



Ceri Wright
Medicines Management
Care Setting Team Lead
Pharmacy Technician
&
Amy Potts
Medicines Management
Care Setting Team
Pharmacy Technician

The role of the Medicines Management Care Setting Team is to:

- Promote cost effective prescribing and safe use of medicines in order to prevent errors/incidents and harms related to medicines.
- Provide medicines management-related information, advice, guidance & resources to support good quality, person centred, safe medicines management.
- Enable care setting colleagues, through programmes of training and support, to manage medicines with confidence.

**SAFETY
ADVICE**

Oral Nutritional Supplements and Thickeners

Developed in conjunction with SaTH Clinical Lead Community Dietitian, Therapies, Care Closer to Home.

It is extremely difficult to thicken an Oral Nutritional Supplement (ONS) to a safe, uniform consistency with the manual addition of a powder thickener and there is a wide inconsistency in how supplements are thickened. For this reason, thickening standard ONS it is not recommended.

Due to the higher content of protein and fat in prescribed ONS, if thickener is added it may take longer to thicken to the required consistency. Other factors that can effect the consistency include a change in temperature and the length of time following the addition of a thickener, therefore there is no guarantee that the ONS will remain at the required, safe consistency. If a thickened ONS is required, the general advice is to thicken homemade fortified milkshakes/smoothies etc. or seek advice from a Healthcare Professional to ensure the most appropriate prescribed supplement is given in conjunction with the Shropshire Telford and Wrekin Prescribing formulary. If the individual is assessed as requiring prescribed ONS, a pre-thickened oral nutritional supplement option should always be used rather than manually adding thickener.

The consistency of fluid/diet should be recommended by a Speech and Language Therapist and then referred to a Dietitian to recommend the most suitable supplement. Please see additional resources below:

- [Shropshire, Telford & Wrekin ICB Net Formulary ONS chapter](#)
- [Dysphagia A Healthcare Professional Factsheet – Managing Adult Malnutrition in the Community](#)
- [Patient Safety Alert: Risk of death from asphyxiation by accidental ingestion of fluid/food thickening powder, 05 February 2015](#)
- [The International Dysphagia Diet Standardisation Initiative \(IDDSI\) Framework \(Abbot Nutrition\)](#)
- [Nutilis Pre-thickened \(nutricia.co.uk\)](#)

My Home Life England

My Home Life was originally founded in 2006 by Help the Aged (now Age UK) in partnership with the National Care Forum and a core group of influential University/care organisations at the time. The aim was to focus more positively on care homes, sharing best practice and inspirational stories of success; a sentiment we share! Please see the link here to the My Home Life website where you will find some free resources and ideas and their research revealing [6 key ways that older people can thrive in a care home](#).

Antimicrobial Resistance Awareness Week

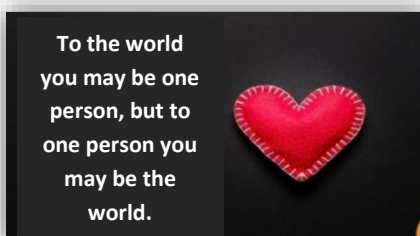
As part of our role as Pharmacy Technicians supporting care settings across Shropshire Telford and Wrekin, we aim to provide education to care staff and carers to recognise the importance of safe and appropriate use of antibiotics with an emphasis on the global impact of [Antimicrobial Resistance \(AMR\)](#).



TARGET (Treat Antibiotics Responsibly, Guidance, Education and Tools) is a toolkit designed to support primary care clinicians to champion and implement antimicrobial stewardship activities. The resources can also be used to support Continuous Professional Development.

There are some very useful campaign [resources](#) in the toolkit around the prevention and awareness of UTIs in older people for themselves and their carers.

We encourage our care setting colleagues to consider the 30-minute E-learning module our team have developed which provides learners with a general understanding of microbes and anti-microbials. The module is housed on the Shropshire Telford & Wrekin Learning Portal. To access it log on to [the portal](#). If you don't have an account, register for free [here](#). Search "Antimicrobial Resistance" in the course library. Our team are also working collaboratively to support and promote the correct use of the **Urinary Tract Infection (UTI) Assessment Form** as a tool in care settings. We have started to gather and analyse data on the use of prophylactic (preventative) antibiotics for the prevention of recurrent UTIs in care home patients with a view to support appropriate prescribing of prophylactic antibiotics in this cohort of patients. As part of the project we would like to both understand the usage of, and to raise the awareness of the UTI Assessment form, please take the time to answer the questions in [this link](#). Thank you for your help with this.



Coffee Break Quote





SAFETY ADVICE

Risks with Emollients

The Opus Training Team have added a new poster to their suite of *free to download* medicines administration posters. Use this [link](#) to see what's available and download your own poster.

Emollient (Barrier Preparation) project

We are in the early stages of implementing a barrier preparations project across Shropshire, Telford & Wrekin.

A barrier preparation is a product that is designed to protect the skin by minimising its exposure to excessive moisture and irritants. These barrier products may be topical preparations (available in a spray, foam applicator, ointments, creams, etc.) that can be applied to the skin to provide a protective water-repellent barrier against irritants and bodily substances, such as urine, sweat and faeces.

The project aims to assist care settings, GP Practices and PCN teams with the delivery of improved patient care and appropriate prescribing for barrier creams/products.

To gather some baseline information, we are reaching out to care settings to ask if it is possible for a member of our team to visit to complete a snapshot audit.

If you are able to support the team with this project, please get in touch via email: stwcarehomeenquiries@nhs.net by Friday 13th December 2024. The care setting team will then be able to offer their availability to visit at a time that is convenient to complete the snapshot audit.

Medicines Going into Hospital with Patients

We have been asked by care setting colleagues what medicines should be taken in when a person attends hospital. We have spoken with colleagues at SaTH and the current advice is as follows:

When a resident is admitted to hospital, please ensure you supply:

- A copy of the current MAR chart
- Other relevant paperwork such as the Patient Passport
- All current medicines belonging to the person

This will aid medicines reconciliation and prevent administration omissions.

Please do not send in medicines supplied in multi-compartment compliance aids as the hospitals are unable to use these.

How Can I Tell if My Inhaler is Empty?



SAFETY ADVICE

As part of our ongoing efforts to reduce risks associated with medicines, following an alert from the National Child Mortality Database

regarding asthma inhaler use in children, the Medicines Management Team at the ICB has developed a practical guide entitled **How Can I Tell if My Inhaler is Empty?** This guide is designed to help children, young people and those who care for them recognise when an inhaler needs to be replaced, potentially preventing the inhaler from being used when it is empty.

We have encouraged all GP practices to distribute this document to all children and young people with asthma, as well as to any patients who are prescribed inhalers. The link to the document is provided below:

STW ICS: [STW ICS: How can I tell if my inhaler is empty.docx \(shropshireandtelfordformulary.nhs.uk\)](#)

Medicines Safety and secure email

As a team we encourage all care settings to have access to secure email accounts for their service and workforce use. It is best practice for care settings, if possible, to have and NHS.net account and/or a secure company email address. Please see this [link](#) to the NHS England guidance document, which provides further information of how care settings can apply for a secure NHS.net account.

Please ensure when accessing the Ulysess reporting system and reporting incidents through the [Ulysess incident reporting system](#) via this link an appropriate and secure email address is used.

Competition time! Your help needed please...

Updating Think Food guidance –

Care home colleagues will be aware of the [Think Food in Care Homes](#) practical guide for the treatment of malnutrition with everyday food and drinks. Throughout the guide we offer ideas for snacks and “toppers” and provide a selection of recipes. We are in the process of reviewing the guide and are aware that the snacks and toppers currently listed are limited and lack diverse choices.

Do you have your own ideas and recipes or maybe you have done some activities in your own settings where the people you support have come up with their own ideas? If so and you are willing to share these with us, please send your ideas/recipes in via our generic mailbox: stw.carehomeenquiries@nhs.net by the end of December.

Unfortunately we cannot offer prizes such as holidays or hampers!!! However you could see your suggestions going to extra good use and appearing in the updated version of the Think Food guide credited to your care setting.

Please contact us if you would like any support with medicines management, or with your good practice examples for future newsletters:
stw.carehomeenquiries@nhs.net