

Care About Medicine

Providing Domiciliary Care Staff with information, support & guidance on managing medicines safely & effectively

Issue 8 - August 2023

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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.nottinghamshireremedicinesmanagement.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	Increased fracture risk	Movement disorder	Postural hypotension	Sleep disturbance	Other
Alfuzosin											
Amisodarone	✓										
Amitriptyline	✓	✓	✓	✓	✓	✓					
Amlodipine	✓	✓	✓	✓	✓	✓					
Atenolol	✓	✓	✓	✓	✓	✓					
Baclofen		✓	✓	✓	✓	✓					
Bendroflumethiazide	✓										
Betahistine				✓	✓						
Bisoprolol											✓
Bumetanide			✓	✓	✓						
Buprenorphine	✓	✓	✓	✓	✓	✓					✓
Candesartan			✓	✓	✓						
Carbamazepine	✓	✓	✓	✓	✓	✓					
Carvedilol	✓	✓	✓	✓	✓	✓					✓
Chlordiazepoxide	✓	✓	✓	✓	✓	✓					
Chlorphenamine	✓	✓	✓	✓	✓	✓					
Chlorpromazine	✓	✓	✓	✓	✓	✓					✓
Cinnarazine	✓	✓	✓	✓	✓	✓					
Citalopram	✓	✓	✓	✓	✓	✓					✓
Clomipramine	✓	✓	✓	✓	✓	✓					✓
Clonazepam	✓	✓	✓	✓	✓	✓					
Clozapine	✓	✓	✓	✓	✓	✓					

Reminder

MAR Chart Directions

It is important that when you are producing eMARs or creating paper MAR charts that full directions are included. The directions should be written as per the dispensing label and include any special instructions such as with or after food etc.



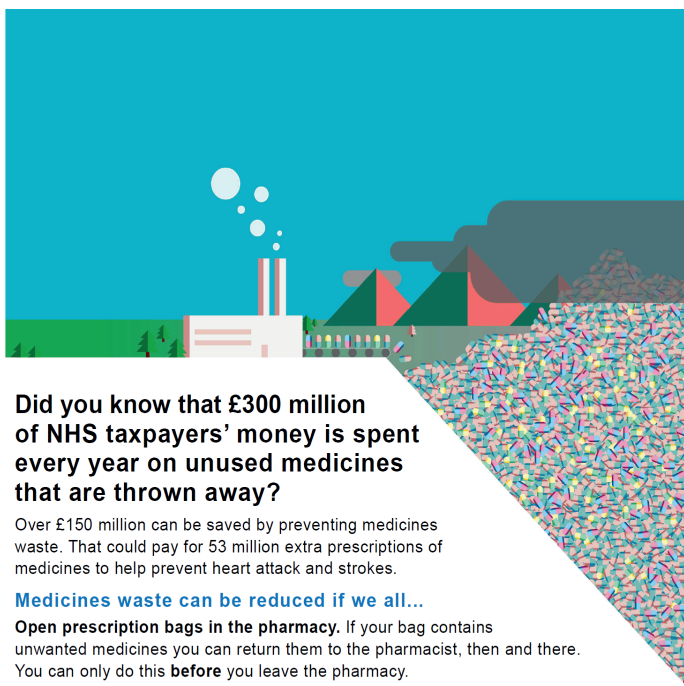
Click [here](#) to find out more

Medicine Wastage

Wasted or unused medicines is a serious and growing problem within the NHS. Wasted medicines means wasted money that could have been used to provide life saving treatment.

The following applies to service users, their families and carers who order medication on the service users behalf to help reduce medicines wastage:

- Only order the medicines that are needed – check what medicines are at home before re-ordering.
- Remember that unused medicines cannot be reused (even if unopened). Once medicines have left the pharmacy, they have to be destroyed when returned.
- Check the medicines before you leave the pharmacy or whilst delivery driver is with you – you can return any unwanted medicines to the pharmacist/driver.
- Unused medicines are a safety risk – return unused or out of date medicines to the local pharmacy for safe disposal.
- Speak to the doctor if medicines are not being taken or the service user is experiencing side-effects.
- Ask the pharmacist for advice if help is needed in taking medicines.



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.

Everyone has a part to play to reduce medicines waste

What should be included in a PRN protocol?

PRN protocols provide care staff with clear instructions to be able to administer PRN medicines confidently, effectively and safely. PRN protocols should be personalised and include the following as a minimum:

- Name of medicine
- Route, formulation and strength
- What the medication is being used for
- Dosage (including special instructions e.g. with or after food)
- If service user is able to ask for the medication or if they need prompting or observing for signs of need (non-verbal clues)
- Minimum time interval between doses and maximum dose in 24 hours
- When the medicine should be reviewed
- Where there is more than one option available (e.g. multiple painkillers/laxatives), it should be made clear when it is appropriate to use each one

Don't forget we are here to help. If you need any support or guidance on the management of medicines within your service please get in touch (details below).

Our '**medication guidance for home based care & support providers**' is also available [here](#).



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