

My Medicines & Me

Supporting conversations about mental health medication side-effects

GET THE M3Q

The M3Q is available for free online.

The printable A5 booklet PDF is available :

<http://bit.ly/M3QA5>

The fillable PDF is available:

<http://bit.ly/M3Qfill>

Printed and bound copies can be ordered through Westcare (Inc.)

www.westcare.com.au

Contact: Neil Douglas **ph:** 08 6389 4163

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COMHWA WORKSHOPS

CoMHWa is offering tailored workshops and presentations to consumers, carers, support workers, support organisations, students and interested community members.

The My Medicines and Me workshops are focused on developing skills to have effective conversations about mental health medications and make shared decisions with their care team.

The workshops focus on effectively using the M3Q, communication skills, self-advocacy and shared decision-making models in health care.

If you are interested in hosting or attending a My Medicines and Me workshop please contact CoMHWa.

GET IN TOUCH!

www.comhwa.org.au/m3q

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THE MY MEDICINES & ME QUESTIONNAIRE

In 2010 in collaboration with the state's Chief Psychiatrist, a unique tool, The My Medicines and Me Questionnaire (M3Q), was developed and designed to gain insight into consumers' experiences of side effects of medicines across a wide spectrum of mental health illnesses of differing severities. It was subsequently validated through a rigorous process involving expert stakeholders (including consumers and carers), followed by psychometric testing assessing the validity and reliability of the tool. This unique communication tool contains a combination of open and closed questions allowing consumers to rank the most bothersome side effects and to write about the impact they have on their lives.

The M3Q is a simple, cost neutral, valid and reliable self-report questionnaire that has been widely endorsed by consumers and consumer groups and is currently being used in numerous clinical and research settings.

For further information on the M3Q tool please contact: M3Q Developer: Dr Deena Ashoorian | **ph:** 6488-7516 | **em:** deena.ashoorian@uwa.edu.au

COMHWA'S MY MEDICINES & ME PROJECT

My Medicines and Me aims to build the skills, confidence and knowledge of people with lived experience of mental health issues to effectively manage their medications. The Project achieves this through:

- Developing training programs for consumer, carers and families to build their skills, confidence and knowledge on communication and shared decision making.
- Engaging, educating and raising awareness of consumers, carers and community in regards effective management of medicines and shared decision making.
- Marketing and promoting the My Medicines and Me communication tool to consumers, carers, families and professionals.
- Build evidence on effective consumer approaches to person centered and collaborative medication management
- Facilitating consumer perspectives in clinical implementation partners in medication management.
- Increase clinical implementation partners to identify new strategies to implement consumer participation and recovery-focused care partnerships in care delivery.



Consumers of Mental Health WA (Inc)

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My Medicines & Me Support & Evidence

Ashoorian, D. (2015): **An innovative approach to clinical communication in mental health patients: The My Medicines and Me (M3Q) side effects questionnaire**

Online: <http://bit.ly/M3Qthesis>

Ashoorian D. (2017): **Investigations into the subjective experiences of side effects in mental health patients**

Online: <http://bit.ly/M3Qslides>

West Australian Chief Psychiatrist (2017): **A clinical communication tool for the assessment of psychotropic medication side effects."**

Online: <http://bit.ly/2KctJMc>

Hon Roger Cook (2017) **New collaborative tool to help improve mental and physical health of Western Australians** online: <http://bit.ly/2PTHSL3>

National Mental Health Commission, (2018): **Monitoring mental health and suicide prevention reform: Fifth National Mental Health and Suicide Prevention Plan, 2018.** Published by: National Mental Health Commission, Sydney Online: <http://bit.ly/2Rf7K0r> (Page 32)

Roughead L, Procter N, Westaway K, Sluggett J, Alderman C. **Medication Safety in Mental Health.** Sydney: Australian Commission on Safety and Quality in Health Care; 2017

Online: <http://bit.ly/2TOiSTB> (Page 51)

WA Therapeutics Advisory Group (2016) **Annual Report**, East Perth

Online: <http://bit.ly/2Ql2l5j> (Page 19)

Department of Health WA (2017) **Guidelines for the Safe and Quality Use of Clozapine in the WA Health System**, East Perth

Online: <http://bit.ly/2Qk0fby> (Page 24)

Hooper M, Dayment J, Stafrace S, Birks S, Poole S, Guidone D, Ashoorian D (2017): **Clinicians' perspective on the use of the 'My Medicines and Me' side effect Questionnaire in community psychiatry practice** Melbourne.

Online: <http://bit.ly/2RiAw08>



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