



Refrigerated Medicines in Care Homes

Aim

Outline the controls that should be in place to ensure safe storage of medicines that require refrigeration.

Note: care homes are required to have their own policy for storing fridge medicines.

Monitoring Refrigerator Temperatures

The four 'Rs' of fridge temperature monitoring

Read: read temperatures at least daily

Record: record temperatures on a standard form (see example - Appendix 1)

Reset: reset after each temperature reading

React: react by taking action if temperature is outside +2°C to +8°C and document this action

Fridge Requirements

- Medication that needs to be refrigerated (e.g. insulin), should be stored in a separate, secure, fridge that is **only** used for medicines (do not keep any food or pathology samples in 'medicines' fridge')
- The fridge should either be locked or kept in a locked medicines room. Staff should be aware of key storage and access
- When medicines requiring refrigeration are received within the home they should be immediately identified and placed in the 'medicines' fridge'
- Check that the fridge wall socket (where it is plugged in) is clearly labelled to leave on so that it does not get inadvertently switched off at the wall. (Some pharmaceutical fridges are directly wired so that this cannot occur)
- All fridges where medicines are stored should be serviced at least yearly
- Store medicines in an orderly fashion on shelves, not on the floor of the unit, or in the door. Avoid overfilling and keep a space between boxes and vials for proper circulation. Do not keep large amounts of medicines in the fridge as this can lead to inadequate air flow and potential freezing. Medicines should not touch the cooling plate in the back of the fridge
- Specialised refrigerators are available for the storage of pharmaceutical products and must be used for vaccines and diluents. Vaccines should **NOT** be stored in domestic refrigerators
- Ensure fridge medications are regularly date checked and the stock rotated
- All fridges should be cleaned as part of the general cleaning rota and dated records kept. Domestic fridges (that are not self-defrosting) should be defrosted regularly and dated records kept. The home policy should state where the fridge contents should be refrigerated whilst cleaning takes place

Thermometer Requirements

The 'medicines' fridge' must be monitored using a thermometer which measures both the minimum & maximum temperature. The thermometer, or its temperature monitoring probes should be sited in a central location within the fridge, preferably between the products - they should not be placed in the door.

Daily Temperature Recording

- The fridge temperature should be checked and recorded daily. It is recommended that the minimum and maximum temperatures and the current temperature are all recorded. (See appendix 1 for sample recording chart)
- The fridge temperature must be kept between the **range of 2°C and 8°C**. If the fridge temperature is outside of this range action should be taken immediately - see below for required actions
- Staff taking the thermometer readings must demonstrate understanding of how to read and reset the thermometer and why this is necessary

What to do when the Fridge Temperature is Out of Range

- Inform the care home manager immediately
- Quarantine (separate and put in a safe place) the affected fridge stock by bagging and labelling 'Not for Use' and keep within a designated fridge, ideally an alternative medicines fridge, while advice is sought
- Attach a notice to the fridge clearly stating 'Do Not Use'
- Estimate how many hours the fridge has been out of range (you should have the reading from the previous day's check)
- Contact your pharmacy provider for advice
- If you are advised that the stock is no longer usable, ensure that it is disposed of promptly in line with local protocols
- Contact the GP to explain what has happened and request replacement medicines, if required
- If necessary, call out an engineer to repair the fridge
- Remember to record the action taken on the fridge temperature record sheet
- Ensure that it is clear where medicines should be stored (in an emergency) if the fridge malfunctions

Fridge Temperature Record Chart



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Care Home _____ Floor/Unit _____

Month _____

| Date | Time | Fridge Maximum (below 8°C) | Fridge Minimum (above 2°C) | Fridge Current (2°C – 8°C) | Room Temperature (below 25°C) | Reset | Signature |
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Please ensure that the fridge temperatures are recorded daily and that you reset the thermometer after each recording

If the fridge temperatures are outside of the recommended limits of 2°C to 8°C you **MUST** inform the manager or clinical lead as soon as possible