To Overprescribe Does Harm. How Can We Change This?

Got Drugs?

What happens when we overprescribe? Getting drugs that don’t help can cause big problems for health. Find out if there is something else you can do besides take the drug. When people meet doctors that overprescribe they lose faith in medicine and don’t take it when it would help because they are used to seeing prescriptions as a failure that ‘didn’t work last time’. As a consumer it is important to check and make sure medications you and your loved ones take don’t interact in a bad way with each other. Always ask your pharmacist if the new drug will react with an older prescription.
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Below is a tragic story of death by theory and bad practice

Dr Traxon shares “I was involved in making this 10 min special report on Channel 4 news 3 years ago. Sadly the key issues and concerns raised in this item remain unresolved now. PLEASE CHALLENGE MEDICS WHO OVER PRESCRIBE” Dave Traxson Chartered Educational Psychologist

Overprescribe? The Facts That Matter

Bohemian Polypharmacy – a parody of Queen’s classic song Bohemian Rhapsody – a song all about polypharmacy – taking more medicines than are clinically indicated. By James McCormack

Hope you like it.

LYRICS AND VIDEO PRODUCTION
James McCormack – with lyric help from David Scotten and creative input from Pete McCormack
Also thanks to those of you who provided some editing comments – you know who you are and thanks for your ideas!!

GREAT VOCALS
Liam Styles Chang (Lead Vocals)
Shae Scotten (Background Vocals)
Check their band out at http://www.youtube.com/user/weareaivia
Check out their new album “The Four Winds” at http://goo.gl/pBxW94

AWESOME ANIMATION AND GREAT CREATIVE INPUT
Sam Gilchrist

BACKING TRACK
Purchased and downloaded from http://www.karaoke-version.com and written permission was obtained.

IMAGES
Almost all images were purchased from shutterstock.com

LYRICS
Is this my real life?
Is this my destiny?
I’ve been caught in a landslide,
Must escape polypharmacy.

I’ve opened my eyes,
Looked up to the skies now I see,
If I’m not a sick boy, I need no remedy,
But I trusted you, you should know
You started high, never low,
Many guidelines are opinions so they may not apply to me, to me.

Medications, can kill a man,
Like a gun against his head,
Used too many, now he’s dead.
Medications, can also help,
So no don’t go and throw them all away.

Medications, ooh,
I’ll give them a try,
But if I’ve not improved at all by this time tomorrow,
I won’t carry on, carry on unless I’m feeling better.

Too late, this drug I’m on,
Made mincemeat of my mind,
Body’s aching all the time.
Come on some drugs have got to go,
Gotta leave these all behind and find what works.

Medications, ooh (is this helping who knows),
I don’t wanna try,
Unless you tell me the benefits and harms for all.

Drugs can make a little silhouetto of a man,
Where’s the proof, where’s the proof, do you have at least one study?
Randomised and blinded,
Really enlightening me.
(Cochrane library) Cochrane library.
(Cochrane library) Cochrane library,
Cochrane library. Did you know?
Magnifico.

I’m not a slow boy, inform me well I may agree
He’s not a slow boy please listen to his plea,
Spare him his life from polypharmacy.

Easy come, easy go, will you start it low?
Specialist! No, we will not start it low.
(Start it low!) Specialist! We will not start it low.
(Start it low!) Specialist! We will not start it low.
(Start it low) Will not start it low.
(Start it low) Will not start it low.
Ah. No, no, no, no, no, no, no.
Medications, medications, medications, start them low.
We’ve got to find the right dose that will work for me, for me.

So you think you can test me and not tell me why?
So you think you can drug me and leave me to die?
Oh, baby, can’t do this to me, baby,
Just gotta get out, just gotta get right outta here.

(Oh, yeah, oh yeah)

Stopping medications,
Anyone can see,
Stopping medications,
Can really make a difference to me.

Is this helping, who knows?

Copyright Issues
1. The original song is Bohemian Rhapsody by Queen – a classic song
2. In Canada we have a law that states the use of copyrighted material as part of “Fair dealing for the purpose of research, private study, education, parody or satire does not infringe copyright”
3. The use is solely for non-commercial purposes
4. The use is solely for the purposes of education – promoting the concepts of evidence-based medicine to healthcare providers and patients
5. It is parody as it equates the original context of the song – about relationships – to the love/hate benefit/harm relationships we have with medications
6. Written permission from the Karaoke (the background music) people to use their content was obtained http://www.karaoke-version.com
7. Substantive transformative changes have been made – new lyrics and vocals
8. Where needed/possible (paid or free) copyright for the images and videos used has been obtained