



ASHP Foundation News Release

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Novant Health Pharmacist Shares Safety Tips during National Radio Media Tour

2008 recipient of medication safety award offers advice on seniors and avoiding adverse drug events

BETHESDA, Md. (April 2, 2009) — In just three hours, Terri B. Cardwell, Pharm.D., shared tips to help seniors avoid medication errors with more than ten million people.

Cardwell, who is a Safe Med clinical pharmacist for Novant Health in Winston-Salem, N.C., participated in a national radio media tour for National Patient Safety Awareness Week, March 8-14, 2009. During the tour, 17 radio networks conducted interviews with Cardwell, who offered advice to seniors and their caretakers about how to avoid harm from medications. Another 839 stations across the United States aired a previously recorded version of Cardwell's advice throughout the week.

"Keeping an up-to-date list of all their medications is one of the most important things seniors can do to avoid harm from their medications," Cardwell told listeners. "The list should contain all of the medications they take, as well as the name of the medicine, how much they take, and how often they take it." Cardwell also recommended that seniors always ask their health care providers to explain their medications and any side effects.

Cardwell leads the Safe Med Program at Novant, which has dramatically reduced the percentage of elderly patients who were readmitted to the hospital because of adverse drug reactions. The program earned Novant Health the 2008 Award for Excellence in Medication-Safety Use, which is given annually by the American Society of Health-System Pharmacists (ASHP) Research and Education Foundation.

For more information about Novant Health and the Award for Excellence in Medication-Use Safety, visit www.ashpfoundation.org. For a free medicine tracking tool, visit www.safemedication.com.

The ASHP Research and Education Foundation was established in 1968 by the American Society of Health-System Pharmacists as a nonprofit, tax-exempt organization. The mission of the Foundation is to improve the health and well-being of patients in hospitals and health systems through appropriate, safe and effective medication use. The Foundation provides leadership and conducts education and research activities that foster the coordination of interdisciplinary medication management leading to optimal patient outcomes. Emphasis is given to programs that will have a major impact on advancing pharmacy practice in hospitals and health systems, thereby improving public health.

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