

Care About Medicine

Providing information, support & Guidance on managing medicines safely and effectively in a social care setting

Issue 33 - May 2023

In this Issue

- ◆ Giving Medicines Safely with food or thickened fluid
- ◆ Medicine Expiry Dates
- ◆ Safeguarding Reporting
- ◆ CD Incident Reporting
- ◆ Change in Contact Details
- ◆ Free Online Insulin Safety Training
- ◆ Medicine Guidance Minor Amendments

Giving medicines safely with food or thickened fluid

It is important that what we give residents medication with doesn't adversely affect the way the medication works. Some residents may need to be given their medicines in food (if covert administration required), crushed or with thickened fluid if they have swallowing difficulties. This should only be done following an assessment and following documented guidance from a Health Care Professional.

Which foods or fluids to use

- **Texture** - always follow SALT guidance following an assessment
- **Heat** - The food or fluid should be cold or warm, not piping hot
- **Choices** - Yoghurt, custard and apple puree are common choices
- **Bitterness** - Crushed tablets or capsule contents may taste very bitter. It can be helpful to mask the taste of these medicines by using a strongly-flavoured food (e.g. chocolate custard) or thickened fluid (e.g. blackcurrant squash that has been thickened)
- **Milk** - A few medicines should not be given with milk. The dispensing label will say if this is the case. Avoid using yoghurt or custard to give these medicines. Apple puree would be a suitable alternative

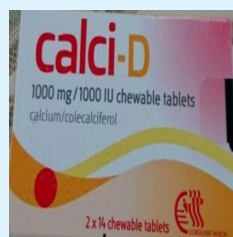
General Points

- Instructions to crush tablets or open capsules, and administer with soft food or thickened fluid should be included in the resident's MAR chart or care plan, and ideally on the medicine's dispensing label
- Not all tablets can be crushed or capsules opened and it is important this has been checked with the pharmacist and documented.
- Not all medicines can be given with food. The dispensing label will say if food or milk has to be avoided before or after taking the medicine. If in doubt, check with a pharmacist.
- Prepare medicines one at a time. Do not crush all the resident's medicines together. Once prepared give immediately
- Use a small amount of food or thickened fluid (e.g. a teaspoon) to ensure the full dose is taken.
- If taken with a meal, the medicine should be added to the first mouthful of food, not sprinkled over the whole dish. Do not add a medicine to a whole glass of thickened fluid

Expiry dates

Quick reminder of the need to add dates of opening to those medicines that have a limited shelf life once opened i.e. eye drops, liquids, creams etc. During recent care home visits we have found Calci-D tubes with no date of opening.

These tubes have a 14 day shelf life once opened so its good practice to put a date of opening on them in case there are any left over at the end of the 14 days due to refusals.



Please notify us of any changes to contact details at your care home. This could be a change of manager, email address or phone number. If we don't have your most up to date contact information you may be missing out on important communication.



Safeguarding Reporting

It is important that where a medication related incident caused or could have caused harm a safeguarding referral is made to the following organisations:

- **Nottinghamshire County homes** - contact MASH (Multi-Agency Safeguarding Hub) on Tel. 0300 5008090 or complete the online form located [here](#)
- **Nottingham City homes** - contact the Safeguarding Team on Tel. 0300 1310300 option 2 or email adult.contactteam@nottinghamcity.gov.uk
- Please copy Tania Cook (taniacook@nhs.net) into all medication related safeguarding referrals
- CQC
- ICB Quality Team (nnicb-nn.chhcqualityteam@nhs.net)

When incidents occur it is important that all staff involved are fully supported. Managers should ensure that the incident is investigated to understand why it happened and take action to reduce any risk of the incident happening again in the future.

Reminder - CD Incident reporting

All medication incidents relating to Controlled Drugs (CDs) need to be reported via the Controlled Drug reporting website – www.cdreporting.co.uk. Full guidance on completing the report is available on the website. If you are visiting the website for the first time you will need to register (full details on how to do this is also available). You will need the following information to completing the incident report:

- Date, time and where the incident took place
- A description of the incident and what learning has taken place
- Information on individuals involved
- Information of physical and psychological harm to person and person outcome
- Details of CD medication or device involved
- Information of other organisations that may need to be informed of incident
- Any supporting information that may be required as listed (this can include photo evidence)



The local Police will also need to be informed if any controlled drugs cannot be accounted for.

Guidance for the Management of Medicines in Social Care Establishments

There have been minor amendments to the guidance around Disposal of Medicines chapter 16, these being:

Record keeping

All medication packaging that is discarded in the general waste should have any patient identifiable information i.e. name, DOB scored through with a permanent black marker pen.

Residential Homes

Medicines should be returned to the community pharmacy who supplied the medicines, **in line with the pharmacy contractors medicines guidance.**

Free online insulin safety training for health & social care staff during Insulin Safety Week 15th-21st May.
See flyer attached to the email sent with this newsletter.

HOW TO REGISTER:

- 1 Go to CDEP's website at www.cdep.org.uk or scan your phone here:
- 2 Click on the link in the top right corner: SIGN IN/REGISTER
- 3 Under NEW CANDIDATE REGISTRATION, enter your EMAIL address and click CREATE ACCOUNT
- 4 Complete the rest of the registration form and you're all set!

For FREE access, enter the REGISTRATION KEY CODE: **NOTTSCARES**

If this code is not entered, you will not be able to access CDEP for free. Please contact CDEP if you need assistance.

Every effort has been made to ensure the information contained in this newsletter is accurate at the time of publication

If you need any further information on medicines management please contact us as follows:

Coral Osborn
Associate Chief Pharmacist-
Governance and Social Care
Tel: 07500 559197
email: cosborn@nhs.net

Tania Cook
Pharmacy Technician Services Manager
Tel: 07885249466
email: taniacook@nhs.net

Lisa Ryley
Governance & Social Care Technician
Tel: 07768943787
email: lisa.ryley@nhs.net

www.nottinghamshiremedicinesmanagement.nhs.uk