

- NHS Service Finder
- Respiratory Special
- Promoting Self-Care
- HCPA Free Webinar Sessions

NHS Service finder

Previous links shared to our old CCG website regarding the service to access emergency medicines is currently under review and is no longer in use. We would like to share with you the NHS Service Finder website <https://servicefinder.nhs.uk/login> which is continually updated to show the pharmacies signed up to hold stocks of palliative care medicines. You need to register using your **NHS email** to access this.

Respiratory Special



You may have already noticed that salbutamol inhalers are being switched over to a more environmentally friendly version called Salamol®

Use the Salamol® inhaler in the same way as your current salbutamol (reliever) inhaler. It may look a little bit different, but you shouldn't notice any difference in the way that it works. Salamol® is the same type of inhaler and contains the same medicine, (salbutamol) as your current inhaler. It has the same type of side effects as your current inhaler. The taste may however differ.

Why use a more environmentally friendly inhaler?

The NHS supports the change to more environmentally friendly inhalers if this is the right choice for the patient. The gas in the current inhalers is a powerful greenhouse gas. This means that when the gas is released, it stays in the air and traps the sun's heat, like glass in a greenhouse. This warms the planet which is a problem for the climate. Climate change increases air pollution which can worsen lung conditions. Making this switch means that less harmful propellant and greenhouse gases are released into the atmosphere (a CO2 emission equivalent of 10kg for Salamol® versus 28kg for Ventolin®)

https://www.prescgipp.info/media/6294/7310-ventolin-pmdi-to-salamol-pmdi-change-explained_animated.mp4

https://www.prescgipp.info/media/6299/7312-carbon-emission-videos-why-choose-a-more-environmentally-friendly-inhaler_.mp4

Please send details of any queries / requests for support to the team e-mail address 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.



There are two main types of inhaler—dry powder inhalers (DPIs) and metered dose inhalers (MDIs). It is important to use the right technique for whichever inhaler you have, the important thing to remember is:

MDIs—Breathe in **SLOW** and **STEADY**

DPIs— Breathe in **QUICKLY** and **DEEPLY**

This has been endorsed by NHS England's National Inhaler Working Group
Working in Partnership:
East and North Hertfordshire NHS Trust
Hertfordshire Community NHS Trust
Hertfordshire Partnership University NHS Foundation Trust
Staveley North Primary Care Network (PCN)

We recommend that if possible a spacer is used, this helps more of the drug get down into the lungs so it can work more efficiently. It also helps with any coordination issues and can reduce side effects.

[Click here to see a video on using a spacer and face mask](#)

The poster on the left is a great resource for your residents and staff to ensure the right technique is being used for the right inhaler, to download [Click here](#)

Reliever inhalers should be available for residents to access quickly and if they have capacity to manage their own medication a risk assessment should be in place

Common mistakes with inhaler technique

- **Not using the correct technique for the inhaler used**, this applies to both DPIs and MDIs.
- **Not breathing out fully before using the inhaler** - when you breathe out as fully as you can before taking your inhaler, you create more space in your lungs for the next breath in. This means you can breathe in deeper and for longer when you inhale your medication, giving it the best chance to reach the small airways deep inside your lungs.
- **Forgetting to shake your inhaler before use** - some inhaler's such as MDIs need shaking before use to ensure the medicine and propellant mix properly.
- **Not lifting the chin slightly** - this helps the medicine go down into the lungs more efficiently.
- **Breathing in too early or late** - this is where the use of a spacer can be very beneficial.
- **Not waiting between puffs** - with some inhalers such as MDIs, you need to wait at least 30-60 seconds before taking the next puff. This gives the medicine and propellant enough time to mix.
- **Not rinsing mouth after using steroid inhaler** - this is so any medicine stuck in your mouth or throat is cleaned away and can prevent side effects like oral thrush.



You don't have to order your inhalers every month if you already have enough stock

Please do not dispose of your used/unwanted inhalers in the normal household waste. They should be returned to your pharmacy who can dispose of them in an environmentally friendly way.

Reliever inhalers intended to be used on a when required basis do not always need to be ordered automatically every month.

Did you know?



When your pressurised metered dose inhaler is empty it still contains propellants that are powerful greenhouse gases which contribute to global warming

Please send details of any queries / requests for support to the team e-mail address 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.



Promoting Self-care

Self-care is about understanding how we can look after ourselves to keep fit and healthy both physically and mentally. Carers should support their care home residents to self-care. Many over the counter (OTC) products can be used to support people to self-care and manage minor ailments, as GPs will no longer prescribe (OTC) products for certain conditions when they can be purchased easily in a store or pharmacy.

If a resident wishes to purchase OTC products, the care home should have processes to allow them to do so, this is a matter of equity. Healthcare professional advice can be sought prior to purchasing the OTC product which may include advice from the Community Pharmacist. All OTC items purchased for a care home resident should be in date, stored according to the manufacturer's guidance and recorded in care plans (this includes recording administration on MAR charts when given).

Another method of ensuring residents have access to OTC products is to make them available as a homely remedy which all homes are now advised to have in place. See our best practice guidance which has been produced to support care home residents and their carers to manage the treatment of conditions which may require an OTC product: [gpg-homely-remedies \(icb.nhs.uk\)](http://gpg-homely-remedies(icb.nhs.uk))

HCPA Training

Here is a reminder of the links for our free virtual webinars in partnership with HCPA. All sessions will be recorded for those unable to attend and made available at a later date. **All sessions will take place on a Monday from 11am to 12pm**

1. Homely Remedies—11th September 2023
https://us02web.zoom.us/webinar/register/WN_qn1GS1tJTkOyeo6eAFIQLw
2. Covert Administration of Medication —2nd October 2023
https://us02web.zoom.us/webinar/register/WN_-Nn8nnlhRiGLfrlh9TxdRw
3. Controlled Drugs in Care Homes—9th October 2023
https://us02web.zoom.us/webinar/register/WN_XFTjgh-8TMKAzy-0yui17A
4. Medication Order Cycle —16th October 2023
https://us02web.zoom.us/webinar/register/WN_nclpS4vMTAuV_lx5umCygg
5. High Risk Medicines —23rd October 2023
https://us02web.zoom.us/webinar/register/WN_nbNQHceUS52ibdkodkPuVw
6. Administering Medications— 30th October 2023
https://us02web.zoom.us/webinar/register/WN_SibJZSFgSrWLSROz0yapcQ
7. Inhalers and Spacers — 6th November 2023
https://us02web.zoom.us/webinar/register/WN_09knnxwuTQ65ifGSZXCWMw
8. Self-care and Over the Counter Products — 13th November
https://us02web.zoom.us/webinar/register/WN_Ola2o5StTVSPmdH6gDG_KA
9. When Required Medicines — 20th November 2023
https://us02web.zoom.us/webinar/register/WN_VWM0sWfWScaIfRQKSJNB7w
10. Reducing Harm from Omitted and Delayed Medicines — 27th November 2023
https://us02web.zoom.us/webinar/register/WN_kzTNjrypTDKp6J6PIU3rIA
11. Self-administration of Medicines — 4th December 2023
https://us02web.zoom.us/webinar/register/WN_EXEmLnt4TAyOw_J9-Q5-TA
12. Medication Waste Reduction in Care Homes — 11th December 2023
https://us02web.zoom.us/webinar/register/WN_Eg17WApmR9qyn9REfsrGTA

Please send details of any queries / requests for support to the team e-mail address 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.

