



I-CareMedway

Quarterly Care Homes Medicines Newsletter

Edition 1. July 2019

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Medway

Clinical Commissioning Group

Introduction

This newsletter is intended to support all care homes in Medway catering for elderly care with current medicines guidelines and safety information. Care homes are encouraged to discuss the items in the newsletter with all staff to ensure that all intentions are implemented.

Controlled Drugs (CD) Incidents

Providers of adult care homes should ensure that there is a process in place to formally escalate CD incidents to the Care Quality Commission (CQC), the Area Team Controlled Drugs Accountable Officer and the police as appropriate. There is a legal requirement to report all concerns and incidents related to controlled drugs (including loss or theft) to your local NHS Controlled Drugs Accountable Officer. The CD Accountable Officer Team for Kent can be reached at england.southeastcdao@nhs.net.

Yellow Card Scheme

Report any suspected adverse reactions with medicines via the national reporting system available from <https://yellowcard.mhra.gov.uk/>

Medication Incidents

Care homes should ensure that a robust process is in place for identifying, reporting, reviewing and learning from medicines errors involving residents. You must notify CQC and other relevant external organisations as appropriate. More information can be found at Reporting Medicine-Related Incidents in Social Care, CQC 2019. Available from: <https://www.cqc.org.uk/guidance-providers/adult-social-care/reporting-medicine-related-incidents-social-care>

Drug Safety/ MHRA Safety Update

Change of classification

Gabapentin and Pregabalin are medications that are used to treat nerve pain, epilepsy and anxiety. There has been concern over the illegal use of these drugs leading to increased addiction and rising number of fatalities. This is the reason why these drugs have been rescheduled to become Class C of the Misuse of Drugs Act 1971 making them Controlled Drugs (CDs) and therefore placed under Schedule 3 of the Misuse of Drugs Regulations 2001 – which specifies the extra controls and requirements for the use of these drugs.

Storage and records

The storage of Gabapentin and Pregabalin has not changed and they can be kept in the same way as any other drug that is not a CD and there is no legal requirement to keep records in the CD register.

Disposal

Residential Homes without nursing – they should be returned to the pharmacy for destruction in the same way as any other medication is returned. The pharmacy may require you to sign for these and will denature these drugs on your behalf.

Nursing Homes – they should be denatured by a registered nurse before being handed to the waste disposal company. Legally written records and witness signatures are not required but some homes may choose to do this as good practice.



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I-Care More

Summer Dehydration

Dehydration can have serious consequences for older people and is a particular problem for residents of nursing and care homes. Dehydration increases the risk of several health problems: some residents are put at risk of falls, urinary tract infections (UTIs), acute kidney injury (AKI) and sepsis. UTI is a common cause for emergency hospital admission. It has also been linked to high levels of antibiotic resistance. For those with dementia, dehydration can also lead to more challenging behaviour requiring increased use of anti-psychotic medication or admission to a specialist mental health unit.

Strategies to improve hydration:

Fluids should be in easy reach of the resident and should not be too heavy to lift, assistance given when required, if appropriate use a straw to aid the patient, and always encourage regular fluid intake. Consider decorating the drinks trolley and creating personalised drinks and cups which are more appealing to the elderly and those with dementia. Cold water could be provided in the lounges and a tray of tea for visitors so drinking becomes a sociable experience

The amount of fluid needed per day will vary between individuals. Extra fluid provision will be needed in the summer - each resident should have a heat wave risk assessment and personal fluid care plan. Requirements also increase if infection is present, or if there are fluid losses such as diarrhoea and sweating. Staff should regularly check that continence pads are heavy in the morning, which indicates that residents are drinking well. If pads are light then all staff should recognise that fluid intake may be an issue.

Be aware of drink allergies and interactions with medication such as simvastatin and grapefruit juice

Further Information:

Medway Food First Care Homes Pack 2019. Available soon

Acute Kidney Injury and Hydration Guide, Think Kidneys. Available from:

<https://www.thinkkidneys.nhs.uk/aki/wp-content/uploads/sites/2/2016/02/Care-Homes-AKI-guide-FINAL-160217.pdf>





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I-Care about Medicines Glyceryl-Trinitrate Spray (GTN)

It has been brought to our attention that GTN sprays are being ordered inappropriately on repeat for residents every month/two months.

GTN sprays are **used when required**:

1. At the onset of an angina attack: one or two metered doses (400 to 800 micrograms glyceryl trinitrate) to be sprayed under the tongue for the relief of angina pain while the breath is held. The dose may be repeated at 5 minute intervals if required; if symptoms have not resolved after 3 doses, medical attention should be sought. No more than three doses are recommended at any one time.
2. For the prevention of inducible angina (e.g. physical effort, emotional stress, exposure to cold) one or two 400 microgram metered doses sprayed under the tongue within 2-3 minutes of the event starting.

GTN spray has a long shelf life of 3 years from date of manufacture and should not be stored above 25°C. Most patients should only need to use their spray 1 to 2 times a day per week. If used more frequently, consider referring to the GP for a review.

Advice to patients: If the resident does not need to use GTN spray very often, the spray should be checked regularly to see that it still works properly.

More information can be sought from the patient information leaflet

Medway Care Homes Best Practice Update

Medway Care Homes Best Practice Guidance documents

Available from: <http://www.medwayswaleformulary.co.uk/guidelines-pathways/medway-guidance/medway-ccg-care-home-best-practice-guidance/>

Recent Care Home Best Practice training:

Medway Care Homes Best Practice Education Programme- Food First for Malnutrition in association with MCH. This was a very enjoyable and informative event. We are looking forward to seeing you at future events!

References –

CQC. Reporting medicine-related incidents in social care. Available from: <https://www.cqc.org.uk/guidance-providers/adult-social-care/reporting-medicine-related-incident-social-care>

NICE guidance on managing medicines in care homes (SC1)

SPC GTN available from: <https://www.medicines.org.uk/emc/product/674/smpc>

