

## PARQ PRESCRIBING CHECKLIST

<b>P</b> <b>Prescription details</b>	<ul style="list-style-type: none"> <li>• What is the indication? Why prescribe <i>this</i> medicine? What is the intended outcome? How effective will it be?</li> <li>• Directions (method of administration, timing, frequency, duration, organ-adjusted dosing, age adjustments, weight adjustments).</li> <li>• Costs and coverage details.</li> </ul>
<b>A</b> <b>Alignment and alternatives</b>	<ul style="list-style-type: none"> <li>• Does this prescription align with the patient's health goals, beliefs, abilities, and lifestyle?</li> <li>• Are there any opportunities to consolidate treatments?</li> <li>• Have I shared any alternative pharmacological and non-pharmacological treatment options, and is there a shared decision to proceed with the indicated prescription?</li> </ul>
<b>R</b> <b>Risks</b>	<ul style="list-style-type: none"> <li>• Drug-allergy interactions: Review the allergy list.</li> <li>• Drug-drug interactions: Use a drug interaction checker and include supplements. Consider whether medication timing needs to be adjusted (e.g., adding a morning dose of a proton pump inhibitor in someone taking thyroid medication will require separate dosing times). Consider whether a "prescribing cascade" is present (a side effect from one drug is causing the need for another drug).</li> <li>• Drug-disease interactions: Consider current and relevant historical conditions (e.g., history of gastrointestinal bleed before prescribing non-steroidal anti-inflammatory drugs, history of alcoholism before prescribing benzodiazepines)</li> <li>• Side effects</li> <li>• Required monitoring</li> <li>• Pregnancy and lactation risks</li> </ul>
<b>Q</b> <b>Questions</b>	<ul style="list-style-type: none"> <li>• Ask the patient, "What else is important for you to know before we proceed with this prescription?"</li> </ul>



**FPM Toolbox** To find more practice resources, visit <https://www.aafp.org/fpm/toolbox>.

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