

# 5 Moments for Medication Safety



## Starting a medication

- ▶ What is the name of this medication and what is it for?
- ▶ What are the risks and possible side-effects?



## Taking my medication

- ▶ When should I take this medication and how much should I take each time?
- ▶ What should I do if I have side-effects?



## Adding a medication

- ▶ Do I really need any other medication?
- ▶ Can this medication interact with my other medications?



## Reviewing my medication

- ▶ How long should I take each medication?
- ▶ Am I taking any medications I no longer need?



## Stopping my medication

- ▶ When should I stop each medication?
- ▶ If I have to stop my medication due to an unwanted effect, where should I report this?

The *5 Moments for Medication Safety* are the key moments where action by the patient or caregiver can greatly reduce the risk of harm associated with the use of their medication/s. Each moment includes 5 critical questions. Some are self-reflective for the patient and some require support from a health professional to be answered and reflected upon correctly.

This tool for patient engagement has been developed as part of the third WHO Global Patient Safety Challenge: *Medication Without Harm*.

It is intended to engage patients in their own care in a more active way, to encourage their curiosity about the medications they are taking, and to empower them to communicate openly with their health professionals.

This tool is intended for use by patients, their families and caregivers, with the help of health professionals, at all levels of care and across all settings.

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For more information, please visit:  
<https://www.who.int/patientsafety/medication-safety/5moments/en/>

