



**Podcast Listener's Guide
Pharmacy Matters: Tips for
Psychotropic Medications with
Ross Evans, CPRI Pharmacist**

Follow the provided instructions to learn more from the podcast!

Pharmacy Matters: Tips for Psychotropic Medications with Ross Evans, CPRI Pharmacist

Pre-listening Questions:

Ask yourself these questions, or gather a group of friends or family and discuss them together. Then, take the time to listen to the podcast.

1. How do you currently find information about the medications you or someone close to you is taking?
2. Think of a time when you or someone close to you experienced a side effect from a medication. Write down 3 feelings or reactions you/they had, and how you/they addressed them.

REACTION/FEELING	OUTCOME

While You Listen:

Answer these questions while you listen to encourage active listening and reflection. Discuss with your friends and family if you have the opportunity so that you can learn from each other.

1. What tips are given so you a) remember to take your medication b) safely store your medication c) properly dispose of your medication.

a)
b)
c)

2. What are 3 differences in medication for adults vs. medication for children and youth?

1.
2.
3.

3. What is the difference between subjective and objective side effect monitoring?

Food For Thought: Takeaway Questions

- 1) Next time you visit your Pharmacist; ask him or her to explain what it means to take an “off-label” medication and whether there are special considerations.
- 2) Thinking back to the pre-listening question about your or someone close to you has experienced side effects. What happened in your example? How did the risk/benefit ratio work for them?

For More Information: Websites

<http://www.excellenceforchildandandyouth.ca/resource-hub/psychotropic-materials>

<https://members.ocpinfo.com/search/>

DrugCocktails.ca - Facts about mixing medicine, booze, and street drugs

TeenMentalHealth.org - Tons of info about mental health. For you, or to share with your friends, parents, or teachers

