

# Patients on iron supplements with inadequate monitoring

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## AIM

Reduce the number of patients on iron supplements and identify the root cause rather than treating the symptoms. Ensure a more robust system is in place to monitor patients on iron supplements as per the NICE guidelines.

## BACKGROUND

80 patients identified to be on iron supplements with inadequate monitoring. Some patients were on dual iron supplements. Several patients showed normal Hb and raised Ferritin levels. Queried clinical need to be on iron supplements which led to a QI project.

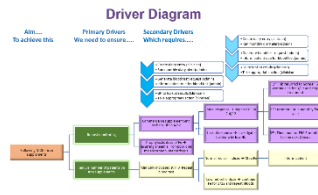
## CONCLUSIONS/RECOMMENDATIONS

The project enabled patients to be reviewed to ensure their medicines were still required. Robust systems on Ardens have been put in place to maintain ongoing monitoring.

## METHODS

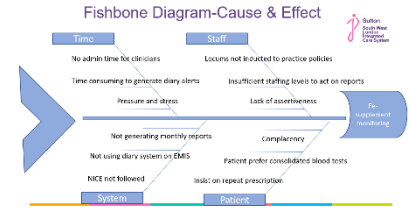
Build an EMIS search to identify patients on iron supplements, including latest blood test, medication and problem linked to iron supplement.

Using SMART goals, we identified the



number of patients on iron supplements. All patients had blood a test to check Hb, Ferritin, Folate and B12 and assess whether there is a clinical need to continue with iron supplements and link it to a problem.

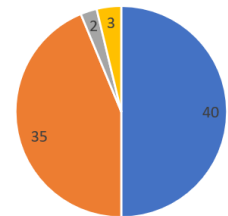
Implemented the use of Ardens dairy recalls and GPs to use Ardens' Iron deficiency anemia template.



## RESULTS

Baseline:  
 29 patients (36.25%) patients were taking their iron supplements regularly, 51 patients (63.75%) patients were taking them ad hoc.  
 Only 33 patients (41.25%) had a blood test in the last 12 months

Outcome of PDSA cycle



- Number of patients whose iron supplements had been stopped
- Number of patients continued on iron supplements and to repeat bloods
- Number of patients referred to specialty for further investigation
- Number of patients discussed with GP due to complexity

End point:  
 40 patients (50%) had their iron supplements stopped as there was no clinical indication to continue with iron supplements.  
 3 patients have been referred to the GP for review due to comorbidities and complex medical history.  
 2 patients were referred to secondary care as the Hb concentration and red cell indices as not returned to normal since commencing on iron supplements and warranted further investigation to identify the root cause of the low Hb concentration.