Medication Benefits and Concerns - Practice worksheet

Prepare a benefits, side effects, access, and follow-up discussion sheet for a prescriber.

Adults; supported use as appropriate | 15 minutes

Fictional example: Casey wants to discuss daytime tiredness before making any change.

Use an ordinary or fictional example, with a clinician when appropriate. Medication learning supports shared decisions rather than independent dose changes.

Practice task

Prepare a benefits, side effects, access, and follow-up discussion sheet for a prescriber.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What information will help the prescriber understand your experience?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A05-2