

Care Home Newsletter

Spring 2021



Welcome to the Spring 2021 Care Home Newsletter where we introduce you to new members of the team, update you on vitamin D administration recording and invite you to free RESTORE2 training.

Recording Administration of the Government Vitamin D Supplements



We have had lots of enquiries asking us how care homes should record the Provitavit vitamin D supplements.

We suggest recording administration of the Vitamin D supplements on the resident's existing MAR chart. You can copy the wording from the example below:



Medication Administration Record (MAR)

MO/YR	Start/Stop Date	01/2021	Facility Name: Blossom Care Home																				
Medication	Hour	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Vitamin D (colecalfiferol) Supplement 5micrograms/drop Give TWO drops once daily	Start	08:00 am																					
	01/01/21																						
	Stop																						
	31/04/21																						

RESTORE2 Training

Recognise Early Soft Signs, Take Observations, Respond, Escalate



The West of England Health Science Network (AHSN) is running free virtual training to care staff. The sessions cover how to recognise the early signs of deterioration, how to take observations such as pulse and respiratory rate, how to respond to these and how to escalate a deteriorating resident.

The training also teaches you how to use tools such as NEWS2 and SBARD.

If you are interested in this free training please click [here](#) to read more and sign up.





SAFETY ALERT!



A drug safety alert has been received for the use of starch-based thickeners (**Nutlis powder, Multi-thick, Thick & Easy Original, Thicken Aid, Resource ThickenUp, Thixo D, Vitaquick**) and polyethylene glycol PEG laxatives (**Movicol, Macrogol 3350, Moviprep, Laxido, Cosmocol, Macrogol Compound Sachets**).

THEREFORE, DO NOT ADD A STARCH-BASED THICKENER TO ANY OF THE LAXATIVES ABOVE as it may disrupt the thickening process and increase the risk of aspiration.

This does **NOT** apply to gum-based thickeners (the CLEAR thickeners e.g., Nutlis Clear, Resource ThickenUp Clear, Thick & Easy Clear). Gum-based or clear thickeners are the preferred choice of thickener, however starch-based thickeners are still sometimes prescribed.

More information and details of the alert can be found in the following [here](#):

Please contact your local Speech and Language Team or the Prescribing Support Dietetic Team on bsw.prescribingsupportdietitians@nhs.net if you have any queries or concerns.



New Members of the BSW MOCH Team

Pharmacist Anna, Pharmacy Technician Maria, Dietitians Rachel & Clare and Dietetic Assistant Rebecca all recently join the Wiltshire Care Homes Team. They join Pharmacy Technician Sammy. The team will soon be welcoming their final team member, Pharmacist Lydia and we are all looking forward to working together to provide support & advice to our care home colleagues across Wiltshire.



Hi there, I'm Anna Leer. I am a Clinical Pharmacist and have recently joined the MOCH team in Wiltshire. I previously worked as a care home pharmacist in North Somerset undertaking medication reviews for care home residents, supporting care home staff with queries and providing advice on the management of medicines. I am really excited to be joining the team, supporting the roll out of POD, and being there to support care homes in Wiltshire. I look forward to meeting you soon.



Hi everyone, I'm Rachael Warren one of the Prescribing Support Dietitians for Wiltshire. I will be supporting the Wiltshire Care Homes with identifying and addressing malnutrition and advising on malnutrition screening and food fortification. I will be doing monthly reviews of residents on nutritional supplements to provide a nutrition care plan and ensure the appropriate use of supplements. Our team is also able to advise on the use of other nutritional products e.g., thickeners, vitamins etc. and advise on when to refer to Community Dietetics. Looking forward to working with you all!



Hi, I'm Maria, a Pharmacy Technician. I join the Wiltshire team having previously worked with Care Homes in North Somerset. I enjoy working with Care Homes to make the management of medicines easier, less time consuming and safer for all involved with them. I am looking forward to meeting you soon.



I'm Clare Padfield. I'm a prescribing support dietitian working alongside colleagues in the POD and MOCH team primarily in Wiltshire. I can provide support for appropriate prescribing of oral nutritional supplements and other nutritional products for patients at risk of malnutrition. Previously I've worked as a community dietitian in both Swindon and Wiltshire.



Hi, I'm Lydia Holbrook I am the newest pharmacist to join the MOCH team. I have previously worked as a community pharmacist and as a practice support pharmacist through BANES and Somerset. I have experience in all areas of pharmacy and am excited to offer any help I can to support the Care Homes with medicines management. I look forward to meeting you and working with you all in the future.



I'm Rebecca Smethurst – the Dietetic Assistant covering the Wiltshire area. I work closely with Rachael and Clare (Dietitians). I love helping support the Dietitians and Care Homes. I am looking forward to getting to know you all.