

Guideline on the medication management of adults with swallowing difficulties

Guidelines

summarising clinical guidelines for primary care

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Guideline on the medication management of adults with swallowing difficulties

David Wright¹, Debbie Begent², Hannah Crawford³, Mathias Foundling Miah⁴, Richard Griffith⁵, Honor Merriman⁶

¹Professor of Pharmacy Practice, University of East Anglia (UEA); ²Adult Speech and Language Therapy Service Manager, Buckinghamshire Healthcare NHS Trust; ³Consultant Speech and Language Therapist, Tees, Esk & Wear Valley NHS Trust; ⁴Consultant Pharmacist and Barrister at Law; ⁵Senior Lecturer in Health Law, Swansea University; ⁶GP and CPD tutor, NHS Oxfordshire

Introduction

Swallowing difficulty, or dysphagia, can occur in any age group although it is most common in older people since they are more prone to the causative diseases and age-related changes in salivary gland function.¹

In a systematic review of data from 15 studies (9947 respondents) of people aged over 60 years living at home, the prevalence of dysphagia ranged from 5% to 72%. Six out of 15 studies (2834 respondents) were considered to be high quality, and from these studies, the average prevalence of dysphagia was estimated to be 15%.²

Up to one-third of residents in nursing homes may experience difficulty swallowing, resulting in the common practice of crushing or opening of medicines.^{3,4} NICE guidance on *Managing medicines in care homes* recommends the identification of swallowing problems as an integral element of the medication review process.⁵

Doctors are often unaware that their patient has an issue with the formulation of their medicine. It is important, therefore, for prescribers and other healthcare professionals to assess if the patient has swallowing difficulties, which may affect adherence.

Patients with swallowing difficulties present a management challenge since:

- › Therapeutic outcomes may be affected in those not adhering to prescribed medications
- › Tablets or capsules may cause choking with consequent risk to the airway
- › There may be an increased risk of a tablet or capsule becoming lodged in the patient’s throat or oesophagus, resulting in incorrect drug dispersal and subsequent changes in efficacy and/or tolerability, and possible oesophageal damage
- › Altering the formulation of a medicine has important medical and legal implications (see Box 1, above and Box 2, p.3).

The aim of this guideline on the medication management of adults with swallowing difficulties is to

promote best practice through:

- › Raising awareness among prescribers and healthcare professionals of the high prevalence of swallowing difficulties, particularly in older people
- › Promoting a multidisciplinary approach to the management of such patients
- › Signposting appropriate resources available to prescribers
- › Enabling prescribers to make clinically and legally appropriate decisions
- › Raising awareness of the risks associated with altering solid-dose oral formulations.

Box 1: Definitions

Solid-dose oral formulation	Tablet or capsule (buccal or dispersible tablets are not considered solid)
Altering a solid-dose oral formulation	Crushing a tablet, opening a capsule, sucking or chewing a medication that is not designed to be sucked or chewed
Formulations that can be crushed/ chewed	Tablets described as crushable, dispersible or chewable

Identifying patients with swallowing difficulties

Improved communication

- › Healthcare providers should always ask the patient or carer whether they have difficulty swallowing medication,^{6,7} and assess the reasons for this
- › Speech and language therapists should state, if it is relevant, in their assessment recommendations that the patient could have potential problems with swallowing their medication
- › **Doctors should ensure that known swallowing difficulties are taken into consideration when prescribing medication**
- › Community pharmacists should assess the suitability of medication formulations for individual patients, and report swallowing difficulties to the prescriber

Box 2: Legal implications of altering a solid-dose oral formulation

- To protect patients, the law requires that the:⁸
 - right medicine is given to the
 - right person, at the
 - right time, using the
 - right dose, in the
 - right form
- Products should be prescribed in accordance with their marketing authorisation whenever possible
- When products are used outside their licence (e.g. crushing non-crushable tablets) a greater liability rests with the individual prescriber, dispenser and/or person responsible for the provision or administration of the medication⁹
- Tampering with medicines and mixing them in food or water could be viewed as covert administration. Therefore, an awareness of national and local covert medication policy is required¹⁰
- Liability can be minimised by:
 - clear documentation of the reason for altering the medicine
 - following evidence-based, safe, effective practice. In England, doctors must also meet the medication management and consent requirements of the Care Quality Commission’s *Essential Standards for Quality and Safety*¹¹
 - obtaining consent from the patient (in England and Wales, doctors may act in a patient’s best interest if the patient is incapable of providing consent [in accordance with the Mental Capacity Act 2005]; in Scotland, doctors must act according to requirements of Part 5 of the Adults with Incapacity [Scotland] Act 2000)
- Prescribing decisions that fall below the accepted standard can lead to:
 - civil liability
 - criminal liability
 - professional liability
 - breach of employment contract

- Carers should inform the patient’s doctor if they know or suspect that swallowing medication is an issue

N.B. For a full list of symptoms and signs of dysphagia, see the NICE guideline on nutrition support in adults.⁶

Clinical evaluation

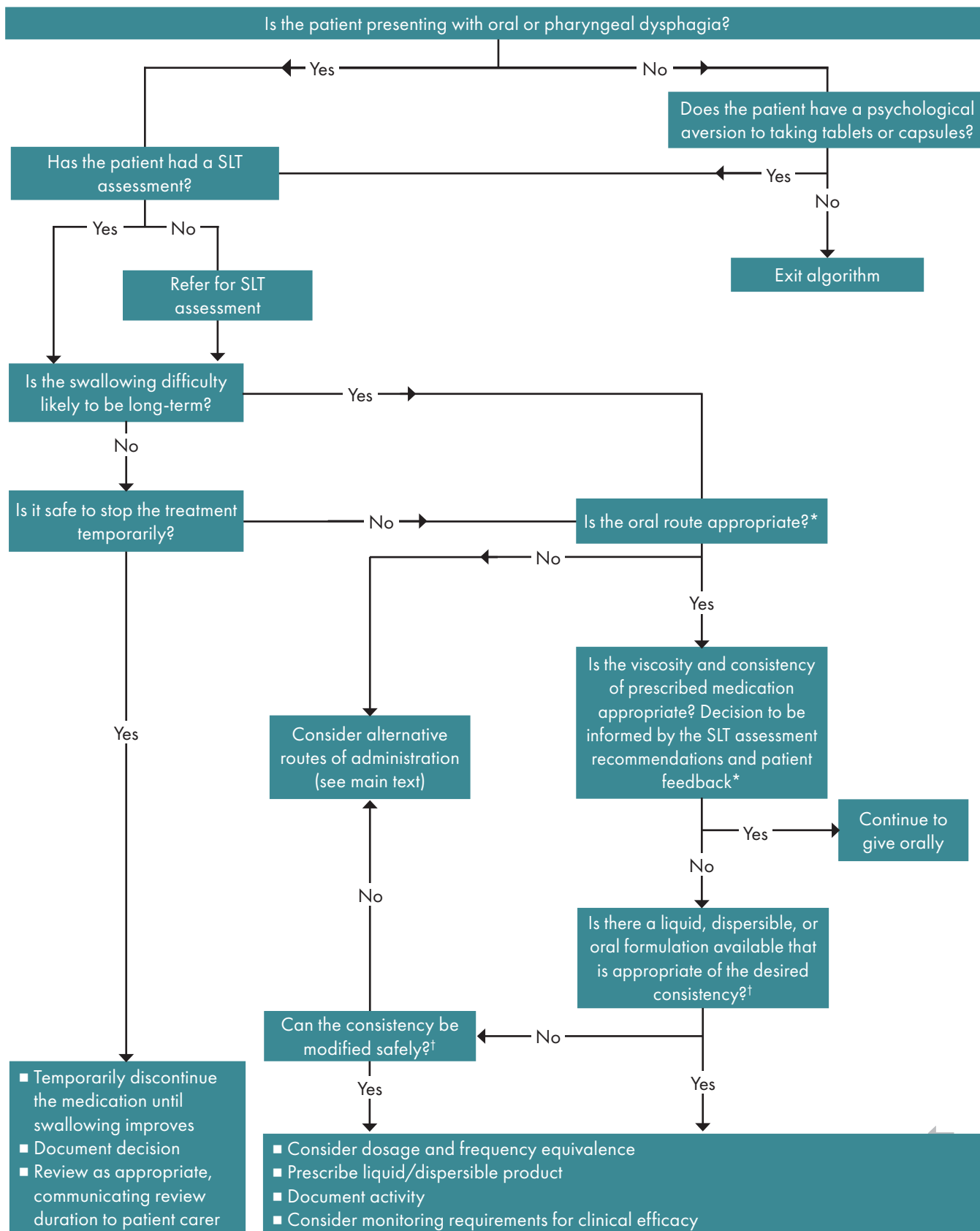
- The causes of swallowing difficulties are numerous, manifesting as mechanical obstruction, or affecting the muscles or nerves involved in swallowing
- Consider individual investigation and management in the following conditions:
 - neurological conditions (e.g. stroke, progressive neurological disease, dementia)
 - mental health disorders
 - cancer (e.g. head, neck, oesophageal cancer)
 - cardiac and respiratory disease
 - physical/learning disabilities
- Symptoms and signs indicating that an individual may experience difficulty swallowing medication include:⁶
 - difficult or painful chewing or swallowing
 - dry mouth (xerostomia) (see Box 3, right)
 - difficulty controlling food or liquid in the mouth
 - coughing/choking before, during or after swallowing
 - hoarse/wet voice quality
 - feeling of obstruction (e.g. globus sensation)
 - unexplained weight loss
 - regurgitation of undigested food
 - recurrent chest infections

- Specialist assessment (e.g. speech and language therapy, gastroenterology, dietitian) may be required for patients with these clinical conditions that may require them to take liquid nutritional supplements or receive medicines by enteral feed tubes
- Oral medication usage may also be complicated in patients with neurological and/or psychological conditions, such as:
 - learning disability
 - severe mental illness
 - dementia

Box 3: Drugs that commonly cause dry mouth

- Tricyclic antidepressants (e.g. amitriptyline, dosulepin)
- Other types of antidepressants (e.g. moclobemide, fluoxetine)
- Antihistamines (e.g. chlorphenamine, promethazine)
- Antimuscarinic drugs (e.g. hyoscine, ipratropium, tiotropium)
- Certain antipsychotics (e.g. chlorpromazine, haloperidol)
- Certain beta-blockers (e.g. carvedilol)
- Certain diuretics (e.g. amiloride, triamterene)

Algorithm for the medication management of adults with swallowing difficulties



SLT=speech and language therapist.

Seek advice from:

* Speech and language therapist +/- occupational therapist, physiotherapist, dietician (if involved in dysphagia management)

† Supplying pharmacist and/or Medicines Information Centre.

- › If the patient finds it easier to take their medication with food, advise them, or their carers to check that the food does not interact with the medication
- › Providing postural stability during mealtimes might improve oral preparatory and oral phase stability
- › In certain individuals, there may be a personal preference against taking certain medicines

Management

Management of patients with evidence of swallowing difficulty

- › The algorithm on page 4 is designed to ensure that the patient receives the most appropriate formulation, which minimises the risk of adverse drug events, and therefore, support care homes to meet the NICE quality standard on *Managing medicines in care homes*¹²
- › Be aware that the patient may have a known swallowing difficulty and an existing management plan. Consider the relevant recommendations from the SLT assessment to inform prescribing decisions

Alternative routes of administration

- › Check and scroll down the full list of the prescribing system screen display to identify all formulations that are available. If unsure, check with pharmacist and/or Medicines Information Centre to ascertain whether alternative formulations of the medication in question are available, for example:
 - transdermal
 - parenteral/injectable
 - buccal
 - rectal
 - intranasal
 - sublingual
- › If a suitable formulation is not available:
 - for patients who are not able to take medicines orally:
 - consider prescribing an alternative medicine or discontinuing the treatment
 - for patients able to take medicines orally:
 - consider prescribing an alternative medication
 - if no alternative exists, altering a solid-dose oral formulation may need to be contemplated (see below)

Switching to liquid or dispersible oral formulations

- › Changing the formulation of a product may alter its bioavailability, efficacy and/or side-effect profile
 - do not assume that the dose of a liquid/dispersible

- formulation will be the same as the solid oral form of a particular product; check dose equivalence
 - when switching from a sustained-release to a standard-release form of a medicine, dose frequency will need to be adjusted accordingly
 - evaluate efficacy and side-effects frequently

- › Dispersible tablets may not give an even solution so part dosing is potentially inaccurate
- › Some medicines are available as non-licensed liquid ‘specials’ or extemporaneous preparations, which are formulated to meet the requirements of a doctor for specific use by an individual patient
 - dose uniformity or reproducibility may not have been tested for extemporaneous preparations, or some ‘specials’
 - to minimise the variability of supply, the product specification should be documented: the formulation, method of preparation, and strength should be noted
- › For a comprehensive list of products available in liquid or dispersible form, see www.swallowingdifficulties.com

Continuity of care

- › To ensure that continuity of care is in line with NICE guidance on medicines optimisation:¹⁵
 - any changes to a dosage formulation should be noted, and this information clearly communicated on to subsequent prescribers and other healthcare professionals
 - swapping between liquid formulations, particularly liquid ‘specials’ (which do not have bioavailability data), should be avoided

Altering a solid-dose oral medication

- › Altering a solid-dose formulation should be reserved as last-resort and practised only after appropriate advice has been sought from a pharmacist and/or Medicines Information Centre
- › Certain types of drug should never be altered without advice from a pharmacist and/or the manufacturers due to the changes these actions impose on the pharmacokinetics and pharmacodynamics of the drug (see Box 4, p.6)
- › The outcome of such pharmacological changes can be accentuated in older people due to age-related differences in pharmacokinetics
- › Prescribers should also consider:
 - how stable the product is once opened to the environment (see Box 5, p.7)

Box 4: Drugs in solid-dose oral form that should never be altered (i.e. through crushing, chewing or opening) without authorisation¹³

Drug type	Notes/abbreviations	Considerations	Examples
Modified release	Frequently identifiable by two letters such as m/r, LA, SA, CR, XL or SR at the end of the name. Words such as 'Retard', 'Slow' or 'Continus' in the title are sometimes used.	Should not be altered because: The medicine is designed to be released over prolonged period. The mechanism for slowing release may be damaged. Patient receives full dose quicker than expected and subsequently little or no dose at all for a period of time.	Verapamil (Securon SR) Propranolol (Inderal LA) Felodipine m/r (Plendil) Tramadol (Zydol SR) Morphine (MST Continus)
Enteric coated	Usually identifiable by the two letters EN or EC at the end of the name.	When coating is added to protect the stomach, or drug, co-administer a suitable gastro-protective product if the form is altered; but consider potential for drug interactions	Aspirin (Nu-seals) Naproxen (Naprosyn EC)
		When coating is designed to deliver the drug beyond the stomach, crushing may result in the medicine not reaching its intended target.	Sulphasalazine (Salazopyrin EN)
Hormonal, cytotoxic, or steroidal		Drug may be dispersed in the air if crushed, and the administering nurse or carer may be exposed to the drug inadvertently; ¹⁴ consider risk of exposure if pregnant.	Tamoxifen (Nolvadex) Methotrexate (Maxtrex) Dexamethasone Oral contraceptives Hormone replacement therapy
Film and sugar coated	Usually identifiable by the two letters f/c or s/c at the end of the name.	Disruption of the coating may result in rapid degradation of the drug, poor tasting medicine and may also cause skin irritation in the patient or carer.	Quinine sulphate Ibuprofen

(Adapted from Wright. *Nursing Standard* 2002; **17**: 43–45)

- whether the safety of the person preparing or administering the product would be put at risk
 - alteration of a solid-dose oral formulation should be considered under Control of Substances Hazardous to Health (COSHH) regulations since there may be an increased exposure to chemical components
 - the person may have a hypersensitivity to the product or its constituents
- whether the dose preparation could be accurately repeated
- the amount and type of diluent and/or thickening agents that would be used
- whether the results would be unpalatable
- > Variation in the amount of drug reaching the system due to formulation change may impact efficacy and the potential for side-effects, particularly in drugs with a small therapeutic window including:
 - phenytoin
 - digoxin
 - carbamazepine
 - theophylline
 - sodium valproate

Administering medications via PEG/PEJ/NG tube

- > Medication management of patients with percutaneous endoscopic gastrostomy (PEG), percutaneous endoscopic jejunostomy (PEJ) or nasogastric (NG) tubing requires careful consideration since most products are not licensed for administration via this route
- > The medication needs of patients should be reviewed if they are switched to enteral feeding, as certain medications may no longer be required
- > The British Association for Parenteral and Enteral Nutrition (BAPEN) provide a practical guide for administering drugs via enteral feeding tubes¹⁷
- > Prescribers should seek advice from a Medicines Information Centre before prescribing drugs to be administered via a feeding tube
- > Medical considerations:
 - ensure that there is a functional and accessible gastrointestinal tract
 - there is a risk of tube blockage, and drug-tube interactions

Box 5: Examples of drugs that are unstable once open to the environment¹⁶

- › Amlodipine
- › Cabergoline
- › Isosorbide mononitrate
- › Metronidazole
- › Pergolide
- › Atorvastatin
- › Glycerol trinitrate
- › Isosorbide dinitrate
- › Nifedipine
- › Topiramate

(Adapted from Church and Smith. *The Pharmaceutical Journal* 2006; **276**: 75–81)

- the medicines may interact with food
- a drug–drug interaction may occur if more than one medicine is administered at a time
- as the formulation is altered:
 - the activity of the product may be altered
 - variability may occur in the dose administered
- › Recommendations:
 - administration of medicines through a feeding tube should only be carried out by suitably trained staff, under an agreed written policy, and the practice should be documented. If it is available, preferably use a product that is licensed for administration via a feeding tube
 - select a drug formulation that is appropriate for tube administration
 - ensure that the feed and drug regimens are practical
 - where possible a once daily preparation should be used to reduce the number of manipulations, but this must be by using long-acting drugs not sustained-release preparations¹⁸
 - for drugs that need to be given on an empty stomach, the feed should be stopped for the appropriate duration before and after the medication is administered
 - flush the tube before and after giving medications (with ≥30 ml water)
 - if more than one drug is required, give drugs separately and flush between administrations (with ≥10 ml water)
 - drug-enteral feed interactions should also be considered
 - increase monitoring for clinical efficacy and adverse events

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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

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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 rosemont.infodesk@perrigouk.com Sales/ Customer Service: **T** +44 (0) 113 244 1999 **F** +44 (0) 113 246 0738 **W** www.rosemontpharma.com

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