

CARE HOME GOOD PRACTICE RECOMENDATATIONS

ADAPTATION OF TABLETS/CAPSULES FOR ORAL ADMINISTRATION

Adapting medicines (e.g. crushing tablets or opening capsules) means the product is being used outside of its original license. A licensed product should be used where available in a formulation suitable for the individual resident. Care home staff may only administer medicines in an unlicensed manner on the instruction of a prescriber. This means a written direction from a prescriber to adapt tablets/ capsules **must be documented within the care plan**; and subsequently included on the medication label. Ask your LIMOS pharmacist or GP to complete the form on page 2 to provide the documentation required.

When crushing tablets to disperse in water

- Use an 'enclosed' tablet crusher
- Use one tablet crusher per resident
- Crush/ disperse one tablet at a time
- Ensure tablet crusher is kept clean and dry
- **Do not** mix tablets together once crushed/ dispersed, even for administration, unless agreed as part of medicines care plan



Guidance for crushing tablets

1. Place tablet in tablet crusher
2. Crush tablet
3. Add powder to 10ml water in medicine cup
4. Mix well to ensure powder dispersed
5. Draw up full solution using an appropriately sized oral syringe
6. Administer to resident immediately

Guidance for the administration of medicines in food

1. Food must be appropriately adapted as recommended by SALT
2. Follow step 1 & 2 above for crushing tablets/ opening capsules
3. Put crushed tablet/ contents of capsule on a tablespoon
4. Scoop a teaspoon of the food and mix
5. Administer to resident as instructed on signed medicines adaptation protocol

Guidance for opening capsules

1. Open capsule by pulling apart two halves
2. Empty the contents into a medicines cup
3. Administer to resident as instructed on signed medicines adaptation protocol

Guidance for dispersing tablets

1. Place tablet in 10ml water in medicine cup
2. Allow to disperse evenly
3. Draw up solution using appropriately sized oral syringe
4. Administer to resident immediately

Medicines should only be administered in food with the patient's knowledge and consent. Hiding medication in food is considered 'covert administration' and is only acceptable if this has been agreed to be in the resident's best interest, approved by their GP and documented in the resident's care plan.



ALWAYS CHECK IF A TABLET IS SUITABLE FOR CRUSHING/DISPERSING BEFORE DOING SO. THE PRESCRIBER MUST APPROVE AND SIGN MEDICINES ADAPTATION PROTOCOL.

DO NOT USE A PESTLE AND MORTAR TO CRUSH TABLETS



For advice on appropriate dosage forms or to check if tablets can be dispersed or crushed or if capsules can be opened, please contact: LIMOS Care Home team on 07557815978 or email LEWCCG.Limos@nhs.net

Adapted from: UKMI.MedicinesQ&A 294.1a: Therapeutic options for patients unable to take solid oral dosage forms. December 2009

Medicines adaptation protocol, to be signed by the GP/Prescriber

Re: Adaptation of medicines in swallowing difficulty/ enteral feeding tube administration for:

Resident: _____ Date of Birth: _____

Refer ALL patients with medication swallowing difficulties to the LIMOS care home team for assessment

The following medication can be safely administered as described below (all instructions should be annotated on the dispensing label/MAR chart accordingly):

Medicine	Formulation (e.g. capsules, tablets, dispersible tablets)	Instructions for adaptation

This list has been completed by and/ or checked with the LIMOS care home team: Yes / No

Signed _____ LIMOS pharmacist Date: _____

I, _____ authorise the administration of the above crushed/dispersed tablets, opened capsules and liquid medication orally / via an enteral feeding tube (delete as appropriate) for the above patient while in a Lewisham care home. I am aware that this is off-label (unlicensed) use.

Signed: _____ Date: _____