

Care About Medicine

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

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Medicines Management Audit Visits 2025

We have nearly completed this year's round of quality monitoring visits to care homes. Thank you for your continued commitment and eagerness to improve medicines quality and safety within social care.

We are now planning 2025 visits and will be introducing slight changes. On the whole, visits will be via arranged appointments but there may be occasions when an unannounced visit will be required. This may be due to a quality or safety concern, or if we are struggling to contact you.



We are also altering timescales for when we would like the 'medicines management review action plan summary & feedback form' updated and returned to us. For routine visits we would like them returned within one month of the visit date. For priority and revisits, returned within two weeks of the visit date. Hopefully these changes won't impact much on the current process but will assist us to improve medicines management across the ICS.

We hope you will be happy with these new arrangements going forward. Any questions please contact your technician or Tania Cook (taniacook@nhs.net)

Opportunity to participate in a University Research Study

What is the study about?

Strathclyde Institute of Pharmacy and Biomedical Sciences are developing a website to identify products that help older people who have visual and/or hearing impairment/loss to manage their medicines.

The website will be for Health and Social care Professionals, Older People with Sensory Impairment, and carers and family members of older people with visual and/or hearing impairment/loss. To ensure that the website is designed and presented in an accessible and user-friendly manner for all users, we are inviting participants to help develop and test the website and review the type of content to include.

Who do we need?

- health and social care professionals including charity representatives,
- people aged 65 years or older who live in their own home

- people aged 65 years or older who live in their own home and who have visual and/or hearing impairment/loss
- formal or informal carers of older people with sensory impairment, for example, adult household members, family, friends.

What will they do?

Participants will take part in up to 3 sessions.

- one introductory meeting (up to 60 minutes)
- two workshops (up to 3 hours in total i.e. maximum of 90 minutes each)

These can be group workshops or 1-to-1 meetings either in-person or online (your preference).

During each session participants will test and review a draft website and will be asked for opinions on its ease of use, content, as well as areas for improvement.

Participants will be eligible for a gift voucher for participating in the study.

If you are interested in participating please contact david.kernaghan@strath.ac.uk or margaret.watson@strath.ac.uk

Reminder – Time Sensitive Medicines

Time sensitive medicines are those that need to be given or taken at a specific time or where a minimum time interval is required between doses.

Common examples include

- Medicines for Parkinson's Disease
- Medicines that contain paracetamol
- Insulin
- Antibiotics

Incorrect timing can reduce the effectiveness of the medicines and increase the risk of side effects or harm to the resident.

It is important to record the actual time medicines administered for all time sensitive medicines.

Interesting Reading

The British Dietetics Association (BDA) have produced 'Care Home Digest – Menu planning and food service guidelines for older adults living in care homes'.

The guidelines provide information and tools to support care homes to meet resident's nutritional needs. You can access the guideline and other information via their website:

<https://www.bda.uk.com/practice-and-education/nutrition-and-dietetic-practice/care-home-digest.html>



Safeguarding Reporting

When reporting a safeguarding to the relevant organisations please copy Tania Cook (taniacook@nhs.net) into all medication related safeguarding referrals. Tania can support your service through the process and offer helpful guidance.

Insulin Pen Recording Reminder



It is important that insulin pens are labelled with the resident's name and the date it was opened. This ensures that the device is only used on the resident it was prescribed for and is not used beyond its expiry date. Care homes should ensure this has been done even when the district nurses are responsible for administering the insulin.

Insulin pens have a shorter shelf life once in use and removed from the fridge. These can range from 10 days to 56 days. Check the information leaflet in the box for manufacturers guidance on this.

Supporting Self-care in Care Homes

We have produced a good practice guide to help support self-care in care homes. This guide will hopefully help to explain the differences between homely remedies and self-care. The guide can be accessed via the social care page on our website

<https://www.nottinghamshiremedicinesmanagement.nhs.uk/policies-and-documents/social-care/local-guidance/>

The guide also signposts to additional information that you may find useful.

Don't forget to get you flu and COVID-19 vaccine this winter



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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