Problem

- Lady 2 years post stroke wished her PEG to be removed
- 13 medications (18 doses) given via tube in liquid/crushed form by District Nurses.
- Care staff unable to administer liquid medications
- SLT had advised Texture D diet and Stage 1 Fluids

Solution

- Agree the team – SLT, Pharmacist, GP, Family, DNs, Carers and lady herself
- Review of medication needs
- Decide which meds best for initial trials
- Consider size, shape, texture formulation, availability and strength of meds
- Source suitable placebo medications

Outcome

- Observed swallowing her usual treat – a small piece of chilli cheese
- Trialled with placebo ‘tablet’ – Tic Tac mint and developed a Placebo Assessment Toolkit
- Implemented structured programme of change to self-administering solid oral meds over 4 month period
- Awaiting PEG removal following her first holiday since her stroke
- Estimated annual saving: £28K

Future Plans

- Submit joint application for funding
- Undertake scoping to identify people who may benefit from a similar approach
- Use the Placebo Assessment Toolkit with view to return to solid oral meds
- Encourage a debate within SLT