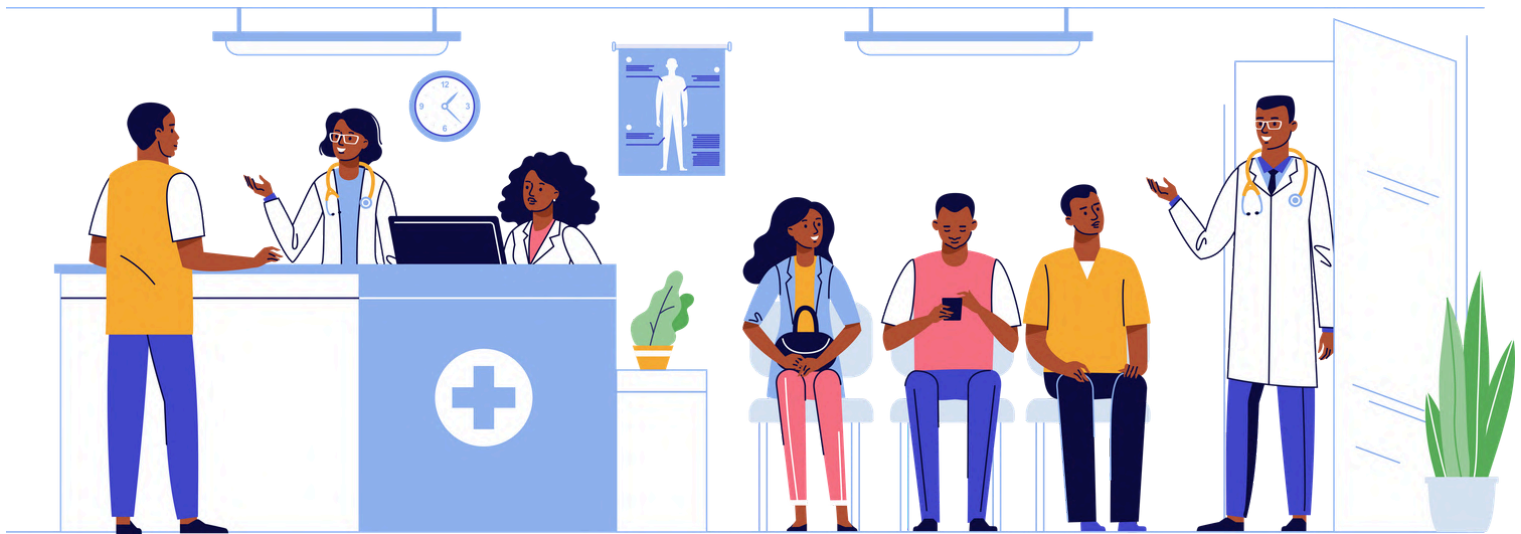


WATCH OUT FOR COMMON MEDICATION ERRORS

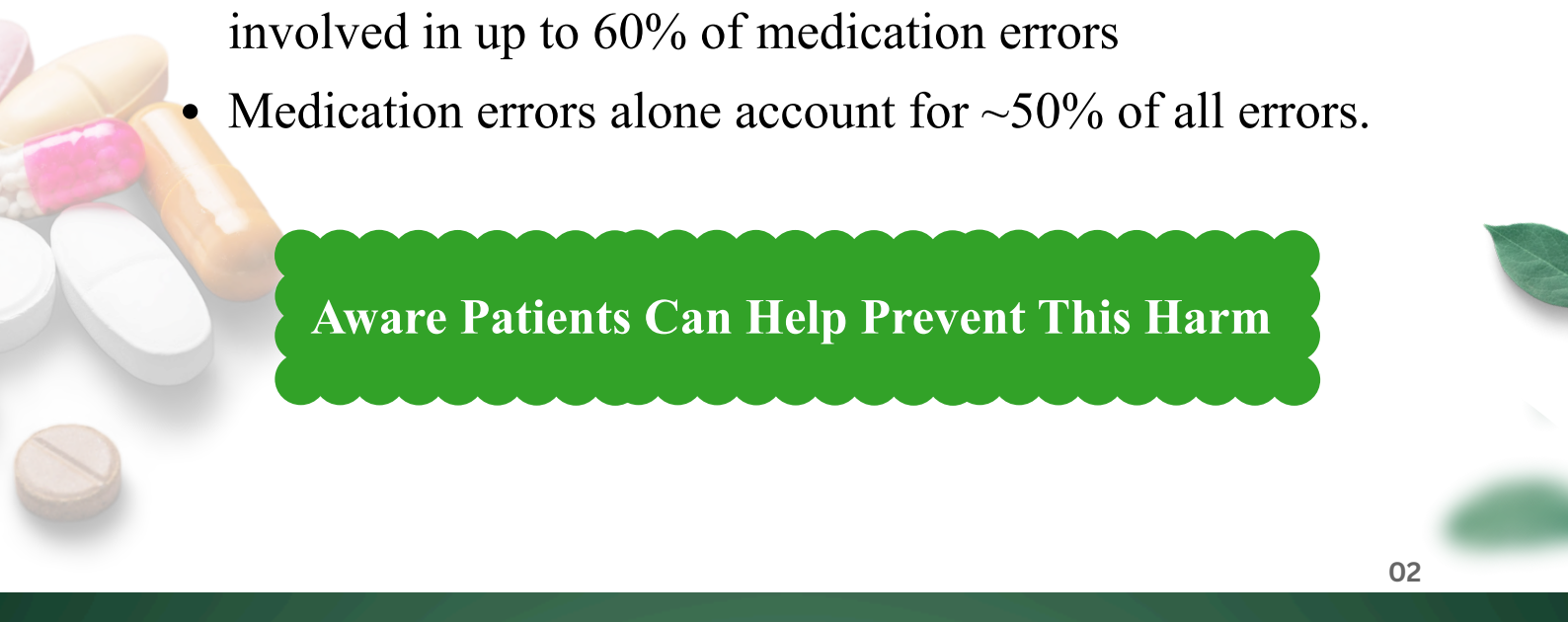


My Health, My Responsibility

DID YOU KNOW THAT 10% OF PATIENTS IN HOSPITALS ARE LIKELY TO SUFFER MEDICAL HARM?



- Medicine in hospitals
- 4 in 10 patients are harmed in outpatient care (OPD).
- 1 in 10 patients suffer harm during hospitalization (IPD).
- Medication errors contribute to 5–10% of hospital adverse events
- Transitions of care (admission, discharge, referrals) are involved in up to 60% of medication errors
- Medication errors alone account for ~50% of all errors.



Aware Patients Can Help Prevent This Harm

WHAT ARE MEDICATION ERRORS?

Medication errors are preventable mistakes that occur at any stage of medicine use and may cause harm to patients.

They can happen when:



Medicines are prescribed incorrectly

such as wrong medication, dosage, or intake instructions



Medicines are dispensed wrongly

including change in brand, salt, or dose by the chemist/doctor



Monitoring and follow-up are missed

leading to unreported side effects, poor monitoring or incomplete treatment



Multiple medicines interact,

where two or more drugs react with each other and cause unexpected or harmful effects



Medicines are taken in excess or too little

used for longer than advised, or stopped earlier than recommended



Medicines are used incorrectly

including wrong timing, method of intake, sharing with others or self medication

WHY DO MEDICATION ERRORS HAPPEN?

Medication errors do not happen because patients or healthcare workers do not care. They usually occur due to system gaps, communication issues, and lack of clear information.

Common reasons include:



Similar-looking or
similar-sounding
medicines



Poor communication
between doctors,
pharmacists and patients



Over worked staff
& time pressure

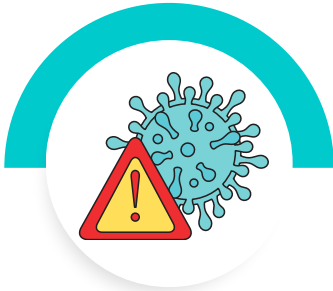


Multiple medicines taken
at the same time



Lack of awareness about
medicines and side effects

AWARENESS CAN PREVENT HARM



Keeping Track
of Symptoms



Providing Complete
Information



Keeping Updated
Medical Records



Asking Questions and
Clarifying Doubts



Understanding and
Following Prescriptions



Seeking Second
Opinion if in Doubt



Participating in
Care Decisions



Providing
Valuable Feedback

PRESCRIPTION ERRORS & PREVENTION

Prescription errors happen when the wrong medicine, dose, or instructions are given or when prescriptions are unclear, misread or misunderstood.

How patients and caregivers can help prevent them:



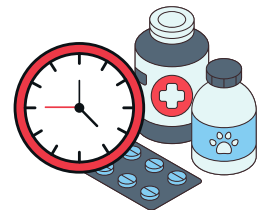
Share details of allergies and an current + past reactions



Confirm the name of medicine name



Ask about the correct dose and duration



Understand when and how to take it



Ask for clear written instructions



Proper medications administration and storage

DISPENSATION ERRORS

Dispensing errors occur at the pharmacy when the wrong medicine, brand, salt, or strength is given.

What you can do:

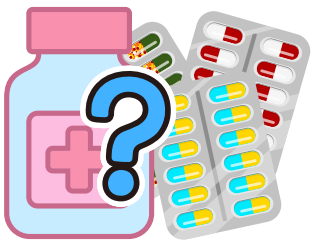


- Check the medicine name before leaving the pharmacy

- Match it carefully with the prescription



- Ask if the medicine looks different from what you used earlier



- Do not hesitate to ask questions or clarify doubts



- Check the package and expiry dates



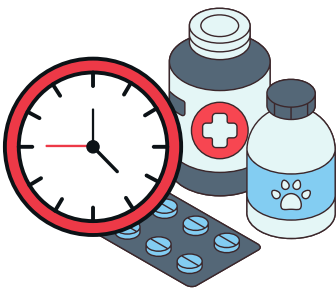
ADMINISTERING MEDICINES

Errors can happen while taking or giving medicines, especially at home or in hospitals.

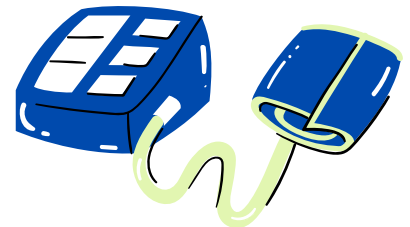
What you can do:



Take medicines at the correct time



Do not skip, miss or adjust doses



Use proper measuring devices



Follow instructions carefully for injections, drops or inhalers

STORAGE & ARRANGING MEDICINES

Improper storage can make medicines less effective or unsafe.

What you can do:



Retain original
packing & labels



Organize them label
by purpose



Safely dispose off
expired medicines



Store in cool & dry
accessible place



Keep essential
First-Aid kit



Keep out of reach
of children

MANAGE MEDICINES WHILE TRAVELING

Travelling increases the risk of missed doses and confusion.

What you can do:



Take adequate
stocks of medicines



Adjust Medication
schedule to time zone



Take travel
Insurance



Keep most of medicines
in carry-on luggage



Carry your
prescription & reports



Consult your doctor
for precautions

SPURIOUS / FAKE MEDICINES

Spurious or fake medicines may not work or can cause serious harm.

Tips to Safeguard against Spurious Medicines:



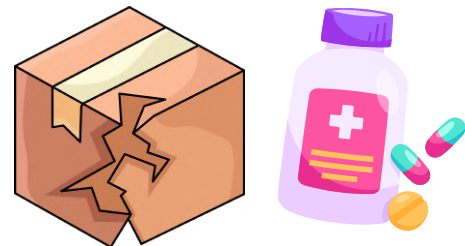
Buy from licensed and reputed pharmacies to ensure safe and genuine medicines



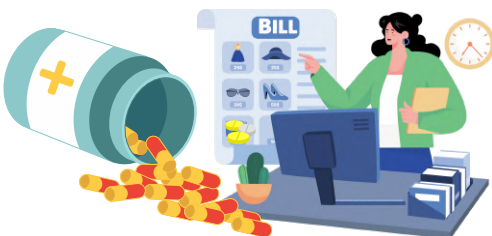
Beware of unusually low prices, they could signal counterfeit or unsafe medicines



Verify details of the manufacturer, batch number, expiry date and QR codes



Watch out for tampered packing, broken seals and poor packing



Insist on GST bill with full details including batch number etc.



Reconfirm with doctor if an alternative brand / equivalent medicine is offered

SELF-MEDICATION

Taking medicines without proper medical advice can be harmful and unsafe.

Risks include:

- Wrong diagnosis and wrong treatment
- Incorrect dose or duration
- Masking symptoms and delaying proper care
- Increased side effects and complications



What you can do:

- Avoid using old or shared prescriptions
- Do not take medicines suggested by non-professionals
- Never share medicines with others
- Always consult a qualified healthcare professional



MEDICATION MANAGEMENT FOR ELDERLY

- Set alarms for reminders On phone, clock to take medications as per schedule



- Fill your pill box on weekly basis. Check medicines stock periodically to re-order preferably from same pharmacy

- Get Vaccinated As this help boost immunity to fight diseases in adults. Ask your doctor about type and timing of your prescription



- Provide your doctor with complete medical data. Keep a family member or caregiver in the loop

ANTIMICROBIAL RESISTANCE (AMR)



Misuse and overuse of antibiotics lead to antimicrobial resistance (AMR). As a result, Infections become harder and costlier to treat. Common antibiotics stop working. Illness lasts longer and spreads more easily

What you can do:

- Take antibiotics only when prescribed
- Complete the full course, even if you feel better
- Never demand antibiotics for viral infections
- Do not save or reuse leftover antibiotics



WHAT PHARMA CAN DO NOW TO PREVENT MEDICATION ERRORS?



- Print Name & Expiry multiple times on strips/blisters
- Use clear, high-contrast, readable fonts
- Redesign look-alike/sound-alike packaging
- Standardize tablet strips (10/strip)
- Highlight critical warnings and storage info
- Add clear disposal instructions on packs

**Medications are meant to help you get well,
but they can cause harm as well.**

BROUGHT TO YOU BY



***Patients For
Patient Safety
Foundation***

My Health, My Responsibility



More Self-Help Information Available

www.patientsforpatientsafety.in