



Medication Therapy Management

Taking Charge of Your Own Medication



Changi
General Hospital
SingHealth

Addressing your Medication Concerns

What is Medication Therapy Management (MTM)?

A partnership between the pharmacist, the patient or their caregiver, and other healthcare professionals to promote safe and effective use of medications and help patient achieve targeted outcomes from medication therapy.



Who would benefit from the service?

This service will be beneficial if you:

- ➔ Get medications from more than 1 doctor
- ➔ Take multiple long term medications
- ➔ Have issues or difficulty in managing your medications
- ➔ Have new or complex medication regimen

What are the benefits of MTM?

Studies have found that people who meet their pharmacists to manage their medications have

- ➔ Fewer problems caused by medications
- ➔ Better understanding of how to take their medications
- ➔ Better management of health conditions



Talk to your pharmacist to find out how MTM service may help you.

How do I apply for the service?

You may speak to your doctor or pharmacist for a referral. Alternatively, you can call 6850 3333 to make an appointment. Each session will take about half to one hour. Charges apply.

Medication Therapy Management Session

What to expect at the MTM session?

Your pharmacist will review all your medications to help you understand, organise and manage your medications better. If medication-related problems are identified during the review, your pharmacist will work with you and your healthcare provider to resolve these issues.

At the end of the session, you will receive a complete medication list. You are encouraged to bring it with you whenever you have an appointment with your doctor.

How should I prepare for the appointment?

You should bring along all your current and old medications, including over-the-counter medications, as well as herbal/vitamin supplements.

In order for you to gain the most out of the session, you are encouraged to share your medication-related concerns with your pharmacist.

If there is someone who helps you manage your medications, it may be helpful to bring him/her with you to your review.



MTM is not a physician service and does not replace patient's consultation with the doctor.



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CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:
8.30 am to 8.00 pm (Monday to Friday)
8.30 am to 12.30 pm (Saturday & Sunday)
Closed on Public Holidays

For more information, please visit www.cgh.com.sg

