

Caring for Care Homes

Issue 17, June 2016

Newsletter for Care Home staff, General Practitioners and Community Pharmacists



Don't be a hoarderdon't over-order

In Devon approximately £5.5 million worth of medication a year is wasted. **Medication that is not taken may mean wasted health benefits for residents. We wish to minimise any spend on unnecessary wasted medicines and the cost of returning and destroying medications.**

Top Tips for Care Homes

- ✓ Retain responsibility of the ordering of medicines from the GP practice. This should not be delegated to the supplying pharmacy
- ✓ Clearly mark with a tick items which are required, only tick the repeat slip if an item is needed
- ✓ Not all medicines are needed every month, eg “as required” dressings, inhalers and insulin
- ✓ Check “as required” medication is in boxes so it can continue to be used into the next cycle
- ✓ Unused medicines that are still prescribed do not have to be returned at the end of each cycle
- ✓ Advise pharmacy and GP of items not being used to remove from MAR chart and resident’s repeat prescribing slip

Top Tips for GP Practices

- ✓ Only generate prescriptions for items that are ticked
- ✓ Prescribe the right amount of medicines to fit into the 28 day supply cycle if appropriate
- ✓ When prescribing variable dose and “when required” medicine prescribe the amount likely to be needed, for example, for 28 days or the expected length of treatment
- ✓ Remove unwanted items from the repeat medication list

Top Tips for Pharmacies

- ✓ Review with the care home how to dispense “as required” medication
- ✓ If you notice large amounts of waste from a care home setting do not ignore it, talk to the home and see if you can support them to reduce the amount produced
- ✓ Where you note a patient is not taking medication as prescribed please flag this to the GP

Additional points to help

Residents discharged from hospital to the care home: If a resident arrives with drugs supplied by the hospital remember:

- ✓ The medication may have a different name but it could be the same drug the resident was taking before
- ✓ To add medication to your stock
- ✓ To use up medication before ordering more. If appropriate tell the pharmacy you don’t need these items until the supply runs out (usually the next month)

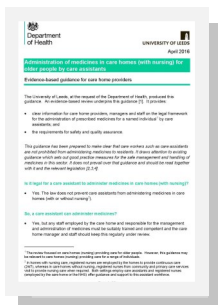
Homely Remedies in Care Homes: use for short term minor ailments rather than requesting GP to prescribe.

A more comprehensive list of ideas to reduce medicines waste is featured in our guidance sheet which can be accessed on the NHS NEW Devon CCG website.

Care assistants administering medication in care homes with nursing

New guidance has been issued that sets out good practice measures for the safe management and handling of medicines in care homes (with nursing) for older people by care assistants. The guidance includes:

- ▶ The legal framework for the administration of prescribed medicines for a named individual by care assistants
- ▶ Safety and quality assurance requirements



This guidance makes it clear that care workers such as care assistants are able to administer medicines to residents with appropriate training and competency assessment in line

with the home's medicines policy.

To read this document please go to: www.gov.uk/government/publications/administration-of-medicine-in-care-homes

Potential changes to residents' prescribed medication

The Medicines Optimisation Team work closely with GP practices to review areas of prescribing, where potential savings can be made with minimal effect on residents.

It is important as a home that you are aware of these potential changes for residents and therefore we have included a full list of recent changes. The list on the next page includes the formulary preferred brand, this is what the prescription should be written for; the generic name of this medication, this is more than likely what the prescription was written for previously; and other brand names of this generic medication; which you may be familiar with. Please note that in some cases when a resident is discharged from hospital their medication may be prescribed using a different name.

A care home has recently shared a near-miss incident where a resident had both Matrifen[®] and Durogesic[®] patches on their MAR charts. This was spotted before administration.

When accurately listing a resident's medication (medicines reconciliation) check carefully to ensure a resident does not have the same drug under more than one name. If you have any concerns or are unsure about any medications your resident is receiving please contact your pharmacist.

Any changes which occur will be considered by the GP on an individual resident basis. We hope this summary of changes is of use to you and your staff in your day to day work and will ensure you are updated where relevant.

Watch out, new inhalers about

There has been a significant increase in the number of new inhaler devices available. Some of these newer devices may have been prescribed for your residents.

It is important that residents and carers are familiar with prescribed inhaler devices and are aware of the correct inhaler technique before use. If the incorrect technique is used there is a potential that the full dose of the medication does not reach the lungs. This may cause the medication to be less effective than intended and may lead to unwanted side effects. There are two types of inhaler techniques and these are dependent upon the device in use:

▶ If the device is a metered dose inhaler (MDI) the resident must breath in slowly and deeply

▶ If the device is a dry powder inhaler (DPI) the resident must breath in strongly and deeply

Many residents will have a mixture of devices, therefore if the resident is prescribed more than one device it is important that they know how to use each device.

If you are unclear of the type of inhaler the resident has been prescribed, the resident's GP, respiratory nurse or pharmacist will be able to advise and demonstrate the correct technique for that device.

There are some really helpful support resources on the NEW Devon CCG website. These include inhaler technique reminder cards, technique checklists and videos for individual devices. To find these go to www.newdevonccg.nhs.uk and type 'respiratory' into the search bar and choose 'Respiratory: information for patients and healthcare professionals'.



Potentials changes to residents' prescribed medication continued

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Formulary preferred brand	Generic	Other brand names
Accrete [®] D3	Calcium and Vitamin D	Adcal-D3 [®] or Calcichew [®] D3 Forte
Butec [®] patches	Buprenorphine patches	Butrans [®] patches
Chemydur [®]	Isosorbide mononitrate (ISMN) MR 60mg	Monomax [®] XL
Circadin [®] (Melatonin MR 2mg tablets)	All Melatonin	Bio-melatonin
Eppinix [®] XL	Ropinirole MR	Requip [®] MR
Longtec [®]	Oxycodone MR	OxyContin [®]
Luventa [®] XL	Galantamine MR capsules	Reminyl [®] XL
Marol [®]	Tramadol 12 hourly MR	Zydol [®] SR, Zamadol [®] SR
Matrifen [®] or Mezolar [®]	Fentanyl patches	Durogesic [®]
Neditol [®]	Tolterodine MR 4mg capsules	Detrusitol [®] XL
Octasa [®]	Mesalazine MR 400mg and 800mg	Asacol [®]
Sastravi [®]	Levodopa, Carbidopa and Entacapone	Stalevo [®]
Seretide [®]	Fluticasone/Salmeterol (all strengths)	
Shortec [®]	Oxycodone immediate release	Oxynorm [®]
Sukkarto [®] SR	Metformin MR 500mg and 1000mg	Glucophage [®] SR
Symbicort [®] /DuoResp Spiromax [®]	Budesonide/Formoterol	
Tegretol [®] /Tegretol Retard [®]	Carbamazepine (including modified release)	Carbagen [®] /Carbagen [®] SR
theiCal-D3 [®] (ONCE a day)	Calcium and Vitamin D	Adcal-D3 [®] or Calcichew [®] D3 Forte
Tildiem [®] MR 60mg tablets	Diltiazem MR 60mg tablets	
Venlablue [®] XL capsules (for GAD)	Venlafaxine modified release	Efexor [®] XL
Vensir [®] XL capsules	Venlafaxine modified release	Efexor [®] XL
Viscotears [®]	Carbomer eye drops	Gel Tears [®]
Zaluron [®]	Quetiapine MR	Seroquel [®] XL, Ebesque [®] XL
Zomorph [®]	12 hourly Morphine sulphate	MST [®] , Morphgesic [®]

New and updated Guidance sheets: Please remember to replace your old copies within your care home

- ▶ Storage and Expiry Dates
- ▶ Insulin
- ▶ Meeting with a pharmaceutical sales representative
- ▶ Accurately listing a residents' medicines (was Medicines Reconciliation)
- ▶ Using barrier products
- ▶ Writing a Medicine Policy (**new**)
- ▶ Self administration of medications (**new**)

To contact us please email: D-CCG.CaringForCareHomes@nhs.net
Or go to www.newdevonccg.nhs.uk and type 'Caring for care homes' into the search bar to find our webpages