

Care About Medicine

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

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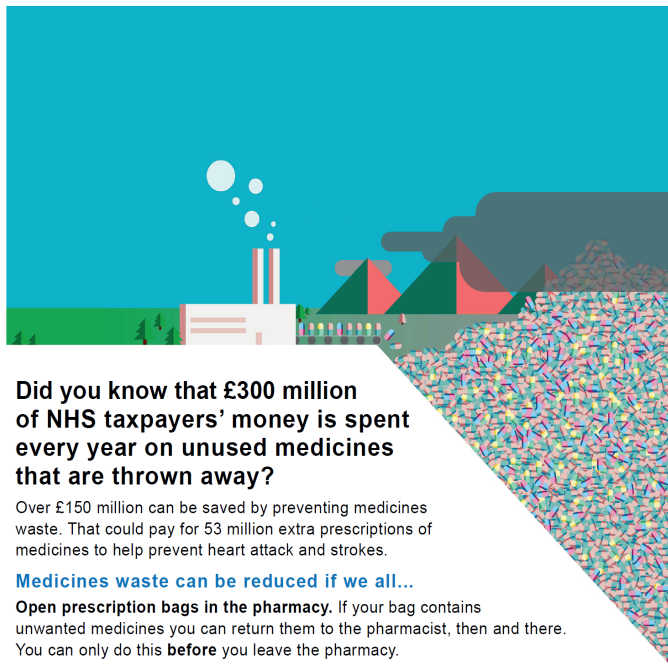
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Medicines & Respite Care

An audit was recently carried out into calls being made from Nottingham & Nottinghamshire care homes to NHS 111 for repeat medications. One of the themes that came from this audit was that homes are calling 111 to obtain repeat medication supplies for respite service users.

Any service provider who provides short term or respite care needs to ensure that they have a robust procedure in place to ensure medications are received, administered and documented safely and correctly. This should include how the service will obtain a supply of medication for the duration of the service users stay. For planned respite, the service provider could consider asking the service user's family or carers to arrange for the service user's GP to write a prescription for a medicines supply to cover the duration of the respite care. If a service user brings their own medications with them, staff should check on admission that there is sufficient quantity of all medications to cover the respite period.

Medicines Wastage



Did you know that £300 million of NHS taxpayers' money is spent every year on unused medicines that are thrown away?

Over £150 million can be saved by preventing medicines waste. That could pay for 53 million extra prescriptions of medicines to help prevent heart attack and strokes.

Medicines waste can be reduced if we all...

Open prescription bags in the pharmacy. If your bag contains unwanted medicines you can return them to the pharmacist, then and there. You can only do this **before** you leave the pharmacy.

Remember 'don't tick it if you don't need it'. Only tick the items you need on your repeat prescription. The items will not be removed from your repeat prescription.

Talk about our medicines. You can ask your pharmacist to book you a review or ask your GP practice to book you an appointment with their practice pharmacist.

Poor ordering processes will often result in a significant amount of medicines wastage. Wasted medicines means wasted money that could have been used to provide life saving treatment.

All medicines that are returned to a community pharmacy cannot be re-used and have to be destroyed even if they are unused.

The following can help reduce medicines wastage:

- Stock check before re-ordering—only order what is needed.
- Ensure stock is rotated so oldest medicines are used first.
- Ask pharmacy/GP to remove discontinued medicines from the MAR chart/prescription to help prevent them being ordered in error.
- Any 'when required' medications that are still in use and in date should be carried forward to the next month and the amount carried over recorded on the new months MAR chart.

Everyone has a part to play to reduce medicines waste

CD Storage

A Controlled Drugs (CD) cabinet must be a metal cupboard of a specified gauge with special hinges that complies with the Misuse of Drugs (Safe Custody) Regulations. The CD cabinet must be fixed to a solid brick wall or a wall that has a steel plate mounted behind it and must be attached to the wall from the inside with rag or rawl bolts (see right) and have a specified double locking mechanism. When ordering a new CD cabinet homes must confirm with the supplier that it meets the required specification.



The content of the cabinet must only be controlled drugs (no money, keys, valuables or false teeth!). Any CDs for return should be clearly labelled and quarantined within a specific area of the cabinet so they cannot be selected in error when getting current CDs out for residents.



Click [here](#) to find out more

Medicine Management Audits are currently being undertaken in all care homes across Nottingham & Nottinghamshire by the ICB Medicines Optimisation Technician Team as part of the Quality Assurance process, in conjunction with the Local Authorities. These supportive visits will look at how you manage medication in your care home from ordering and receiving, storage, administering and disposal. We offer helpful recommendations on how you may be able to improve going forward. If you haven't been contacted already-we will be contacting you very soon.

Antibiotics containing penicillin

Many people are allergic to penicillin. There are many antibiotics prescribed that contain penicillin but this is not always obvious from the label.

Below are some of the common prescribed medications that contain penicillin

- Amoxicillin
- Augmentin
- Benzylpenicillin
- Co-amoxiclav
- Flucloxacillin
- Phenoxymethylpenicillin
- Pivmecillinam

Please be aware there are more medications that contain penicillin such as combination products or those with a brand name where it is not immediately apparent that the product contains penicillin.

If a resident is allergic to penicillin it is of vital importance that this is recorded in the care plan and on the MAR chart. Please ensure the GP and community pharmacy are also aware and this is highlighted on their records.

Always request the patient information leaflet from the pharmacy for any new medication prescribed.

Medicines & Falls Risk

All medicines have side effects. Sometimes the side effects residents experience may increase the risk of them falling. The medicines and falls chart has recently been updated and is a useful guide in highlighting those medicines that may increase the risk of a fall. The Medicines & Falls Risk chart is located on the Medicines Optimisation website

https://www.nottinghamshiremedicinesmanagement.nhs.uk/media/1117/falls_medicines_chart.pdf

Medicines and Falls Chart
Last reviewed: January 2023 Review Date: January 2026

Medicine	Potential effect on falls risk									
	Blurred vision	Confusion	Dizziness	Drowsiness	Fatigue	Hypotension	Incontinence	Loss of consciousness	Postural hypotension	Sleep disturbance
Alfuzosin	✓									
Amiodarone	✓									
Amiripipryline	✓									
Amisulpride	✓									
Atenolol	✓									
Baclofen	✓									
Bendroflumethiazide	✓									
Betahistine				✓						
Bisoprolol						✓				
Bumetanide				✓						
Buprenorphine	✓									
Candesartan						✓				
Carbamazepine	✓									
Carvedilol	✓									
Chlorthalidopoxide	✓									
Chlorphenamine	✓									
Chlorpromazine	✓									
Cinnarazine	✓									
Citalopram	✓									
Clozapine	✓									
Clozapepam	✓									
Clozapine	✓									

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

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