

## Gluten Free Food Service – Pharmacy Care Record (PCR)

### Annual Health Check

### Pharmacist Crib Sheet

Please note that the Pharmacist must also refer to the advice statements within the PCR to provide correct counselling and advice to the patients on any potential care issues.

Additional clinical advice is included in italics.

Patient Name –

#### **Concordance:**

Q: Is the patient adhering to their Gluten Free Diet?

*Clinical advice: (see actions on PCR)*

- *Check patient's feelings about how they are managing their diet.*

**Suggested Care Plan Outcomes:**

- *If patient requires support signpost to Coeliac UK who will be able to advise if there is a local Coeliac UK group near them.*

Q: Does the patient understand how to identify foods that may contain gluten?

*Clinical advice:*

- *Wheat, barley, rye, oats (unless labelled gluten free) and foods made with them will contain gluten. For comprehensive listings signpost to Coeliac UK.*
- *If a patient has Coeliac Disease and/or Dermatitis Herpetiformis, they have to avoid gluten for life. A gluten-free diet is the only treatment for the condition.*
- *On a gluten-free diet they can eat many foods including meat, fish, eggs, fruit, vegetables, rice, potatoes and lentils. They can also eat gluten-free substitute foods and processed foods that don't contain gluten. Most supermarkets now have good ranges of gluten free foods usually in their 'Free From' sections. If a food is labelled gluten free it is safe to eat. Coeliac UK lists thousands of gluten free foods.*
- *A gluten free diet is complex and difficult to adhere to. They may be finding it challenging, signpost to Coeliac UK.*

**Suggested Care Plan Outcomes:**

- *If patient does not understand how to identify foods that may contain gluten, refer back to GP for onward dietetic referral.*

Q: Does the patient have information that will support their concordance with a gluten free diet?

*Clinical advice:*

- *They should have been given information from a Dietitian on diagnosis.*
- *Other sources for information on a gluten free diet are NHS inform – which has a section on Coeliac Disease [www.nhsinform.co.uk](http://www.nhsinform.co.uk)*
- *Coeliac UK has a lot of information and support [www.coeliac.org.uk](http://www.coeliac.org.uk)*

**Suggested Care Plan Outcomes:**

- *If have no information on how to identify foods that may contain gluten, print off Coeliac UK leaflet.*



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### **Interactions and Precautions:**

Q: Is the patient prescribed folic acid, iron or calcium and Vitamin D supplements?

*Clinical advice:*

- *Not all patients with Coeliac Disease will require these supplements.*
- *Adults with coeliac disease should have at least 1000 milligrams (mg) of calcium in their diet each day. The recommended amount for the general population is 700mg.*
- *Iron and folic acid requirements are the same as the general population guidelines.*
- *Vitamin D patient information leaflet can be accessed here:*  
<http://www.ggcprescribing.org.uk/vitamin-d/>

**Suggested Care Plan Outcomes:**

- Patients with suspected anaemia or low calcium intake should be advised on supplements and / or referred to GP.
- Women planning a pregnancy should take folic acid 400 micrograms daily before conception and during the first 12 weeks of pregnancy.

Q: Is the patient aware of how to take these medicines, properly, if indicated?

*Clinical advice*

- *See advice within PCR.*

**Suggested Care Plan Outcomes:**

- Advise patient re: how to take the medicines properly

### **Adverse reactions: side effects and toxicity:**

Q: Is the patient aware of common symptoms that are caused by not following a gluten-free diet?

*Clinical advice:*

*Common symptoms are:*

- *Decreased appetite, weight loss, diarrhoea, anaemia, mouth ulcers, abdominal bloating, lethargy, nausea and blood in stools.*

**Suggested Care Plan Outcomes:**

- If not aware of common symptoms advise patient as to what they are:

Q: Does the patient have any symptoms that may suggest that they are consuming foods that contain gluten?

*Clinical advice*

- Ask patient re: any symptoms.

**Suggested Care Plan Outcomes:**

- If patient has symptoms refer to GP.

Q: Is the patient aware that adverse reactions should be reported?

*Clinical advice*

- *Check patient is aware of this.*
- *Discuss sharing any ADRs with the Pharmacist or GP.*

Suggested Care Plan Outcomes:

- Inform patient that adverse reactions should be reported to their GP / Pharmacist

**Monitoring:**

Q: Is the patient aware of how many gluten-free units they are able to order each month?

*Clinical advice:*

- *National recommendations exist for the number of gluten-free units a patient should receive. These recommendations vary by age and gender. The amount of gluten-free units patients are given should meet their individual dietary needs. ([www.coeliac.org.uk](http://www.coeliac.org.uk)).*
- *If a patient feels they need more than their recommended units, the Pharmacist should initially issue their current allowance and then refer the patient to their GP.*
- *Reinforce that there are a large number of foods that are naturally gluten free including including meat, fish, eggs, fruit, vegetables, rice, potatoes and lentils.*

Height (M)

Weight (kg) if available

Suggested Care Plan Outcomes:

- Refer patient to GP if a patient feels they require more than their recommended units.