

★ BLMK ICB Care Home Medicines Optimisation Team Win National Award! ★

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BLMK ICB Care Home Medicines Optimisation Team Win National Award!

On Tuesday 7th October the BLMK ICB Care Home Medicines Optimisation Team attended the PrescQIPP annual event and awards ceremony. We are incredibly proud to announce that the team won the award in the 'care homes/domiciliary care/carer medicines optimisation' category, for our project: 'ICB-led medication training offer for adult social care staff, including medication champions training'.

Courtenay Amos, one of our pharmacists in the team, presented the project to the event delegates and explained how our medication training package for Adult Social Care across BLMK has captured over 6000 members of the adult social care workforce.

We would like to thank all staff in care homes and community care providers across BLMK for attending our training events and making the programme a huge success, and a massive thank you to our system partners who supported the project.



Reminder - BLMK ICB Medication Training for Adult Social Care

Tier 1 – Foundation knowledge eLearning training modules hosted by PrescQIPP

The following courses are available free of charge:

- ⇒ [Medicines use in care homes: course 1](#)
- ⇒ [Medicines use in care homes: course 2](#)
- ⇒ [Medicines use in care homes: course 3](#)
- ⇒ [*Managing medicines for adults receiving social care in the community: course 1](#)
- ⇒ [*Managing medicines for adults receiving social care in the community: course 2](#)

* an access code is required from the relevant care home team contact - see contact details at end of newsletter.

Please click on link for [Tier 1 flyer](#) and [logon guide](#) for guidance on how to register.

Tier 2 – Focuses on selected topics and local guidance/policies - new dates for 2025/26

The BLMK ICB Care Home Medicines Optimisation Team are pleased to facilitate the following virtual medication training sessions, for all adult social care (ASC) staff, delivered via MS Teams.

Homely Remedies & Self-Care - delivered	Tuesday 20 th May 2025, 14:30 – 15:30 - Register
When Required (PRN) Medication - delivered	Wednesday 16 th July 2025, 14:30 – 15:30 - Register
Covert Administration of Medication - delivered	Tuesday 16 th September 2025, 14:30 – 15:30 - Register
Medicines Reconciliation & Transfers of Care	Wednesday 12 th November 2025, 14:30 – 15:30 - Register
Controlled Drugs & Regulations in Care Homes	Tuesday 20 th January 2026, 14:30 – 15:30 - Register
Medication Safety, Governance & Safeguarding	Wednesday 18 th March 2026, 14:30 – 15:30 - Register

See our [ASC Medication Training – Tier 2 Flyer](#) for more information on how to join the events

We hope you can join us for the forthcoming topic, even if just for a refresher! All of our training information for Adult Social Care staff can be found via the website link:

[Adult Social Care Staff Only – BLMKICB Medicines Optimisation](#)

BLMK ICB Tier 3 Medication Champion Training for care home staff

In September, our team successfully delivered our 9th Medication Champion Training event for care home staff.

We had 20 attendees on the day (17 Central Beds, 2 Bedford & 1 Luton) and in total the care home team have now trained a total of 133 Medication Champions across BLMK.

Our next Medication Champion training events are planned for:

- **Tuesday 11th November 2025 - Capwell Grange, Luton (fully booked)**
- **Wednesday 3rd March 2026 - Applewood Care Home, Milton Keynes**

To register for the above event in Milton Keynes please click on the Eventbrite link below which also explains the event in more detail:

[Medication Champion \(Tier 3\) Training for Care Home Staff](#)



Reminder - to be eligible to become a Medication Champion you must:

- ⇒ Complete the CORE Tier 1 PrescQIPP e-Learning training AND
- ⇒ Attend the Tier 2 online virtual medication sessions, where possible AND
- ⇒ Attend a Medication Champion Training day

Medication Champion Quarterly Forums:

For our medication champions across BLMK, the care home team facilitate a one-hour virtual session delivered via MS teams every quarter. The forum is an opportunity to ask us any questions or share any examples of good practice. We also provide useful updates and deliver training presentations on selected topics. Thank you to the medication champions that attended our forum on 16th October. The date for the next forum will be circulated in due course.

Urinary Tract Infection (UTI) Resources

NHS England and the UK Health Security Agency are running a [joint campaign](#) to raise awareness of UTI prevention, symptom recognition and treatment including advice on how and when to seek help. This toolkit shines a spotlight on older adults (65 years +), who are at higher risk of the impacts of urinary tract infections.

Urinary tract infections (UTIs) affect the urinary tract, including the bladder, urethra or kidneys. UTIs and catheter associated UTIs are one of the leading causes of E. coli and Gram-negative bloodstream infections and are a significant cause of death and serious illness leading to hospitalisation, especially amongst the older population. UTIs may be treated with antibiotics, but they are not always needed.

The full toolkit can be found here: [UTI prevention and awareness in older adults 2025](#)

In particular, the campaign contains some handy posters:

[How to avoid Urinary Tract Infections \(UTIs\) \(PDF\)](#)

[Urinary Tract Infections \(UTIs\): know the symptoms \(PDF\)](#)

[Urinary Tract Infections \(UTIs\): symptoms infographic \(PDF\)](#)

It may be appropriate to display these posters around your care homes.

There is also an informative YouTube video which staff may want to listen to (link below):

[To Dip or Not To Dip training animation](#)

Oxygen Training for Adult Social Care Staff - Registration Open

We are pleased to invite you to an educational online session on the safe use of oxygen in adult social care. The session will be delivered by a qualified nurse from Baywater. The webinar will cover the use of oxygen equipment, as well as important safety requirements, and is a valuable opportunity to refresh or gain new knowledge, build confidence, and ensure best practice in providing safe and effective care.

The session is open to all adult social care staff who support individuals using oxygen, across BLMK. There will be a similar session in February with Dolby Visisol, the oxygen provider in Milton Keynes. However, colleagues from any BLMK locality are welcome to join either session.

Oxygen Training for Adult Social Care Staff

 Tuesday 9th
December

 11:00 - 12:00

 MS Teams – you
will receive the link after
registering.

 [Register Here!](#)

Reminder - BLMK ICB Care Home Staff Training Brochure 2025-26

Please find below the link to the updated BLMK ICB Enhanced Health in Care Homes (EHICH) training brochure for care home staff.

[BLMK Enhanced Health In Care Homes \(EHICH\) Care Staff Training Brochure - BLMK ICB](#)

Please share with your staff and colleagues

Winter Vaccinations for Care Home Residents

It's that time of year when we need to start preparing our residents for the colder months. Many health conditions, including respiratory system diseases, can be worsened by cold weather so it is essential that we consider how the Winter Vaccination Programme can protect the most vulnerable.

COVID-19:

The primary aim of the COVID-19 vaccination programme continues to be the prevention of severe disease arising from COVID-19. Those at higher risk of serious outcomes are advised to top up their immunity by taking up the offer of a vaccination this autumn.

The cohort includes all those living in care homes for older adults, but this year the programme does not include the Covid-19 vaccination for frontline health and social care workers and staff working in care homes, unless they fall under the eligibility criteria (i.e. aged 75 years or over, or immunosuppressed) - see link below for further details.

Influenza (Flu):

Flu vaccination remains a critically important public health intervention to reduce morbidity and mortality in those most at risk including older people.

All adults over 65 years old and those living in a residential setting are eligible for the flu vaccine. Frontline health and social care workers can also get a flu vaccine through their employer. Social care staff without an employer-led occupational health scheme can continue to access the flu vaccination through their GP, community pharmacy or National Booking Service.

*Further information on **Flu** and **COVID-19** Seasonal Vaccination Programme can be found [here](#)*

Respiratory Syncytial Virus (RSV):

RSV is a common respiratory virus that usually causes mild, cold-like symptoms, but can lead to severe illness for young infants and older adults. The vaccine will help to protect lives and prevent severe illness in those most vulnerable to RSV.

The RSV vaccine is being offered to adults who turn 75 on or after 1 September 2024 and those already aged 75 to 79. Individuals will remain eligible until the day before their 80th birthday.

*Further information about the **RSV vaccine** can be found [here](#)*

Vaccinations remain some of the best defences we have and will help to ease some of the pressures being felt on adult social care and NHS services during the winter months.

Your aligned GP surgery or community pharmacy will be in touch to arrange administration of these vaccinations to your residents.

Administration of When Required Glyceryl Trinitrate (GTN) Spray for Angina

GTN spray can be prescribed on a When Required (PRN) basis for chest pain suspected to be angina. Prompt and correct use of GTN spray is crucial. PRN protocols for GTN spray should include clear instructions for staff to follow if a resident experiences chest pain suggestive of angina. This should include:

- Signs/symptoms to look for
- Clear dosing instructions - how many sprays to administer,
- What the time interval should be before administering further doses,
- What the maximum number of doses should be for the symptoms, and
- Who/When to contact for emergency assistance if the treatment does not give relief

The prescriber should provide the specific directions for use for each person prescribed GTN spray. GTN spray may be prescribed for prevention of angina (prior to activity likely to cause angina) or for the treatment of an angina attack.

Care home staff are reminded to check the expiry dates on GTN sprays on a regular basis, preferably monthly. Stock should be carried forward and only replaced when expired.

Further details on writing PRN protocols can be found in the [BLMK ICB When Required \(PRN\) Medication](#) guidance

Dispensing labels - dose changes

It is a legal requirement for a pharmacy to label a prescribed medicine. The label should contain specific information including the name of the patient, the date of dispensing, the name of the medicine and the directions for use of the medicine.

If a medicine dosage is changed, it is best practice that a new prescription is written so the care home can obtain a new medicine labelled with the correct dosage instructions. Care home staff are advised not to amend or alter labels on medicines under normal circumstances as there could be a risk of the incorrect dose inadvertently being administered to a resident.

In medical emergencies or out of hours, staff may be requested to act on a prescriber's instructions until a new prescription can be issued. Care homes should have robust policies to deal with such requests. If the instructions to change a dose are given verbally, two medication trained members of staff should listen and record the instructions. The care home should request any verbal instruction to be followed up with written instructions as soon as possible. Care home staff should ensure instructions and/or changes are clearly marked on the MAR chart or eMAR and include an audit trail for the amendment. Once the new prescription is received, the MAR chart/eMAR and care notes should be updated, and the medication with the original dose should be discarded.

If you have any questions or concerns on the above please contact the relevant care home team for your area.

Contact us:

Bedfordshire team: Email: blmkicb.bedsnocarehometeam@nhs.net

Luton team: Email: blmkicb.lutoncarehometeam@nhs.net

Milton Keynes team: Email: blmkicb.mkcarehomespharmacy@nhs.net