

Video 4 Script: Remembering to take your medicine

Scene 1: Home/apartment

Friend 1 is holding several medications and is frustrated / confused.

Friend 2 walks into the room, notices the frustration, asks what is wrong.

Friend 1: I can't remember when to take my medications. This is all really frustrating. I have another medication that I am supposed to take twice a day. . . . how do doctors expect me to remember all of this?How can I do this?

Patient sits down in frustration.

Friend sits down

Friend 2: Let's go to the pharmacy together & talk to the pharmacist. Did you know that pharmacists are available to help answer questions about your medications? You can even ask them about over-the-counter medicine for you or your kids."

Friend 1: Do I need an appointment to see the pharmacist?

Friend 2: No! You can see your pharmacist anytime you need to.

Friend 1 - Okay, let's go to the pharmacy together.

Scene 2: Pharmacy

Patient and friend approach the counter

Technician – "hello, how can I help you?"

Friend 1 – " Nepali interpreter please"

Technician – sure! (technician gets the interpreter on the phone . . . this will be a voiceover that appears to be coming from the phone)

Translator on phone – hello, my name is XXX and I will serve as your interpreter today.

Friend 1 – "thank you, can we talk to the pharmacist please?"

Translator interprets

Technician – Of course! Goes and speaks with the pharmacist.

Translator interprets

The pharmacist walks over to the counter.

Pharmacist - "Hello, my name is XXX and I am a pharmacist. How may I help you?"

Translator interprets

Friend 1 - "I am having trouble remembering how to take some of my medications and I have another one that I am supposed to take two times a day but I am too busy for that."

Pharmacist - "I can help you out. Let's talk about some things that may help you remember your medications."

Translator interprets

Scene ends

Scene 3 – Location: friend 1 will be reflecting on pieces of this. I'm thinking location should be pharmacy.

This will be voiceover – only the voice will be recorded (except in Arabic Video, this is interpreted).

Friend 2:

To keep track of all of the medicines you are taking, create a list of all of your medicines. This is an example of a medication list. Your list will need to have all of your medications on it. For each medicine, you will include the name of the medication, the dose, and the number of pills that you take in the morning, afternoon, and at night.

The doctor may give you a list for you to use or you can have a friend or family member help you make a list. Make sure to update your list every time your medications change. Take the list with you to all of your doctors' appointments and to the pharmacy. Now that you know what you should have on your medication list, let's look at some other things that can help you.

Friend 1 (holding medication list): OK, I created my medication list, but I don't think that will help me organize my medicines.

Friend 2 voiceover: That is a great point. A pill box can help you remember to take your medicines. This pill box has one little box for every day of the week. The whole pill box will hold enough medicine for seven days. You can use your medication list to help you fill your pill box.

You will fill one little box with the medicines you take for that one day. Only put the exact number of pills that you take for a single day in each of the little boxes.

When it is time to take your medication, you will take your medications for one day out of one of the little boxes and then take your medication.

After taking the last day of medication, you will refill the pillbox for the next 7 days.

Friend 1 (holding once a day pillbox) – OK, but what about my medicine that I have to take in the morning and at night?

Friend 2 Voiceover - Here is another pill box. There is one little box for medicine that you take in the morning and another little box for medicine that you take at night. This pill box is also for seven days. This kind of pill box is a good option for people that have medications to take in the morning and at

night. You use this pill box in the same way as the other one but it is important to make sure that you put your morning medicine in the morning box and your night time medicine in the night time box. It is important to remember to keep your pill box stored in a location where kids cannot reach it. Make sure to keep it in a locked place.

Friend 1 (holding twice a day pillbox) – OK, I will use this pill box and have my friend help me fill the little boxes every week. I will keep this in a locked place away from my kids to make sure they don't play with them or eat them. I didn't really think about that. What do I do if they do eat my medication?

Friend 2 Voiceover: If this ever happened, there is a free service called the Poison and Drug Information Line. You can call this number 1-800-222-1222 any time of the day or night. They can answer your questions about any medications. They can even help you if someone in your family took a medicine they should not have taken or ate or drank something that could be poisonous. This is a free service and they also have Nepali translators available.

Friend 1: Thank you for telling me about the Poison and Drug Information Center.

Friend 1 turns to Friend 2: I will keep their phone number with my medications at home and put it in my phone.

Friend 2: And don't forget that the pharmacist is always available to help you make your medication list or answer any questions about your medicine.