



# WHY PROPER PILLS DISPOSAL IS IMPORTANT?

*Informing patients of proper medication disposal and medication delivery/administration  
Hampton University School of Pharmacy*

## **What We Did:**

### **Objective:**

The objective of our professional development project was to inform senior patients about proper medication disposal and medication delivery/administration.

### **Plan:**

Our SSHP members visited the Sinclair Commons Senior Living Community in Hampton, Virginia. We produced informative brochures that highlighted proper medication disposal, the impact of improper medication disposal on the environment, and how to properly crush or split medications. After having a discussion about these topics, we welcomed residents to take part in a friendly pill crushing competition to see who could crush mock tablets of candy the quickest using a mortar and pestle. The winners received prizes from a selection of pill cutters, pill organizers, and other health-related items. Residents with additional medication-related concerns were counseled by third and fourth year students under the supervision of our Faculty Advisor and Internal Med. Specialist, Dr. Angela Hamilton. We assisted the Living Community with developing a plan for residents to safely dispose of medications as this will improve medication safety and have a positive impact on the community

### **Outcome:**

Twenty-eight residents participated in this activity. At the conclusion of this activity, many residents brought medications that they questioned disposal. The senior patients were extremely receptive to the information we provided to them. They were also very interactive during the pill crushing competition. The residents as well as the Living Community suggested SSHP return to hold another informative session, because they enjoyed knowing the importance of proper disposal and proper medication delivery.

### **What You Can Do:**

- ◆ Establish your target population
- ◆ Find a local senior assisted living community, select a date to host the event
- ◆ Develop campaign and advertisement materials including informational handouts and flyers.
- ◆ Advertise your initiative to generate interest at the selected location
- ◆ Arrive 20-30 minutes prior to your event in order to set up your display
- ◆ Provide freebies and make games that will engage the targeted population, this will increase participation and all participants to be interactive

### **Available ASHP Resources to Assist in Accomplishing Your Project:**

- ◆ [www.ashp.org/sshprecognition](http://www.ashp.org/sshprecognition)
- ◆ <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>
- ◆ [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/)
- ◆ <http://disposemy meds.org/>
- ◆ <http://odcp.ky.gov/Pages/Prescription-Drug-Disposal-Locations.aspx>

**Questions: Contact HUSSHP President, Jalpa Patel**