



The Pharmacists' Association of Newfoundland and Labrador (PANL) is sharing the following tips with pharmacists, physicians, nurse practitioners, dentists and other prescribers to help support you in your practice:

- Complete and current medication lists are instantly accessible on [HealthE NL](#). This includes medications obtained from all prescribers and pharmacies in NL, not just one specific provider or pharmacy location. Obtaining a patient medication list directly from HealthE NL is the most accurate route.
- Typed prescriptions can help prescribers avoid handwriting transcribing errors, which are the most preventable type of medication error.
- You can help protect against forged prescriptions or mistaken signatures by printing your full name and including your license number before signing every prescription. Signatures alone are easily mimicked and may also be easily mistaken for another prescriber. A typed header with your contact information, or using a stamp with this information, is the safest and fastest solution for most prescribers.
- Bringing attention to intended prescription changes, such as by using arrows or notes like 'increase x to...', 'decrease x to...', 'discontinue x & start y...' can reduce the number of pharmacy-related phone calls and faxes to your office regarding dosing changes. Alternatively, adding 'all meds same as last time/no changes intended' at the bottom of a list of regular medications can also help reduce follow-up phone calls and faxes to your office.
- Patient safety can be optimized by including the patient's weight and diagnosis, especially for pediatric prescriptions, as it allows a second professional to confirm the dose calculation. An example of a note showing this on a prescription could be 'wgt 10kg, pneumonia.' Many antibiotics, for example, have different dosing recommendations for different indications and require diagnosis to verify. While the prescriber is ultimately responsible for the correct dosing, two sets of eyes are always safer than just one.
- You can avoid computer prescribing software from generating unnecessary prescriptions by deleting notes that are no longer relevant. Some prescribing software will keep generating the same note for every refill indefinitely.