

## WHAT PATIENTS IN THE SAFEMED PROGRAM HAVE TO SAY:

*"All this time, I thought I was taking my medicine exactly like it says on the bottle, but now I know that I wasn't. No wonder I wasn't getting any better."*

*"I went into the session thinking there was no way they could tell me anything about my medications that I didn't already know. I've been taking medications for over 30 years. I thought I had heard it all. Man was I wrong."*

*"I learned so much. I wish I had a class like this back when I was first diagnosed. It would have made my life so much easier."*

## INFORMED CONSENT

The University of Tennessee and Methodist Healthcare are working together to see how a team of SafeMed pharmacists, nurses and social workers can best help you. Surveys and health records from Methodist facilities, your doctor and pharmacy, and Medicare and/or Medicaid will be reviewed to see whether the SafeMed Program helps improve your health.

You will be asked to answer questions periodically about your health needs and how well your needs are being met. These questions will be limited to 10 to 15 minutes or less each time you meet with a SafeMed team member. If you are readmitted to the hospital, you may be asked to participate in a longer interview about your experience. Answering these questions poses no risk to you. The information we gather from these questionnaires will help Methodist Healthcare continue to improve the care we provide to patients and families. Your answers are confidential and anonymous and your participation is totally voluntary. If you do not wish to participate, your care at Methodist will not be affected in any way.

We hope you will choose to participate in the SafeMed Program, because we believe it will help you get better and stay well.



Making sure all parts of your care  
fit together.



## WHAT IS THE SAFEMED PROGRAM?

A free program that helps you take better care of yourself at home and stay out of the hospital. This is offered as a benefit of Methodist Healthcare at no cost to you.

## WHO SHOULD BE IN THE SAFEMED PROGRAM?

- If you have been in the hospital or emergency room a lot
- If you have 2 or more of these types of health problems:
  - Heart disease
  - Lung disease
  - High Blood pressure
  - High blood sugar
- If you take 6 or more kinds of medicines
- If you want to work with pharmacists, nurses and your doctor to learn more about health problems and medicines in order to stay well

## WHY IS THERE A SAFEMED PROGRAM?

When you have heart or lung disease, diabetes or high blood pressure, you will feel bad unless you take care of yourself. If you have these health problems, you can get very sick quickly. This program helps you feel better and stay well. When you participate in the SafeMed Program, you should find that you do not become sick as often or need to go the hospital or emergency room.

## WHAT WILL THE SAFEMED PROGRAM DO FOR YOU?

For 45 days after leaving the hospital, our SafeMed team will be there to help you.

### While You are in the Hospital

- A SafeMed pharmacist will help you understand your medications and how to take them and will give you a medicine list to take home that is easy to understand
- A SafeMed nurse practitioner and social worker will also visit you to help you better understand your health problems, learn new ways to take care of yourself, and answer questions about your health problems
- Your primary care doctor will work with the SafeMed team to choose the best medicines for you

### After You Go Home

- A SafeMed team will assist you with your medications and primary care doctor appointments and will help you better manage your health problems
- SafeMed staff will check on you to see how you are doing, answer your questions, make sure you get your medications and go to your doctor appointments
- You will get a pill box to help you organize your medications



**Going to SafeMed Support Sessions** with other SafeMed patients will help you understand medicines, learn how to eat better to stay well and find support from others with health problems like yours. SafeMed staff will be there to support you.

**The SafeMed Outpatient Center** is conveniently open to you when you cannot get an appointment with your doctor and you feel bad or need to talk to the nurse or pharmacist.

### Over the Months Ahead

After your first 45 days, you may decide to continue participating in the SafeMed Program for 3 additional months. You may continue to attend SafeMed support sessions along with other patients like you. These support sessions will help you learn more about how to take charge of your health and your medicines.

The SafeMed team will continue to care for you by:

- Contacting you each month
- Answering your questions
- Helping you take charge of your health
- Arranging office visits to your doctor as needed

**After completing the SafeMed Program**, you can encourage other patients like yourself as a SafeMed Peer Mentor. The SafeMed Program will help you:

- Help yourself and others
- Partner with your doctor and care team
- Take charge of your health and your medicines

## WHEN CAN I START THE SAFEMED PROGRAM?

You can sign up as soon as you like. The SafeMed team will meet with you during your hospital stay.

## QUESTIONS?

If you have any questions about the program or your health, you can call 901-516-2427.

**If you are experiencing a life-threatening or emergency situation, please call 9-1-1 or seek medical attention immediately at the nearest emergency room.**

