

# Care Home News

- Welcome
- Medicines Management Support Visits
- The ICB care home pharmacy team
- Health and medication issues in hot Weather

## Welcome to our Newsletter

We would like to welcome you to the first issue of our Care Home Newsletter. The ICB ( Integrated Care Board ) has taken over the functions of Herts Valleys, East and North Hertfordshire and West Essex Clinical Commissioning Groups (CCGs). Our area has a number of hospitals and in-patient units to meet people's physical and mental health needs. Watford General Hospital, Lister Hospital in Stevenage and Princess Alexandra Hospital in Harlow are our three biggest 'acute' hospitals. We cover over 300 Care Homes spread across Hertfordshire and West Essex. We hope you find the newsletter informative and would love to hear any feedback on subjects you would like us to cover. **Contact the team via e-mail –[hweicbenh.pharmacycarehomes@nhs.net](mailto:hweicbenh.pharmacycarehomes@nhs.net)**



## Medicine Management Support Visits

As part of the pharmacy teams ongoing support to Care Homes we will be visiting homes to undertake a system and process review which will help improve the safety and efficiency of medicines in turn improving the quality of care for your residents. The visits are led by Pharmacy technicians and support officers and they may be joined by a Pharmacist. The visit is designed to be a supportive visit and a chance for your team to ask for any medication related help or guidance and can help in preparation for PAMMS and CQC inspections. The team can signpost to other services if a need is identified. Examples of areas covered during the review are:

- Medication Policy
- Ordering, Receipt & Storage
- PRN protocols
- Homely Remedies
- Covert medication
- Staff training
- MAR Charts
- Controlled Drugs
- Waste reduction


Following the visit we will produce a report that will be shared with yourselves, the local authority monitoring teams, ICB nursing & quality team and your aligned GP practice. The reports highlight good practice and provide advice and guidance related to areas that may need improving. The report includes links to HWEICB guidance and other useful resources published by CQC and NICE.

We have been lucky to visit so many of you already and really hope you have found the visits beneficial, we always welcome any feedback or suggestions you may have so please get in touch. Please contact the team if you would like them to undertake a medicines management visit and we will plan it in.

Please send details of any queries / requests for support to the team e-mail address [hweicbenh.pharmacycarehomes@nhs.net](mailto:hweicbenh.pharmacycarehomes@nhs.net) Emails are monitored Monday-Friday, 9am-5pm (exc Bank Holidays) and will be triaged to the most appropriate member of the team. Please do not send any patient identifiable data. More information, guidance documents & newsletters will soon be available on our new website.



# Meet the Care Home Team

<p><b>Maxine Davis</b> Lead Pharmaceutical Adviser</p> 	<p><b>SOUTH AND WEST HERTFORDSHIRE</b></p>   <p><b>Pragna Patel</b> Pharmaceutical Adviser</p> <p><b>Sabieyah Latif</b> Pharmaceutical Adviser</p>	<p><b>EAST AND NORTH HERTFORDSHIRE</b></p>   <p><b>Badrul Hyder</b> Pharmaceutical Adviser</p> <p><b>Jodie White</b> Lead Pharmacy Technician</p>
<p><b>WEST ESSEX</b></p>   <p><b>Risha Kohli</b> Pharmaceutical adviser</p> <p><b>Mustafa Alsaied</b> Pharmaceutical Adviser</p> <p>Pharmacy Technician Vacancy</p>	 <p><b>Shruti Raval</b> Lead Pharmacy Technician</p> <p>Pharmacy Technician Vacancy</p>	   <p><b>Amy Read</b> Pharmacy Technician</p> <p><b>Ceris Nash</b> Care Home Practitioner</p> <p><b>Lauren Freestone</b> Pharmacy Technician</p>

## Medication Storage

- Ensure medication is being stored at the appropriate temperature (fridge temperature between 2°C and 8°C and room temperature should be kept below 25°C) and checked once a day preferably in the morning. During extreme temperatures such as a heatwave it would be considered good practice to check and record temperatures **twice a day**.
- This advice also applies to residents who self-administer and keep their medication in their room. If temperature exceeds 25°C in a resident's room, store medicines in a cooler place temporarily.
- If medication room temperatures are consistently above 25°C, consider the introduction of a cooling unit (e.g. air conditioner). Keep records of room temperature and have a protocol covering what action to take if the temperature rises above 25°C.
- If there are any concerns about the medicine's stability being affected by exposure to excessive heat, contact your supplying pharmacist for advice.

### SIGNS OF DEHYDRATION:

- |                                 |   |
|---------------------------------|---|
| • Dizziness or light-headedness | • Passing small amounts of urine infrequently |
| • Headache                      | • Urine is darker in colour                   |
| • Tiredness                     | • Confusion                                   |
| • Dry mouth, lips and eyes      |   |

Please send details of any queries / requests for support to the team e-mail address [hweicbenh.pharmacycarehomes@nhs.net](mailto:hweicbenh.pharmacycarehomes@nhs.net) Emails are monitored Monday-Friday, 9am-5pm (exc Bank Holidays) and will be triaged to the most appropriate member of the team. Please do not send any patient identifiable data. More information, guidance documents & newsletters will soon be available on our new website.



## Health & Medication related issues to be aware of during hot weather

Most of us welcome hot weather, but when it's too hot for too long, there are health risks in certain group of people.

**The number urinary tract infections and related hospital admissions are known to increase in hot weather due to dehydration.** Please have arrangements to ensure hydration is maintained during warm spells.

Place prominent signs around the home encouraging hydration as a reminder. Use a fluid chart to monitor fluid intake. Some foods have a high fluid content and can help reduce the risk of dehydration.

**Identify the residents most at risk during hot weather and review their care plan.**

- Medical conditions that reduce the body's ability to adapt to heat, including cardiovascular, kidney and respiratory conditions, diabetes, peripheral vascular disease, Parkinson's disease, obesity and severe mental illness
- Medicines that affect heart or kidney function, cognition, or ability to sweat.
- Certain medicines may need to be reviewed and the GP may advise that some medication is withheld during very warm weather

Medication	What to consider during hot weather
Some drugs for blood pressure known as ACE inhibitors and ARBs e.g. Ramipril , Lisinopril , Enalapril , Losartan , Valsartan , Candesartan	Becoming dehydrated when taking these medicines can effect how the kidneys work
Antibiotics	Some antibiotics make the skin more sensitive to sunlight this will be included in the patient information leaflet . Some antibiotics can cause diarrhoea and vomiting which can lead to dehydration.
Beta-blockers e.g. Bisoprolol, Metoprolol, Propranolol	Impair the body's ability to offload heat by slowing blood flow to the skin.
Diuretics e.g. Furosemide, Bendroflumethiazide	Increase the risk of dehydration
Medicines for diabetes e.g. Metformin, Insulin, Flozins e.g. Dapagliflozin, Empagliflozin, Canagliflozin	People with diabetes can become dehydrated more easily and some diabetic medicines increase the risk of dehydration. Dehydration can affect how their bodies metabolise medication.

Please send details of any queries / requests for support to the team e-mail address [hweicbenh.pharmacycarehomes@nhs.net](mailto:hweicbenh.pharmacycarehomes@nhs.net) Emails are monitored Monday-Friday, 9am-5pm (exc Bank Holidays) and will be triaged to the most appropriate member of the team. Please do not send any patient identifiable data. More information, guidance documents & newsletters will soon be available on our new website.

