Figure describing the pharmacist’s interactions with a patient in the lithium clinic

1. Review the patient’s lithium level and other blood results from the previous appointment.
2. Record this information in a patient-held information and monitoring book.
3. Discuss how the patient has perceived his or her mood to be since the previous appointment.
4. Discuss any changes to other medicines or physical health, including weight.
5. Investigate any reported side effects.
6. Explore any adherence issues and answer any other questions the patient may have.
7. Record the dose and brand of lithium the patient is taking.
8. Record when the last dose was taken so this can be considered in relation to the time of blood testing.
9. Arrange for the patient to have blood taken.

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