

Media release

Wednesday 25 September 2019

New medicine safety resource ensures Australians 'don't rush to crush' **Embargoed until 5.00am**

A new patient-friendly guide on safely dispersing and crushing tablets, capsules and sachets promises to support many Australians who take oral medicines via enteral feeding tube, following its release by the Society of Hospital Pharmacists of Australia (SHPA) coinciding with 2019 World Pharmacists Day.

Available for free download, [How to give your medicine by enteral tube](#) was developed as a supplementary resource to SHPA's essential publication [Don't Rush to Crush](#), by its editorial team in partnership with pharmacists from St Vincent's Hospital, Sydney.

Keli Symons, Pharmacist and Publications Manager at SHPA, says the two-page reference is an extra safety measure in a time of growing use of increasingly complex medicines.

'Although well-known among pharmacists, many patients and consumers are not aware that even small changes in medicine delivery, such as switching from a capsule to a tablet or changing medicine brand, can increase the risk of harm.

'This new resource allows pharmacists to easily and directly reference *Don't Rush to Crush* while annotating a patient's list of medicines in their discharge script.

'When out of hospital and back at home, these references can be quickly matched to simplified descriptions of preparing medicines that are unavailable in a liquid – Method A) dispersing a tablet in water; Method B) crushing a tablet and Method C) dispersing a capsule or sachet – providing added confidence medicines are being safely and effectively prepared.'

SHPA Chief Executive Kristin Michaels says the *Don't Rush to Crush* release aligns with the theme of [2019 World Pharmacists Day](#): 'Safe and effective medicines for all'.

'*Don't Rush to Crush* has become a staple of medicines safety, recognised as a required pharmacy text by the Pharmacy Board of Australia, providing vital information at the point of care in hospitals, pharmacies, residential aged care facilities, and anywhere oral medicines need to be modified.

'In bringing the core advice directly to people who need it, [How to give your medicine by enteral tube](#) is a testament to the commitment of our members and our staff to empower patients in their own care.'

The third edition of *Don't Rush to Crush* is now available through the [SHPA Bookshop](#), [eMIMSCloud](#) and [MIMS Online](#), and Medical Director's [AusDI](#).

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About SHPA

The Society of Hospital Pharmacists of Australia (SHPA) is the national, professional, for-purpose organisation for leading pharmacists and pharmacy technicians working across Australia's health system, advocating for their pivotal role improving the safety and quality of medicines use. Embedded in multidisciplinary medical teams and equipped with exceptional medicines management expertise, SHPA members are progressive advocates for clinical excellence, committed to evidence-based practice and passionate about patient care.

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