The Quality in Care Team is jointly funded by Health and Social Care in Buckinghamshire. We are a small team including professional nurses, pharmacists and adult social care staff whose aim is to support domiciliary, care home and day opportunities providers to deliver quality care in today’s challenging environment.

**QiCT Featured Provider**

**Swan House**

*A Care home at the Heart of the local Community*

Like any community, Swan House has many different backgrounds amongst its residents, from a merchant seaman, to police officer, even a WWII Code Breaker to name a few.

By reaching out into the local society my hope is to make Swan House and its residents feel more integrated within our greater community, not just to improve the quality of life for our residents but also the wider community of Winslow. This integration takes the shape of involving local groups, schools, businesses, shops and even the Town Council so everyone both young and old can benefit from having such a great care home at the heart of their local community.

I would like to thank the following for making this vision possible: Winslow – Men in Sheds, Big Society Group, Community Bus; St Thomas Freemantle School & Milton Keynes College; Winslow Town Council & many local businesses and shops including Tesco & Waitrose.

All of the above have helped to deliver memory clubs, walking groups, sing-alongs, arts & crafts, beauty care and Christmas dinners amongst many other activities. They also help with our ongoing fund raising efforts and grants for bigger projects.

*Joshua Lake - Activity Organiser, Heritage Care*

**QiCT Study Day**

**Revalidation Readiness Workshop**

Dec 6th 2016 - 10:00-12:00 or 13:00-15:00  £20 per person

Revalidation is the new process by which nurses and midwives demonstrate that they are practicing safely and effectively. QiCT are running a Revalidation workshop event, you can:

- Explore the key steps to preparing for Revalidation
- Identify ways to reflect and evidence your practice
- Meet and network with local members

This event will also contribute to your participatory CPD learning log. Please do come along and be Ready! For more details call 01296 387567 or email qictraining@buckscc.gov.uk
QiCT Workshop

QiCT are pleased to extend our current offer of 4 dementia related workshops to include:

Tier 1 Dementia Awareness - 2 hour session

Launched this year by Health Education England. Devised by the Dementia Academic Action Group in collaboration with, University of University of West London (UWL); Oxford Brookes University (OBU), University of Bedfordshire (UoB) and University of Northampton (UN).

‘This training package . . . aims to raise awareness of what dementia is and how it affects people with dementia along with their family, relatives, carers, friends and significant others. The training . . . can also be used to reduce stigma, reduce isolation and create more dementia friendly communities which are better able to care for people with dementia and their carers.’

The Alzheimer’s Society have endorsed this training as meeting the standard requirements for the Dementia Friends initiative, participants who complete the training will be eligible to become a Dementia Friend.

Dementia Friends Information Sessions - 1 hour session

Dementia Friends sessions are run by Dementia Friends Champions, who are trained and supported by Alzheimer’s Society. Anyone can become a Dementia Friend, learning a little more about what its like to live with dementia and small ways to help.

Dementia Friends turn that understanding into actions, which however small, make a difference.

For more information on any of these sessions please Contact the Quality in Care Team

Medicine Matters

NICE Guidance: Managing medicines in care homes SC1: 2014 states:

Care home providers should have an up-to-date medicines policy, which they review, based on current legislation and the best available evidence. The policy should include written processes for ordering medicines and care home providers:

- **must** ensure that medicines prescribed for a resident are not used by other residents
- should ensure that care home staff have protected time to order and check medicines delivered to the home
- should ensure that at least 2 members of the care home staff have the training and skills to order medicines, although ordering can be done by one member of staff
- should **retain responsibility for ordering medicines** from the GP practice and should not delegate this to the supplying pharmacy
- should ensure that **records are kept of medicines ordered**
- should **check medicines delivered** to the care home against a record of the order to ensure that all medicines have been prescribed and supplied correctly

Guidance on Medication Ordering Process for Care Homes

Our Care Home Pharmacist's have developed guidance on a medication ordering process in care homes with the aim of supporting care homes staff responsible for monthly ordering of medications. The aim is to:
• Provide a framework for a safe and efficient monthly prescription ordering process that ensures compliance with the NICE guidance (as above) on managing medicines in care
• Adopt a system of working that minimises errors and waste in ordering and delivery of medicines.

The guidance below is practical and can be adopted by care homes, it will soon be available on the QICT website.

There are 4 key stages to the medication ordering process:

Stage 1 – ORDERING
Review stock and reorder monthly prescriptions from GP practice

Stage 2 – CHECKING RECEIVED PRESCRIPTIONS OR TOKENS
1. Check prescriptions or prescription tokens received against the order
2. Contact GP practice with any issues
3. Photocopy prescriptions and send prescription to Pharmacy

Stage 3- CHECKING SUPPLIED MEDICATIONS
1. Check medications supplied from Pharmacy with:
   • Current MAR charts in use
   • Prescription copy or patient prescription token or record of original orders
   • New MAR chart supplied with the medications
2. Annotate on the new MAR supplied with the medication any medications carried forward
3. Arrange for any discrepancies to be corrected
Checks should be done 3 working days before MAR charts needed to enable time for errors to be sorted out.

Stage 4- CHANGING OVER
Change over to the new medication cycle

USEFUL INFORMATION

Tramadol ad Zopiclone legislation
The following Legislative changes on Tramadol and Zopiclone came into force on Tuesday 10 June 2014:
• Tramadol has now become a schedule 3 controlled drug (CD No Register POM), but will be exempt from Safe Custody Regulations
• Zopiclone and Zaleplon became schedule 4 part 1 controlled drugs (CD Benz POM)
For further information click here RPSGB link.

Good Practice Guidelines - Diabetes in Care Homes
Did you know that up to 25% of residents in care homes may have diabetes? How many residents are living with diabetes in your care home? New Buckinghamshire guidelines and standards of care have been written to support care homes caring for residents living with diabetes. As you may know good quality diabetes care can help prevent complications and avoid hospital admissions. Click here for guidelines: link
There will be diabetes training days for nursing and residential care staff available throughout 2017; more details to follow.

Sudocrem
Sudocrem should not be used for incontinent residents because it can block continence pads, Medi Derma- S products should be used
Community Events

**Movers and Shakers** - The Bourne End Care and Activity Centre (The Fremantle Trust). Includes 2 hours of hobbies, crafts or speakers followed by gentle exercise such as chair-based Zumba or socialising over refreshments. Contact Debra Shirley 01628 527024

**Countryside activity and support Group for people with dementia and their carers** - Tuesday Mornings, 10am–12.30pm. Contact Caroline Clarke caroline.clarke@live.co.uk or call 07748 963888

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**QiCT Crossword**

Please fill in the blanks with the words that represent Dignity:

1. Person centred _______________ (Across)
2. Reduce loneliness and _______________ (Across)
3. Engage with carers and _______________ (Down)
4. Respect people’s _______________ (Down)
5. Maintain independence, choice and _______________ (Across)
6. Zero tolerance to _______________ (Down)
Workshops tailored to your service are available for FREE including:
Record Keeping, Well-being, Dementia Awareness, Pressure area Care and more...
Interested in workshops? Please use our referral form on our webpage.

Study Days
These are available at a small cost & include:
Medicines Study Day (Nov 16), Revalidation for Nurses (Dec 16), Enteral Feeding: Getting it Right (Dec 16) and more...
Please visit our Training Section on our webpage for details on how to book

Nurses’ Forum
Meetings are held quarterly, all nurses welcome. Next meeting is 28th Nov 2016 – 14:00-16:00 at Hazlemere Lodge, High Wycombe, Bucks, HP15 7BQ