

HOW TO USE THE

Medication Use Questionnaire

The Medication Use Questionnaire (MUQ) is a validated, **self-administered**, ten minute screening tool that will help older adults understand their use of prescription, over the counter, and alternative medications. When completed, the MUQ provides information that can be used in discussions about medication related problems.

Before starting, remind the older adult:

- Read the instructions carefully
- Complete the questionnaire as accurately as possible

For discussion with individuals:

- Identify each question answered as “once in a while” or “often”
- Discuss these responses with the following in mind:
 - o Ask what medication(s) they were thinking about for these questions
 - o Explore the reasons for the response
 - o Ask how often this has happened with the medication(s)
 - o Explore next steps by reviewing the *Strategies for Managing Your Medications* guide

For discussion with groups:

- Respect privacy, do not ask attendees to share their personal responses
- Facilitate a group discussion about medication use; examples of questions might be:
 - o What do you think are the important issues related to medication use?
 - o What do you think health care providers and pharmacists can do to promote better medication use?
- Hand out the *Strategies for Managing Your Medications* guide
- Discuss strategies for specific medication issues

Next step:

- Encourage people to take the Medication Use Questionnaire and *Strategies for Managing Your Medications* guide with them for discussion when they visit their health care provider.

For more information about this questionnaire please visit www.cje.net/research. For more information on validation methods and results, contact Madelyn Iris at irisassociates2016@gmail.com.