Medication Benefits and Concerns - Review journal

Review an attempt at medication benefits and concerns and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What information will help the prescriber understand your experience? My optional adjustment or support request:

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-A05-5