

Medicines Management Care Home Newsletter

December 2017

Best wishes for a

Merry Christmas and a Happy New Year from the
Medicines Management Care Home Team!



This edition includes:

- **Reminder re medication audits**
- **Top tips for helping residents to look after and take their medicines themselves (self administration)**

Share the news!

The medicines management newsletter is produced quarterly and can be used in the care home to help you with questions and queries.

Please share the newsletters as they are a great resource for staff, perhaps display them in the staff room and use the articles to update everyone on current issues.

Medicines audits

Medicines audits can support care homes to aid compliance with CQC regulations (regulation 9 - person centred care and regulation 12 - safe care and treatment).

During the visit the technicians can signpost advise and support with medicines management issues.

What is involved for the care home?

A medicines audit includes:

- A review of a selection of MAR charts, policies and procedures including the storage of all medicines including CDs.
- Discussion with manager/senior nursing or care staff around issues.
- Report of audit outcomes for manager.

Your contacts for medicines audits are:

Medicines management technicians [Alain Anderson](#) and [Gillian Beardwood](#).

Contact the medicines management team on 0151 247 7146



Top tips for helping residents to look after and take their medicines themselves (self administration)

Points to consider

- Are residents able to self medicate?
- Record keeping
- Storage of medicines

NICE (Managing medicines in care homes) guideline SC1 2014 states:

Health and social care practitioners should carry out an individual risk assessment to find out how much support a resident needs to carry on taking and looking after their medicines themselves (self administration). Risk assessment should consider:

- Resident choice.
- If self administration will be a risk to the resident or to other residents.
- If the resident can take the correct dose of their own medicines at the right time and in the right way (for example, do they have the mental capacity and manual dexterity for self administration?)
- How often the assessment will need to be repeated based upon individual resident need.
- How the medicines will be stored.
- The responsibilities of the care home staff, which should be written in the resident's care plan.
- The care home manager should coordinate the risk assessment and should help to determine who should be involved. This should be done individually for each resident and should involve the resident (and their family members or carers if the resident wishes) and care home staff with the training and skills for assessment. Other health and social care practitioners (such as the GP and pharmacist) should be involved as appropriate to help identify whether the medicines regimen could be adjusted to enable the resident to self administer.

Record keeping

Records are made and kept including the following:

- The medication the person is ordering.
- The medication received from the pharmacy and when it is delivered.
- When residents are reminded to take their medicines themselves.

Storage

Care home providers should ensure that medicines for self administration are stored as identified in the resident's risk assessment (for example, in a lockable cupboard or drawer in a resident's room). Residents should be able to get any medicines that need special storage such as those requiring cold storage at a time when they need to take or use them .

Care home providers also need to consider the storage of controlled drugs, nutritional supplements, medicines that need refrigeration, dressings, stoma products and catheters.

Medicines supplied in monitored dosage systems, which need more storage space to cover the changeover period each month.