

Care About Medicine

Medicines information for staff in a social care setting



Providing Information, Support & Guidance on managing medicines safely & effectively Issue 24 - November 2019

Waste

It is estimated that £30million of medicines from care homes are destroyed annually, with up to half of this being preventable. Not all waste is down to care homes. Sometimes prescriptions are created in error by the GP practice and dispensed by the pharmacy. It is important to highlight this to the GP practice and pharmacy to prevent this happening in the future

Common misconceptions and causes of waste in care homes	Tips to resolve
<ul style="list-style-type: none"> Current medicines must be destroyed and/or new ones ordered each month because: <ul style="list-style-type: none"> 'This is how it has always been done' 'Open packets of medicines expire after 28 days' Too much of the same medicine in stock 	<ul style="list-style-type: none"> Medication in original packaging (box or blister) can be used up until the manufacturer's expiry date. If packed down into amber bottles - 12 months. In pharmacy filled MDS - 8 weeks from dispensing. Ensure staff know correct ordering procedures and undertake a stock check prior to ordering the next month's medication.
<ul style="list-style-type: none"> Returned medicines can be reused therefore no financial impact of waste 	<ul style="list-style-type: none"> All medicines returned to a pharmacy will be destroyed. Paracetamol can cost up to three times more on prescription than when bought over the counter. Ensure when required medicines are only ordered when needed. Consider homely remedies.
<ul style="list-style-type: none"> Medicines patient no longer takes, wants or needs are supplied through accidental ordering from the care home e.g. 'when required' medicines. 	<ul style="list-style-type: none"> Ensure staff are aware of the correct ordering procedures. Ensure residents receive a medication review at least annually.
<ul style="list-style-type: none"> Medicines changed by hospital, clinic or other care provider 	<ul style="list-style-type: none"> Ensure GP and community pharmacy are aware.

Primary Care Pharmacy Team of the Year 2019

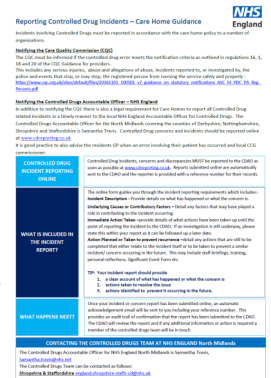
MOCH (medicines optimisation in care home) Pharmacist Mawugbe Gbededo, MOCH Pharmacy Technician Janita Nixon and Medicines Management Dietitian Hayley Spencer achieved the Runner Up Primary Care Pharmacy Team of the Year 2019 award for their work in care homes across Mid Notts. This included support with reducing avoidable waste, ordering processes, medication reviews and safe administration of medicines training. Dietetic input provided in-house staff training on MUST & food fortification also raising awareness of the malnutrition pathway and Nottinghamshire sip feed guidelines. MOCH Pharmacists and Technicians are working with care homes across Nottinghamshire and may be visiting your care home soon.



Reporting Controlled Drug Incidents

Incidents involving Controlled Drugs must be reported in accordance with your care home medicines policy and to a number of external organisations including CQC and the Controlled Drugs Accountable Officer at NHS England.

A guidance document has been developed to explain the process and is available on the Nottinghamshire Shared Medicines Management Team website [here](#)



Care Home Charter for Medicines

The Patients Association has launched its 'Care home charter for medicines'. The charter is intended to improve medication practices for people living in care homes across the UK. It consists of a nine-point guideline for care home residents and their families, and is designed to promote and advance shared decision-making and improve patient safety. More information can be found on the Patients Association website [here](#).

care home charter for medicines (adults)

When I am staying in a care home, I expect the people responsible for my care to:

- 1 Actively involve me in decisions about my medicines
- 2 Help and support me to make shared decisions about my medicines
- 3 Involve me in regular monitoring and review of my medications and make sure I understand why this is being done
- 4 Make sure that medicines are given to me in a form and route appropriate to my needs and abilities
- 5 Make sure that medicines will only be given with my consent unless I lack the capacity to do so
- 6 Respect the advance decisions or directives I make regarding refusing medicines
- 7 Make sure that medicines are not given to me hidden in my food or drink unless it is in my best interests and all legal requirements have been met
- 8 Examine my mouth to ensure that my oral health needs are being met
- 9 Recognise when I am unable to swallow safely

As a professional working in a care home, I must have the requisite knowledge and skills to:

- 1 Identify and respect the resident's wishes and beliefs about medication
- 2 Involve and support the resident and/or those important to them to make shared decisions about medication
- 3 Involve the resident I care for in regular medicines optimisation reviews by a multidisciplinary team
- 4 Assess, monitor, administer and review medication to ensure that the resident receives medication safely and in an appropriate form and route
- 5 Only administer medicines in line with local covert medication policy and the guidance of the Court of Protection
- 6 Make sure an advance care plan, which includes medication, is in place for the resident, with a regular review when their condition changes
- 7 Work with other members of the multidisciplinary team to ensure that the resident's medication needs are met
- 8 Make sure that optimal oral and dental care is provided for residents
- 9 Recognise and manage swallowing problems to ensure appropriate referrals are made

This charter relates to NICE guidance: Managing medicines in care homes (2014). This document was developed by a specialist panel (comprising of nurses, pharmacists, resident groups and primary therapists, care of the elderly physicians, as expert in healthcare law, care home staff and the Patients Association). The project to develop the charter was funded by an educational educational grant from Medscape Pharmaceuticals who had no role in the design of the project, in the collection of or analysis of data. The intellectual rights remain the property of the Patients Association. The charter was piloted in England, Wales and Northern Ireland. Review date: September 2021 www.patients-association.org.uk

NICE **JEWISH CARE** **Royal College of Nursing** **the patients association** **ROYAL PHARMACEUTICAL SOCIETY** **Qni** **The Queen's Nursing Institute** **DCS**

Reminder....

Medication Fridge Temperature Monitoring

We continue to see issues relating to the monitoring and documenting of medicine fridge temperatures. In particular missing recordings, fridge left unlocked and the fridge thermometer not being reset.

It is recommended that you observe the four R's in relation to fridge monitoring:

- Read** the thermometer at least daily
- Record** the temperatures (minimum/maximum and actual)
- Reset** the thermometer after each temperature reading
- React** to any temperatures outside +2°C to +8°C and document actions taken

The outside surroundings of the fridge should also be kept clear e.g. the back vents of the fridge must not be obstructed by other items as this may cause the fridge to overheat. The fridge should be cleaned on a regular basis and this should be recorded for audit purposes.

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Flu Vaccination - have you had yours?

Ensure you get your free NHS Flu vaccination this winter. All health and social care workers are eligible for a free NHS flu vaccine available at GP practices and pharmacies. Having the vaccine and practicing good hand hygiene is the best way to prevent yourself and those that you care for from getting flu.



REACT TO.....

'React To' is a series of training resources specifically designed for care home staff and other healthcare professionals.

The series can be found at <http://www.reactto.co.uk/>

Each topic has a film to watch and accompanying information and documents to read and print off.



Interesting Reading

SCIE and NICE have teamed up to provide resources to care homes and home care providers on giving medicines covertly. Resources include a quick guide on giving medicines covertly and a webinar recording covering evidence-based practical solutions for overcoming challenges to giving medicines covertly. Resources can be found on the SCIE website [here](#).

