

Pharmacy: 2465 - CPS1  
 User: CPS1 - Jenny O'Donnell  
 Last login: Thu, Jan 12, 2012 09:49

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|                        |  |  |  |
|------------------------|--|--|--|
| <b>BISCUIT, Bertie</b> |  | Born 11-Mar-1977 (34y) Gender Male CHI No. 777777777 |  |
|                        |  | Patient Details Last Modified On 12-Jan-2012 By CPS1 |  |
| Address                |  | Phone and email                                      |  |

HRM Lithium Process : **Concordance** > Interactions & precautions > Adverse reactions > Monitoring > Review

### Concordance

|   |                           |                          |   |
|---|---------------------------|--------------------------|---|
| Is the patient taking their lithium as prescribed?  | <input type="radio"/> Yes | <input type="radio"/> No | <p>Lithium doses are normally taken in the evening to facilitate monitoring. If the patient misses a dose then:</p> <ul style="list-style-type: none"> <li>• if it is within 3-4 hours they should take it when remembered;</li> <li>• otherwise they should take their next dose at correct time;</li> <li>• If the missed dose is on week before blood test the patient should inform the GP or nurse; and</li> <li>• A dose should <b>never</b> be doubled.</li> </ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• <b>Check the patient's understanding of how and when to take their lithium using the lithium information booklet as a prompt for counselling the patient:</b> <ul style="list-style-type: none"> <li>◦ Advise the patient to take their lithium in the evening and if on twice daily dosing to take their second dose after any blood level monitoring.</li> <li>◦ Advise the patient that lithium should be swallowed whole and not crushed or chewed.</li> <li>◦ Advise the patient on what to do if they miss a dose.</li> </ul> </li> <li>• Encourage the patient to carry their lithium information booklet, recording booklet and alert card.</li> <li>• Record any care issues in the patient's care plan and agree desired outcomes and actions.</li> </ul> |
| Does the patient know what to do if they miss a dose?   | <input type="radio"/> Yes | <input type="radio"/> No |   |
| Does the patient have the patient information and recording booklets and alert card and do they use them? | <input type="radio"/> Yes | <input type="radio"/> No |   |

[return to Lithium Review Page](#)

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[Search](#) [Protocols](#) [Reports](#) [Change password](#) [Manage profile](#) [Help](#) [Logout](#)

|  |   |
|--|---|
| <b>BISCUIT, Bertie</b>   | Born <b>11-Mar-1977 (34y)</b> Gender <b>Male</b> CHI No. <b>777777777</b> |
| Patient Details Last Modified On <b>12-Jan-2012</b> By <b>CPS1</b> |   |
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HRM Lithium Process : [Concordance](#) > [Interactions & precautions](#) > [Adverse reactions](#) > [Monitoring](#) > [Review](#)

### Interactions & precautions

Is the patient aware they should check that any newly prescribed medicines don't interact with lithium?  Yes  No

Does the patient know that certain OTC medicines (e.g. ibuprofen or Alka Seltzer) can interact with lithium?  Yes  No

Priority interactions due to their affect on lithium excretion include:

- Thiazide and related diuretics
- ACE inhibitors and Angotensin-II Antagonists
- NSAIDs and Cyclo-oxygenase (Cox2) inhibitors
- Antiepileptics (carbamazepine, phenytoin)
- Antipsychotics (particularly high dose flupentixol, and haloperidol) and anti-depressants (SSRIs)
- Sodium containing products (antacids, effervescent products)

There are also a number of OTC products such as NSAIDs and high sodium medicines (e.g. Alka Seltzer).that should be avoided.

Breastfeeding and use in first trimester pregnancy is contraindicated

#### Actions:

- Advise the patient to always check with their GP and / or pharmacist that any new medicine, including an OTC medicine, is safe to take with lithium.
- Advise the patient to avoid the use of sun beds
- Record any care issues in the patient's care plan and agree desired outcomes and actions.

[Back - Concordance](#)

[Next - Adverse reactions](#)

[Save & Review](#)

[return to Lithium Review Page](#)

Pharmacy: 2465 - CPS1  
 User: CPS1 - Jenny O'Donnell  
 Last login: Thu, Jan 12, 2012 09:49

[Search](#) [Protocols](#) [Reports](#) [Change password](#) [Manage profile](#) [Help](#) [Logout](#)

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HRM Lithium Process : [Concordance](#) > [Interactions & precautions](#) > **Adverse reactions** > [Monitoring](#) > [Review](#)

### Adverse reactions: side effects and toxicity

- Is the patient aware of the common side effects of lithium?  Yes  No
- Is the patient aware of the signs of lithium toxicity?  Yes  No
- Is the patient aware what might cause lithium toxicity and how to avoid this happening?  Yes  No
- Is the patient aware of what to do if they are suffering from these signs?  Yes  No
- Is the patient aware that adverse reactions should be reported?  Yes  No

Side effects may be short term, are usually dose dependent and include:

- Mild gastrointestinal disturbances (nausea and diarrhoea)
- Fine tremor
- Excessive thirst (polydipsia)
- Passing large volumes of urine (polyuria)
- Weight gain
- Oedema
- Skin problems (acne or worsening of psoriasis)
- Other effects to watch for are hypothyroidism, hyperthyroidism and hypercalcaemia

#### Actions:

- **Check the patient's understanding of the side effects of lithium using the lithium information booklet as a prompt.**
- **Refer a patient with more severe side effects to their GP.**
- **Record any care issues in the patient's care plan and agree desired outcomes and actions.**

Common signs of toxicity include:

- Increasing gastrointestinal disturbances (anorexia, vomiting, diarrhoea)
- Muscle weakness and / or lack of co-ordination
- Muscle twitches
- Slurring of words
- Severe tremor
- Blurred vision
- Feeling unusually tired

#### Actions:

- **Check the patient's understanding of the signs of lithium toxicity using the lithium booklet.**
- **Advise the patient to avoid getting dehydrated by drinking plenty of water and not to change the level of salt in their diet. Advise them to see their GP to have their lithium level checked if they have sickness or diarrhoea for longer than 24 hours.**
- **Immediately refer a patient suffering from signs of toxicity to their GP, contacting their GP to alert them.**
- **Advise the patient to report any adverse drug reactions through the MHRA Yellow Card Reporting Scheme.**
- **Record any care issues in the patient's care plan and agree desired outcomes and actions.**

[Back - Interactions & precautions](#)

[Next - Monitoring](#)

[Save & Review](#)

[return to Lithium Review Page](#)

Pharmacy: 2465 - CPS1  
User: CPS1 - Jenny O'Donnell  
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[Search](#) [Protocols](#) [Reports](#) [Change password](#) [Manage profile](#) [Help](#) [Logout](#)

**BISCUIT, Bertie**

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HRM Lithium Process : [Concordance](#) > [Interactions & precautions](#) > [Adverse reactions](#) > **Monitoring** > [Review](#)

## Monitoring

Has the patient had a blood test to check their lithium levels in the last three months?

Yes  No

Lithium has a narrow therapeutic index. Each time you dispense a prescription for lithium you should check that the patient's lithium levels are being monitored regularly.

### Actions:

- **Establish if the patient has had their blood levels monitored in the last three months**
- **If they have not had their blood levels monitored:**
  - **supply their prescription for lithium.**
  - **refer the patient back to their GP practice for monitoring.**
  - **contact the GP practice to request monitoring.**
  - **Record this as a care issue in the patient's care plan and agree desired outcome and actions.**

[Back - Adverse reactions](#)

[Save & Review](#)

[return to Lithium Review Page](#)

Pharmacy: 2465 - CPS1  
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[Search](#) [Protocols](#) [Reports](#) [Change password](#) [Manage profile](#) [Help](#) [Logout](#)

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HRM Lithium Process : [Concordance](#) > [Interactions & precautions](#) > [Adverse reactions](#) > [Monitoring](#) > **Review**

### Lithium high risk medicine care risk assessment summary

Use **+** to add care issues for the specific question.

#### Concordance

|   |            |          |
|---|------------|----------|
| Is the patient taking their lithium as prescribed?  | <b>Yes</b> | <b>+</b> |
| Does the patient know what to do if they miss a dose?   | <b>Yes</b> | <b>+</b> |
| Does the patient have the patient information and recording booklets and alert card and do they use them? | <b>Yes</b> | <b>+</b> |

#### Interactions and precautions

|  |            |          |
|--|------------|----------|
| Is the patient aware they should check that any newly prescribed medicines don't interact with lithium?      | <b>Yes</b> | <b>+</b> |
| Does the patient know that certain OTC medicines (e.g. ibuprofen or Alka Seltzer) can interact with lithium? | <b>Yes</b> | <b>+</b> |

#### Adverse reactions: side effects and toxicity

|   |            |          |
|---|------------|----------|
| Is the patient aware of the common side effects of lithium?                             | <b>Yes</b> | <b>+</b> |
| Is the patient aware of the signs of lithium toxicity?                                  | <b>Yes</b> | <b>+</b> |
| Is the patient aware what might cause lithium toxicity and how to avoid this happening? | <b>Yes</b> | <b>+</b> |
| Is the patient aware of what to do if they are suffering from these signs?              | <b>Yes</b> | <b>+</b> |
| Is the patient aware that adverse reactions should be reported?                         | <b>Yes</b> | <b>+</b> |

#### Monitoring

|  |            |          |
|--|------------|----------|
| Has the patient had a blood test to check their lithium levels in the last three months? | <b>Yes</b> | <b>+</b> |
|--|------------|----------|

#### Care issues associated with this assessment

| Care issue             | Earliest review by | Last modified on |
|------------------------|--------------------|------------------|
| No records to display. |                    |                  |

[Add](#)

#### Assessment completion

|  |           |
|--|-----------|
| Assessment complete                                | <b>No</b> |
| Assessment completed by                            |           |
| Assessment completed on                            |           |
| <input type="button" value="Complete assessment"/> |           |

[return to Patient Home Page](#)