

Looking after someone at home – Managing medications

Palliative care resources for carers

Hand washing:

- John Hopkins Medicine: [Handwashing \(video\)](#)

Insertion of Safe-T Intima:

- Mary Potter Hospice: [How to insert Safe-T Intima \(video\)](#)

Opening ampoules: Glass, Plastic:

- Caring@Home: [How to break a medication ampoule, draw up and label medication \(video\)](#)

Giving breakthrough medications through a Safe-T Intima:

- Caring@Home: [How to administer medication via a subcutaneous catheter \(video\)](#)

Giving sublingual medications:

- Mary Potter Hospice: [How to give sublingual medications \(video\)](#)

Recording symptoms and breakthrough drugs:

- Caring@Home: [Medicines and symptoms diary \(PDF\)](#)
- American Cancer Society: [Pain diary \(PDF\)](#)