



South Tyneside and Sunderland
NHS Foundation Trust

Improving the quality and availability of medication-related information at hospital discharge.

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The path to
excellence

Background

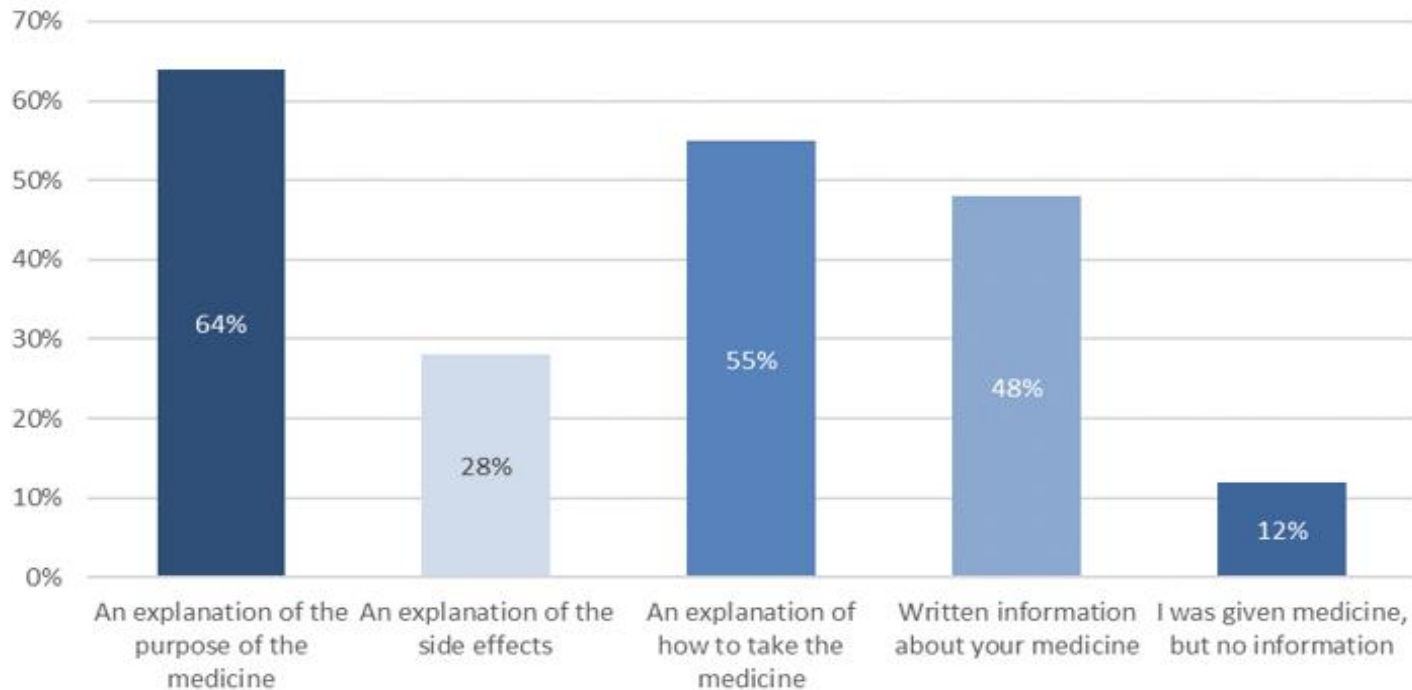
- 11-22% of hospitalisations for exacerbations of chronic disease are a direct result of non-compliance with medication (Am J Health Syst Pharm 2012; 69: 43-5)
 - Post-discharge Medicines Related Harm (MRH) in older people incurs an annual cost of £400 million to the NHS (Parekh N, et al 2018)
 - The most prevalent forms of MRH in older people, post discharge were:
 - adverse drug reactions (ADRs) (72.9%)
 - non-adherence (10.9%)
 - medication errors (3.4%) (Parekh N, et al 2018)
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Background

- *'There is nothing worse than exiting a hospital with a bulging bag of medicines, each with their own mini label of instructions, but no overall guide'* – Royal College of Physicians Patient and Carer Network member
 - *'While the move to electronic records is in many ways an improvement, the lack of records available for family members and patients created extra stress for us. There were times when my Dad took the odd extra tablet because of this'* – Royal College of Physicians Patient and Carer Network member
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National Inpatient Survey 2021

Q39: Thinking about any medicine you were to take at home, were you given any of the following?



Current patient Information leaflets (PIL)

Package leaflet: Information for the patient
Paracetamol 500mg Caplets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

- What Paracetamol 500mg Caplets are and what they are used for
- What you need to know before you take Paracetamol 500mg Caplets
- How to take Paracetamol 500mg Caplets
- Possible side effects
- How to store Paracetamol 500mg Caplets
- Contents of the pack and other information

1. What Paracetamol 500mg Caplets are and what they are used for

Paracetamol relieves pain and brings down high temperatures (reduces fever). Paracetamol 500mg Caplets are used for relief of

- mild to moderate pain including headache, migraine, nerve pain (neuralgia), toothache, sore throat and period pains
- symptoms of rheumatic and muscular aches and pains, sciatica, back pain (lumbago), joint swelling and stiffness
- symptoms of cold and flu.

2. What you need to know before you take Paracetamol 500mg Caplets

Do not take Paracetamol 500mg Caplets if

- you are allergic to paracetamol, sodium metabisulfite or any of the other ingredients listed in section 6.

Do not take anything else containing Paracetamol while taking this medicine.

Warnings and precautions

Talk to your pharmacist or doctor before taking if

- you suffer from severe liver or kidney disease, including alcoholic liver disease.

Other medicines and Paracetamol 500mg Caplets

Talk to your pharmacist or doctor before taking the tablets if you are taking any of the following

- medicines for nausea or sickness, such as metoclopramide or domperidone
- colestyramine for high cholesterol or high blood fats
- warfarin (or other medicines used to thin the blood and reduce the risk of clotting). The risk of bleeding may be increased if you take paracetamol daily over a long period of time. However you can take occasional doses of paracetamol.

Pregnancy and breast-feeding

If necessary, Paracetamol 500mg Caplets can be used during pregnancy. You should use the lowest possible dose that reduces your pain and/or your fever and use it for the shortest time possible. Contact your doctor or midwife if the pain and/or fever are not reduced or if you need to take the medicine more often.

You can take paracetamol while breast-feeding.

Important information about some of the ingredients of this medicine

Paracetamol 500mg Caplets contain less than 1 mmol sodium (23 mg) per 2 caplets, that is to say essentially 'sodium-free'.

Sodium metabisulfite (E223) may rarely cause severe hypersensitivity (allergic) reactions and bronchospasm (narrowing of the windpipe).

Further information overleaf

3. How to take Paracetamol 500mg Caplets

Swallow the caplets, preferably with a drink of water.

Age	How much	How often
Adults and children over 16 years	1 or 2 caplets	Every 4-6 hours, as required. Don't take more than 8 caplets (4 doses) in any 24 hours
Children 12 - 15 years	1 to 1½ caplets	Every 4-6 hours, as required. Don't take more than 6 caplets (4 doses) in any 24 hours
Children 10 - 12 years	1 caplet	Every 4-6 hours, as required. Don't take more than 4 caplets (4 doses) in any 24 hours
Children 6 - 10 years	½ caplet	Every 4-6 hours, as required. Don't take more than 2 caplets (4 doses) in any 24 hours

- Do not give to children under 6 years.
- Do not take more often than every 4 hours.
- Do not take for more than 3 days unless instructed by your doctor.

Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage.

4. Possible side effects

Like all medicines, paracetamol can cause side effects, although not everybody gets them. Side effects are rare with paracetamol.

Stop taking the caplets and contact your doctor immediately if you notice

- skin rashes or other signs of allergic reaction such as itching, swelling of the lips, tongue or throat, or difficulty in breathing
- unexpected bruising or bleeding, persistent tiredness, or increase in the number of infections (e.g. sore throats) which you get. These are possible signs of changes in the blood
- skin rash or peeling, or mouth ulcers
- breathing problems. These are more likely if you have experienced them before when taking other painkillers such as ibuprofen and aspirin
- nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.

Very rare cases of serious skin reactions have been reported.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Paracetamol 500mg Caplets

There are no special storage requirements. Do not use after the expiry date shown on the carton.

Keep this medicine out of the sight and reach of children.

6. Contents of the pack and other information

What Paracetamol 500mg Caplets contain

The active ingredient is: Paracetamol 500mg per tablet.

Other ingredients are: Pregelatinised maize starch, sodium metabisulfite (E223) and magnesium stearate.

What Paracetamol 500mg Caplets look like and contents of the pack

Paracetamol 500mg Caplets are white, capsule-shaped tablets with a break line on one side. This pack contains 8, 10, 12 or 16 caplets (not all packs may be marketed).

Marketing Authorisation Holder: Galpharm Healthcare Ltd., Wraiton, Braunton, Devon, EX33 2DL, United Kingdom.

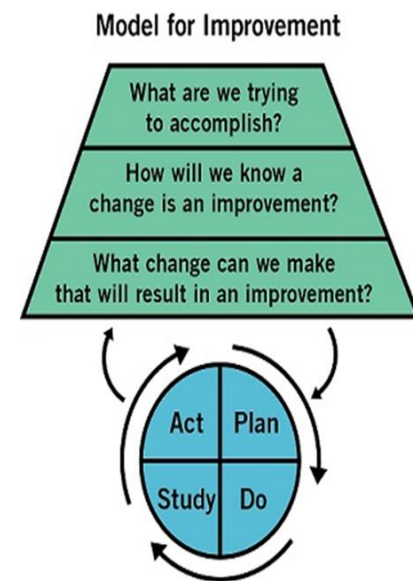
Manufacturer: Galpharm International Ltd., Elmthirst Park, Middle Field Road, Barnsley, South Yorkshire, S75 4LS, United Kingdom.

Text revised: September 2020.

AIM:- Improving the quality and availability of medication-related information at hospital discharge

- PDSA's:

- Test a new patient and carer medication counselling process.
- Identification and involvement of carers and family
- Regular medication counselling for Patients and Carers with new medicines pre discharge
- New information from Medical Team
- New information in Nurse Handover
- New Medicines Patient Information Leaflets (PiLs)
- A new electronic system to produce new Easy Read leaflets



Bespoke patient leaflets

- Easy Read leaflet, including:-
 - what the drug is
 - how to take it
 - possible side effects
 - personalised leaflet
 - Large Print
 - Easy Read: information as pictograms and short phrases for children, people with learning disabilities, and those whose first language isn't English.

New PIL's

(Compliance with reasonable adjustment requirements under the Equality Act and the SCII1605 Accessible Information Specification (2015))

MEDICATION EASY READS

NHS
South Tyneside and Sunderland
NHS Foundation Trust

Easy Reads Leaflet for: Rob Common

11/07/2022

Your medication is called **Paracetamol (Tablets)**

It is to help:



Pain



Fever

How to take, use, give:



Swallow whole



Take with a drink



No more than 4 puffs in any 24 hours

You may also: (tell a doctor or carer straight away if you)



Get a sudden rash on the skin

What you also need to know to keep you safe while on this medicine: (check with a health professional if you are worried)

MEDICATION EASY READS

NHS
South Tyneside and Sunderland
NHS Foundation Trust

Easy Reads Leaflet for: Rob Common

11/07/2022



Make sure your prescriber knows if you have ever had liver problems



Make sure your prescriber knows if you have ever had kidney problems (e.g. kidney stones)



Keep well out of the reach of children



Do not take anything else containing paracetamol while taking this medicine. Always check the label, as an overdose is very dangerous

Paracetamol

Paracetamol is an analgesic (pain killer) mainly used to treat mild or moderate pain. It can also help with fever (pyrexia) and migraine.

How to take it: Wash the tablets down with a drink of water.

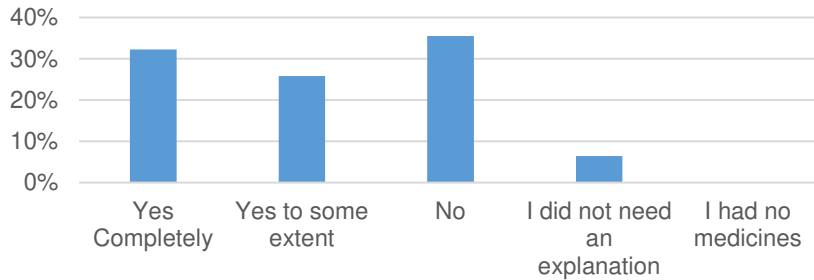
Possible side effects include: Side effects are not common if taken at the correct dose. Skin rashes, occasionally severe, although this is rare.

Warnings and Cautions: The maximum dose you may safely take in any twenty-four hour period depends on your weight. If you weigh more than 50Kg do not take more than 8 x 500mg tablets, or 4 x 1g tablets in any 24 hours. Check with your health professional if you weigh less than 50Kg. Do not take any other medicines that contain paracetamol (check medicine labels). Keep well out of the reach of children. Check with your health professional if you have liver or kidney trouble. For women: it can be used during pregnancy and breastfeeding. Note: 50Kg = 7 stone 12 pounds, or 110 pounds.

Survey results

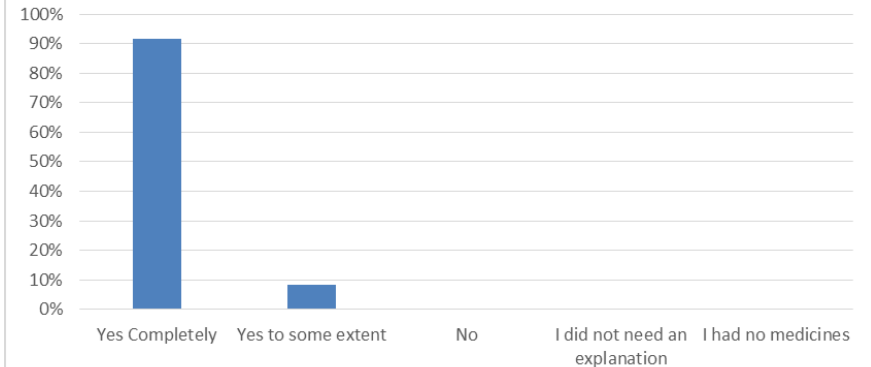
Pre Implementation June 2022

Q1. Did a member of staff explain the purpose of the medicines you were to take at home in a way you could understand?

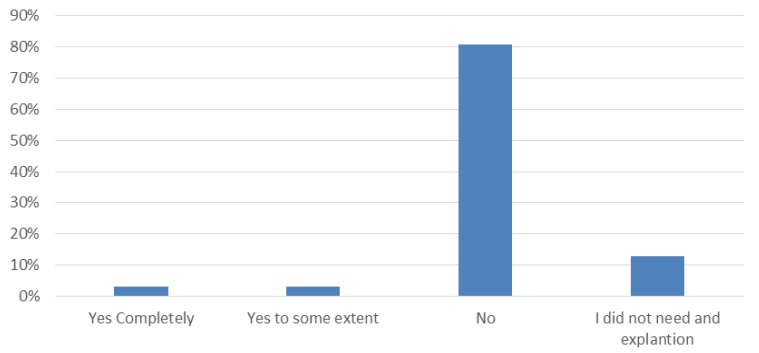


Post Implementation Sep 2022

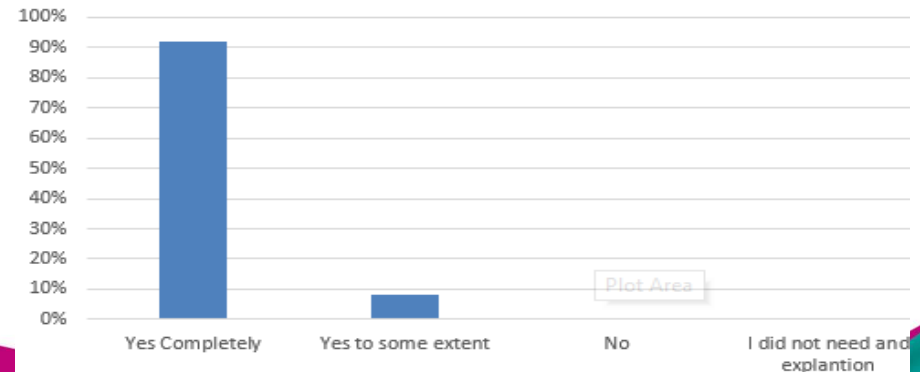
Q1. Did a member of staff explain the purpose of the medicines you were to take at home in a way you could understand?



Q2. Did a member of staff tell you about medication side effects to watch for when you went home?

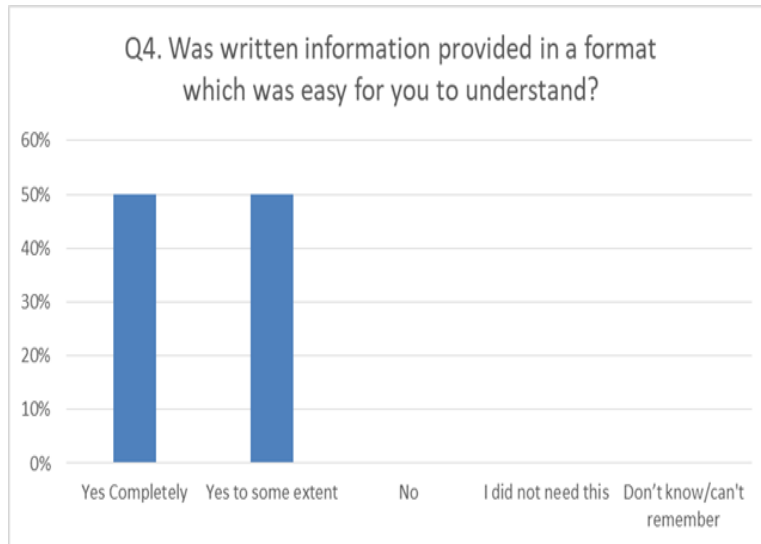
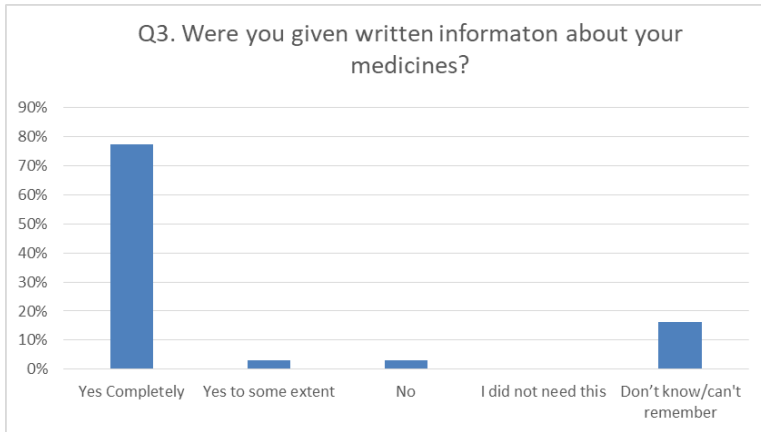


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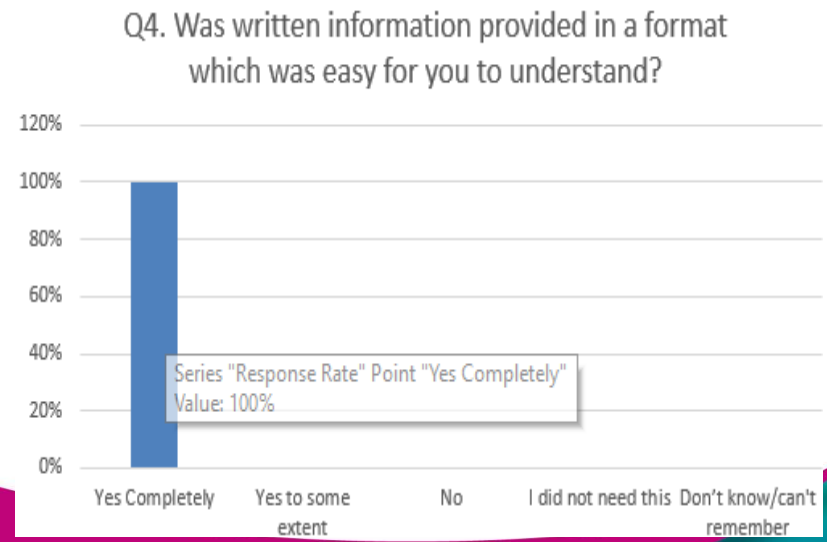
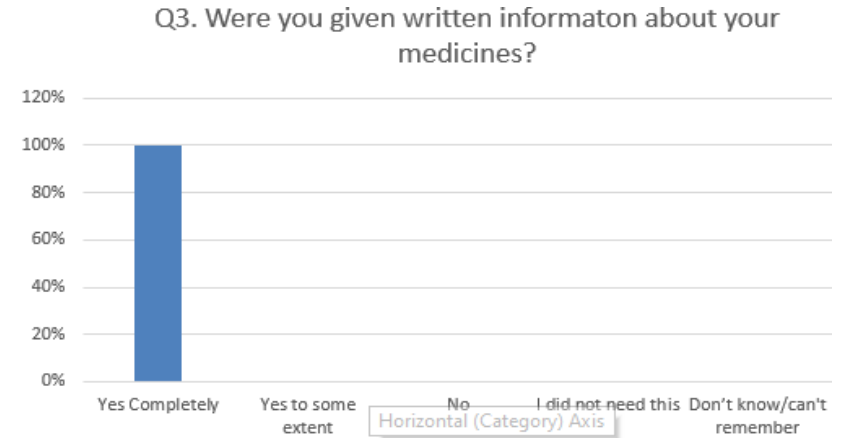


Survey results

Pre Implementation June 2022



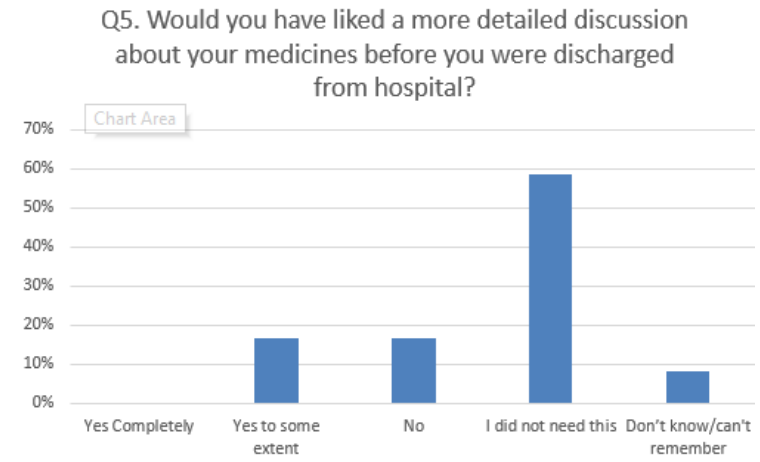
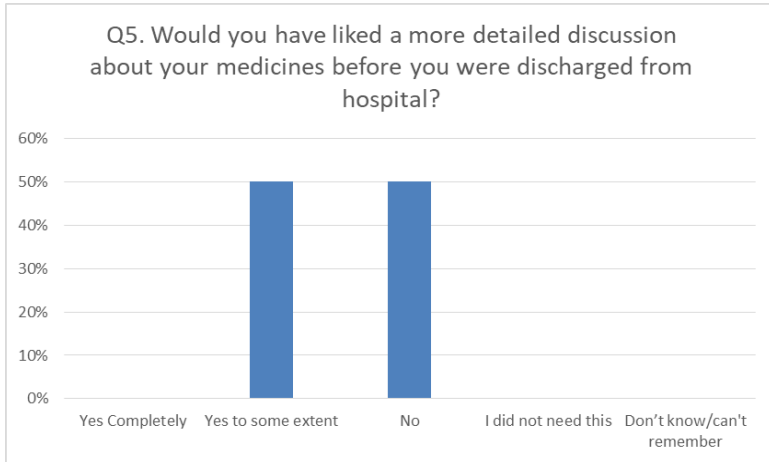
Post Implementation Sep 2022



Survey results

Pre Implementation June 2022

Post Implementation Sep 2022




Survey results

Significant improvement in all areas

- 100% of patients stated staff explained the purpose of their medicines in a way they could understand.
- 90% of patients were given information about the side effects of the medication (10% to some extent)
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- 100% of patients received written information about their medicines
- 100% of patients received written information about their medicines in a format that was easy to understand

Patient and Carer comments

- **Patient:** - *“Side effects were explained and displayed on leaflet and hearing loss was a side effect affected my husband. This prompted me to contact the GP immediately. His medication was promptly changed”*
 - **Care home staff:-** *“it’s good for patients to understand their medication however also beneficial for care home staff as they are senior carers and will know why and what it is used for and the side effects to look out for”*
 - **Care home manager:** - *“this would be beneficial for future practice”*
 - **Patient:** - *“Side effects were explained and hearing loss was a side effect which has been addressed and doctor has changed the medication thanks to this leaflet prompting me to contact the doctor”*
 - **Carer:** – *“the pictures were helpful as I have poor eyesight”*
 - **Carer:** - *“The leaflet is very helpful, I leave it next to my husband’s medication”*
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Next Steps

- Implement change on all 8 TOPIC Wards
 - Establish QI project group to lead spread of QI
 - Share and Publish results
 - Consider wider spread and implementation
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