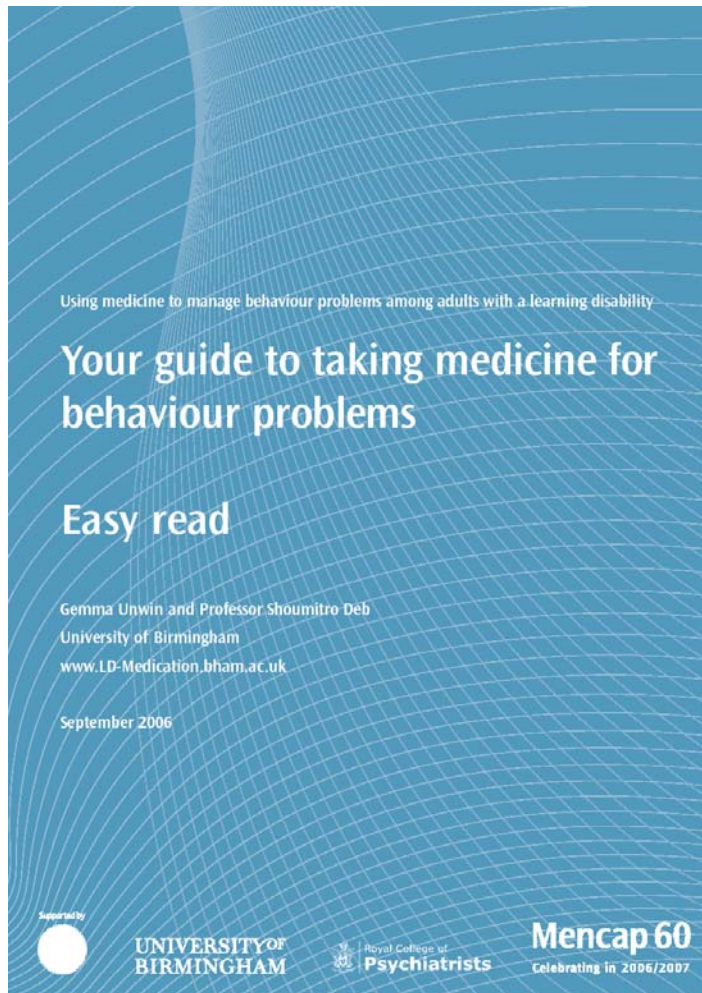


Guide to taking medicines for behaviour problems



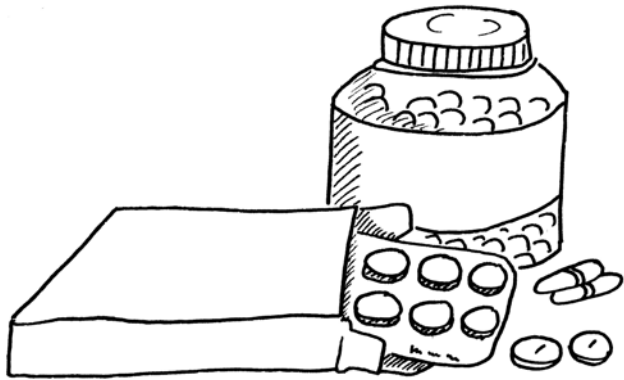
Gemma Unwin
University of Birmingham

The project



- We have made 2 guides.
- 1 guide tells doctors and nurses how they should treat you when getting health care.
- 1 guide tells you how you should be treated when getting health care.
- The aim was to make health care better.

What are the guides about?



- The guides are about people with a learning disability
 - who are 18 years or older
 - who have a behaviour problem
 - who are taking medicine to help their behaviour problem.



- Behaviour problems are things like aggression, hitting people, breaking things and hurting yourself on purpose.

The standards



- Your doctor should listen to you.
- Your doctor should explain things to you.
- You should be able to chose.
- You should have a treatment plan.



Easy read medicine information leaflets













- 35 leaflets that give information about medicines that are used for behaviour problems.
- They use easy words and pictures.
- They give information on
 - the medicine itself
 - how the medicine should be taken
 - side effects of the medicine
 - where more information can be found.




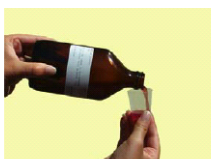




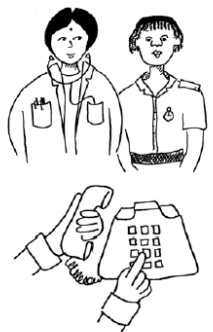
Amisulpride

This is an easy way to read this word...am-ee-sul-pride

	<p>What is this leaflet for?</p> <p>This leaflet is to help you understand more about your medicine.</p> <p>Your medicine could look different to the photographs on this leaflet.</p>
	<p>What is the medicine called?</p> <p>Amisulpride is also called Solian.</p> <p>You will see 1 of these names on your prescription.</p> <p>Amisulpride could come as tablets or as a liquid.</p>
 	<p>What is amisulpride for?</p> <p>Amisulpride could be used for different reasons.</p> <p>Amisulpride is used for schizophrenia.</p> <p>Amisulpride is sometimes used for people who have behaviour problems.</p> <p>For example, it could...</p> <ul style="list-style-type: none">• help if you are anxious• help calm you down• help you feel less angry• help you feel less tense.
	<p>What will amisulpride do?</p> <p>Amisulpride should help you feel calm and relaxed.</p> <p>It could take some time for amisulpride to have its full effect.</p> <p>This effect should reduce your behaviour problem.</p>

	<p>For example, it may...</p> <ul style="list-style-type: none">• help you control your temper• help you stop hurting yourself• help you stop breaking things.
   	<p>What are the side effects of amisulpride?</p> <p>Side effects are effects medicine can have on your body that are not wanted.</p> <p>Not everyone taking a medicine will get side effects.</p> <p>Many side effects will go away with time.</p> <p>Many side effects are rare.</p> <p>You might want to talk to your doctor if you have any side effects.</p> <p>For example, these are some side effects of amisulpride...</p> <ul style="list-style-type: none">• problems with sleeping• you could lose interest in sex• feeling restless• feeling sleepy or sluggish• feeling sick or being sick• feeling faint or dizzy• constipation• headache• if you are female your periods could change.

	<p>Some side effects are more serious.</p> <p>You should tell someone straight away if...</p> <ul style="list-style-type: none"> • you feel stiff • you feel shaky • you have a fever or high body temperature.
   	<p>How and when do I take amisulpride?</p> <p>The label on your amisulpride packet should tell you when to take your medicine.</p> <p>The label should tell you how much medicine you should take.</p> <p>You should follow these instructions carefully.</p> <p>You should swallow your tablet with water...</p> <p>Or...</p> <p>Measure and swallow your liquid.</p> <p>If you forget to take your medicine, tell someone straight away.</p> <p>You should ask your pharmacist if you can crush your medicine or if it can be mixed with a drink.</p> <p>You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.</p> <p>You should talk to your doctor before you stop taking your medicine.</p>

	<p>What do I need to know about amisulpride?</p> <p>Drinking alcohol whilst taking amisulpride could make you feel drowsy.</p> <p>Some medicines do not work well together.</p> <p>You should tell your doctor about any other medicines you are taking.</p>
	<p>Where can I get more information?</p> <p>This leaflet does not tell you everything about amisulpride.</p> <p>If you want more information about amisulpride...</p> <ul style="list-style-type: none"> • you can ask your pharmacist, doctor or nurse for more information • you can ask your carer to get more information • you can phone NHS Direct on 0845 4647 • you can phone a medicine information helpline on 020 32 28 2999.

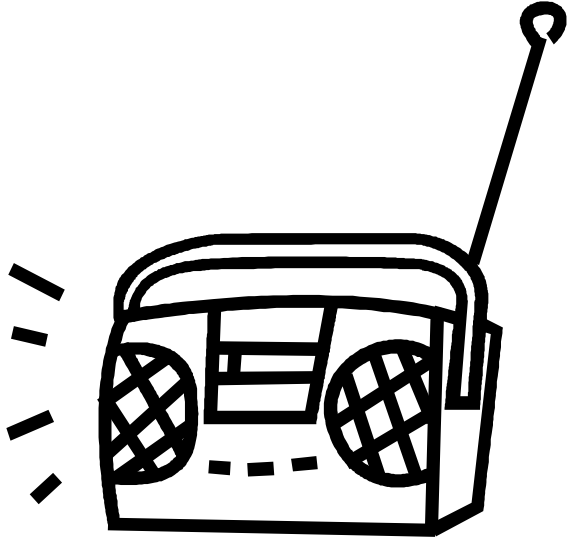
G. Unwin and S. Deb from the University of Birmingham created this leaflet with help from People First (Staffs) and Mencap. The project was funded by the Big Lottery Fund.

It can be downloaded from www.ld-medication.bham.ac.uk.

The information in this leaflet came from...

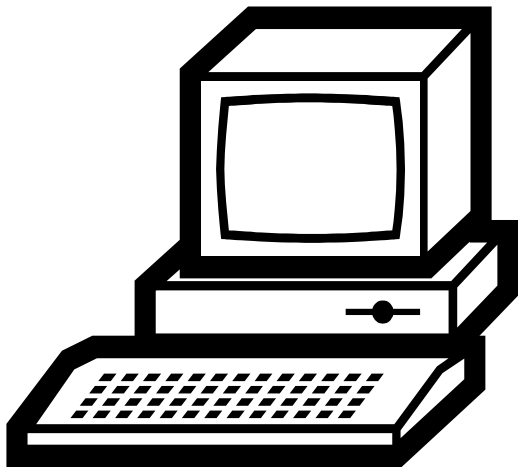
- the British National Formulary (www.bnf.org)
- the United Kingdom Psychiatric Pharmacy Group Patient Advisory Leaflets (www.ukppg.org.uk/ukppg-pals.html)
- Miriam Wilcher's Handbook for Carers of People with Learning Disabilities.

Audio versions



- We have made audio versions of the easy read guide and the easy read leaflets.
- People can listen to a recording of the leaflets and the easy read guide being read out.

Telling people about the project



- We want to tell as many people as possible about the project.
- We have made lots of presentations.
- We have sent copies of the guides to lots of people, for example
 - people on the Mencap mailing list
 - doctors, psychiatrists, psychologists, nurses and chemists.
- We have a website.

Thanks

We would like to thank

- People First (Staffs)
- Mencap
- the guideline development group
- the Big Lottery Fund

The pictures in this presentation came from the CHANGE Health Picture Bank.

www.LD-Medication.bham.ac.uk