

# Care About Medicine

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

**Issue 40 - May 2025**

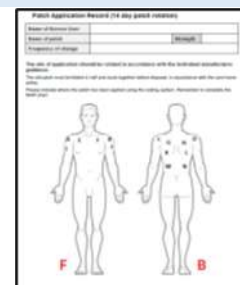
## In this Issue

- ◆ Rivastigmine Patch Recording
- ◆ Retaining MAR Charts
- ◆ Care Home Guidance Update
- ◆ Vitamin D as Self-care
- ◆ SLT Service Changes
- ◆ Obtaining NRT for Residents
- ◆ Patient Information & Sight Loss
- ◆ Red/Hospital Only Medicines

## Rivastigmine Patch Application & Recording

It is important that rivastigmine patches are applied as per the manufacturer's guidance. Patches should not be applied to the same area of skin within a 14-day period. Switching shoulders each time is not appropriate. To help care homes with the application and documenting of this we have devised a specific patch chart. This can be found within our updated guidance document which is available on the [Medicines Optimisation Team website](#).

If you would like a word template of this patch chart, please get in touch.



## Guidance on Vitamin D as Self-care for Care Home Residents

Most people do not need vitamin D on prescription and should instead receive it as a self-care item. This includes care home residents. The ICB Medicines Optimisation Team will soon be publishing guidance on how care homes can support their residents to receive maintenance vitamin D as a self-care item, in line with local and national policy. There will be training materials to accompany the guidance. Further communications will be sent to care homes with regards to this in due course.

## Patient Information Leaflets (PILs) for Residents with Sight Problems

A service to support people with sight loss is provided by [X-PIL at the electronic medicines compendium](#), which ensures that updated PILs are accessible to all people, including those with sight loss. There is a telephone number **0800 198 5000** where people can listen to or request patient information leaflets (PILs):

- in large and clear print
- in braille
- on audio CD.

This service is available 24 hours a day, 7 days a week and the caller will need to know the following information:

- the name of the medicine
- the medicine's product code number.

The product code number is also called the licence number or marketing authorisation number. It is usually an eight or nine digit number and might have PL or EU in front of it, e.g. PL xxxxx/xxxx or EU x/xx/xxx/xxx.



## Retaining Medicines Administration Records

CQC have updated their advice on medicines records and how long they should be kept for:

*'Keep medicines administration records for at least 8 years after the person's care ended at the service. After 8 years, review the records, and if no longer needed, destroyed according to local policies'*

Medicines administration records include MAR charts, body maps, PRN protocols etc. and applies to both paper and electronic.

## Changes to the referral process for Speech & Language Therapy (SLT) Services

There have been a number of important updates to the referral process for Speech and Language Therapy (SLT) services from Care Homes across Nottinghamshire. Please see the following information relevant to your area:

Bassetlaw	Mid Notts	South	City
Care Homes in Bassetlaw only	Care Homes in Newark, Mansfield and Ashfield only	Care Homes in Broxtowe, Gedling and Rushcliffe only	Care Homes in Nottingham City only
<p>Referral Process to SLT remains the same (direct to SLT via Single Point of Access) SPA. Information should be sent, securely, to: <b>BassetlawSPA@nottshc.nhs.uk</b></p> <p>A completed Dysphagia Checklist is a requirement for referral - referrals may be rejected without this.</p> <p>Care Homes should send a completed Bassetlaw <a href="#">referral form</a> and a copy of the <a href="#">Dysphagia Checklist</a> for all referrals.</p> <p>Referral Guidance for Bassetlaw can be found <a href="#">here</a>.</p>	<p><b>*Change* effective from 1st May 2025</b> Care Homes in this area will be able to refer <b>DIRECTLY</b> to Speech and Language Therapy. Referrals are no longer required to go through a healthcare professional or GP.</p> <p>A completed Dysphagia Checklist is a requirement for referral - referrals may be rejected without this.</p> <p>Care Homes should send a completed <a href="#">referral form</a> and a copy of the <a href="#">Dysphagia Checklist</a> securely, to: <b>SLTAdultsNottinghamshire@nottshc.nhs.uk</b></p>	<p><b>*Change* effective from 1st May 2025</b> Care Homes in this area will be able to refer <b>DIRECTLY</b> to Speech and Language Therapy. Referrals are no longer required to go through a healthcare professional or GP.</p> <p>A completed Dysphagia Checklist is a requirement for referral - referrals may be rejected without this.</p> <p>Care Homes should send a completed <a href="#">referral form</a> and a copy of the <a href="#">Dysphagia Checklist</a> securely, to: <b>SLTAdultsNottinghamshire@nottshc.nhs.uk</b></p>	<p>Referral process to SLT remains the same. (Direct via Single Point of Access) SPA.</p> <p><b>*Change* effective from 1st June 2025</b> Care Homes are required to send a completed Dysphagia Checklist as a requirement for a referral – referrals may be rejected without this.</p> <p>Refer to SLT City either online to Nottingham Health &amp; Care Point <a href="https://accessstoservices.citycare.org.uk">accessstoservices.citycare.org.uk</a>, or you can call 0300 131 0300, then option 4.</p> <p>Additionally, securely send the completed checklist to <b>nep.citycareslts@nhs.net</b></p>

## Update to the Guidance for the Management of Medicines in Social Care Establishments



The 'Guidance for the Management of Medicines in Social Care Establishments' has recently been reviewed and updated.

The document continues to share best practice in relation to managing medicines safely. It also continues to offer a host of templates which can be adopted or used to improve current in-house templates.

The document can be accessed via the social care local guidance page of the Medicines Optimisation website:

<https://www.nottinghamshiremedicinesmanagement.nhs.uk/media/0dmazdcf/guidance-for-the-management-of-medicines-in-social-care-establishments-v5.pdf>

or you can email us to request a full copy or specific templates.

## Obtaining Nicotine Replacement Therapy (NRT) for Residents Following Discharge from Hospital

Care home residents who have been discharged from hospital with Nicotine Replacement Therapy (NRT) should be referred to the following commissioned service to continue their NRT supply.

Nottingham City care homes – [Thriving Nottingham](#)

Nottinghamshire County care homes – [ABL Health](#)

NRT is provided as part of the service along with the support and tools to help them quit smoking. GPs do not prescribe NRT.

## RED/Hospital Only Medicines

Care providers are reminded that all medicines that a service user is prescribed or taking should be recorded on the MAR chart. This includes medicines that are prescribed and supplied directly from hospital (known locally as RED medicines).

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:**

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