications, along with drug and food interactions. Also outlined were practical tips for remembering to take medications, reading drug labels, name brand versus generic medications and mixing medications with certain foods. Participants asked many questions about drug interactions.

**Immediate Results:**

- 33 people gained new knowledge about medications.

**Outcomes:**

- 99% return on evaluations.
- The session DVD is now available for communities’ use in their follow-up activities (churches, curling clubs, service clubs, seniors’ groups and seniors’ residences).

**Participating Communities’ Comments and Evaluation:**

- Three communities with 3 sites: Neighbours Association had 9 participants, CASA 10 participants and MCDC 14 participants.
- The average age of participants was 70 years.
- The host community cited that although their local CSSS representative could not attend this session, they would be present at the upcoming Health Forum where follow-up to Medications will be done.
- CASA commented on the fact that 2 of their participants, a husband and wife, seniors aged 82 and 77 said that they DO NOT take any medications aside from a Tylenol for the odd headache.
- Participants’ evaluations reveal that the presentation was extremely helpful, interesting, and met their expectations.
- Two communities have ordered and intend to use the session DVD for follow-up activities.

The session DVD is now available to use by all communities, along with the presenter’s PowerPoint presentation which is posted under Resources on the CHSSN Community Health Education web page: [http://www.chssn.org/En/Health\\_Education\\_Program/index.html](http://www.chssn.org/En/Health_Education_Program/index.html).