

## Good Practice Guidance for Care Homes

### Think “Kidneys” before administering medicines to residents who are unwell

**Acute Kidney Injury (AKI) is common, serious and harmful. You can take steps to prevent it by understanding what it is and what you can do to reduce the risk. Some residents are more at risk, especially if they have conditions like heart failure or diabetes. It is important that these residents drink plenty to stay well hydrated. Keep an eye on urine output and colour and know when to report changes**

**Does the resident show any of these symptoms?**

- Severe nausea, vomiting or diarrhoea
- Increased confusion
- Fevers, sweats, shaking (symptoms of infection)

**Some medication can affect the kidneys and make ill residents more unwell.**

If a resident is presenting with the above symptoms check with a GP or pharmacist before administering medication.

If it is advised to withhold certain medication:

- Record details of advice including the plan for restarting the medication in the care plan.
- When a medication is “withheld”, as a result of illness, record using the appropriate code on the MAR sheet. **DO NOT** record as stopped.
- Ensure all staff are aware of the advice to withhold medication on handover

Once the resident is well again (this is when they have been eating and drinking normally for one to two days) follow the instructions in the care plan for **restarting any medication being withheld.**

<b>Examples of common drugs that can make an unwell resident even more unwell – and contribute to acute kidney injury (DAMN drugs).</b> <i>N.B.: list is not exhaustive</i>			
Medicine Group		Examples	Example Use
<b>D</b>	Diuretics	<i>Furosemide, Bumetanide</i>	Fluid Retention, Heart Failure, High Blood Pressure
<b>A</b>	ACE inhibitors	<i>Lisinopril, Perindopril, Ramipril</i>	Heart Failure, After Heart Attacks, High Blood Pressure, Kidney Problems
	ARBs	<i>Losartan, Candesartan, Valsartan</i>	
<b>M</b>	Metformin	<i>Metformin</i>	Diabetes
<b>N</b>	NSAIDs (taken by mouth)	<i>Ibuprofen, Diclofenac, Naproxen</i>	Pain, Inflammation

For further practical resources to raise awareness and help with the prevention, detection and management of acute kidney injury in care homes

visit: <https://www.thinkkidneys.nhs.uk/aki/resources/care-homes/>

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