

Are your patients finding effective medicines hard to swallow?



Swallowing difficulties can affect 70 to 90% of older people.¹ So, many of your patients over the age of 60 may be having trouble swallowing tablets and capsules.² It may not have crossed your mind to ask them, and they probably won't tell you! So what could be happening to the medication you prescribed?

Some may not be taking it at all, meaning repeat visits to you or even worse, potential hospitalisation.³ In fact 30% of emergency admissions amongst older people are related to medication (including non-compliance and omission of drugs) and more than 50% of these are preventable.⁴

Others may try to comply by crushing tablets or opening capsules, unknowingly changing the pharmacokinetics. This might render the medicine inactive, or as in the case of sustained releases tablets, deliver the whole dose at once risking a potential increase in Adverse Drug Reactions.^{5,6}

There is a simple solution. Guidelines recommend that you should ask your patients if they can swallow medicines. If they can't, you could consider prescribing an alternative formulation, like an oral liquid.⁷

For more information on this topic visit www.rosemontpharma.com

Rosemont®
The source of liquid solutions.

References: 1. Kelly J, Wright D & Wood J. Medicine administration errors in patients with dysphagia in secondary care: a multi-centre observational study. *Journal of Advanced Nursing* 2011; **67**(12): 2615-2627. 2. Strachan I & Greener M. Medication-related swallowing difficulties may be more common than we realise. *Pharmacy in Practice* 2005; **15**: 411-14. 3. Greener M. *JME* 2006; **9**: 27-44. 4. Chan M,

Nicklason F and Vial JH. Adverse drug events as a cause of hospital admission in the elderly. *Internal Medicine Journal* 2001; **31**: 199-205. 5. Wright D. Medication administration in nursing homes. *Nurs Stand* 2002; **16**(42): 33-38. 6. Bonner MC. The facts about administering medicines in altered forms. *NRC* 2002; **4**(12): 568-571. 7. Consensus guidelines for the treatment of dysphagia. <http://www.guidelines.co.uk>

Rosemont Pharmaceuticals Ltd. Rosemont House, Yorkdale Industrial Park, Braithwaite Street, Leeds LS11 9XE T +44 (0)113 244 1400 F +44 (0)113 245 3567 E infodesk@rosemontpharma.com Sales/ Customer Service: T +44 (0) 113 244 1999 F +44 (0) 113 246 0738 W www.rosemontpharma.com

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard Adverse events should also be reported to Rosemont Pharmaceuticals Ltd on 0113 244 1400.