

Temperature recording, good practice guidance for care homes.

Top tips

- **The fridge temperature should be between +2°C and +8°C.** Refer to your policy if recordings are out of range. Take appropriate action as soon as possible. Record action taken on refrigerator temperature monitoring chart.
- Record temperatures at least once a day at the same time each day. Ensure the thermometer is reset at each recording, this will ensure the correct readings are captured.
- Follow manufacturer's instructions for servicing and maintenance of the fridge.
- The fridge is to **ONLY** be used to store medicines that require refrigeration. Check the product packaging or refer to the patient information leaflet for clarification. **Do not store** food stuff or bodily fluids in the fridge.
- When an external thermometer is in use i.e. a thermometer is not already built into the fridge, it is good practice to change the batteries for new ones at 3 monthly intervals and record once done. See separate battery change recording sheet.
- Ensure the thermometer probe is in a suitable place in the fridge i.e. It should not be touching the back plate or the medication. The probe cable should not interfere with the door seal.
- Ensure medicines are not touching the back plate of the refrigerator as this can cause medicines to freeze or the packaging to become wet.
- Ensure the fridge is not overstocked to ensure adequate cold air to circulate around the refrigerator.
- Rotate and date check stock in the fridge regularly. Coloured stickers can be a good tool to identify short dated stock.
- Ensure the fridge is cleaned and defrosted at regular intervals including the drip tray, ensure this is free from water overflow as per manufacturer's instructions. Keep a dated record once cleaned on monthly temperature recording chart.
- Where any medicines are stored that require ambient temperature, the rooms temperature requires monitoring. This should not go above **+25°C**. Refer to your policy if room temperatures exceed **+25°C**, advice should be sought from a pharmacy.

Appendices

Refrigerator temperature monitoring chart – I
Thermometer Battery change recording log – II
Room Temperature recording chart – III
Refrigerator temperature monitoring chart (twice daily) – IV

References

CQC [Storing medicines in fridges in care homes | CQC Public Website](#)

Appendix I

Refrigerator temperature monitoring chart

- Record fridge temperatures every day at the same time each day. Ensure the thermometer has been reset. This is important to ensure the correct readings are captured each day.
- **The fridge temperature should be between +2°C and +8°C.** Refer to your policy if temperatures are outside of the recommended range. Take appropriate action as soon as possible. Record action taken below. Pharmacies can offer advice on what stock can and cannot be used.

MONTH _____ YEAR _____ AUDITED BY (monthly sign off) _____

DATE OF MONTHLY CLEAN _____ BY _____

Date	Time	Current temp (°C) Range 2-8°C	Max temp (°C)	Min temp (°C)	Reset by (initials)	Action taken if temp out of recommended range
1 st						
2 nd						
3 rd						
4 th						
5 th						
6 th						
7 th						
8 th						
9 th						
10 th						
11 th						
12 th						
13 th						
14 th						
15 th						
16 th						
17 th						
18 th						
19 th						
20 th						
21 st						
22 nd						
23 rd						
24 th						
25 th						
26 th						
27 th						
28 th						
29 th						
30 th						
31 st						

Appendix II

Thermometer battery change recording log.

- It is good practice to change batteries in external thermometers as per manufacturer’s instructions at least 3 monthly intervals or sooner if needed to ensure the batteries maintain optimum performance and do not lose power. This will reduce the risk of the thermometer suddenly not working.
- Highlight the months in which to perform a battery change, that works best for your home.

YEAR _____ THERMOMETER LOCATION _____

MONTH	DATE	CHANGED BY (INITIALS)	FURTHER INFORMATION
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
JUNE			
JULY			
AUGUST			
SEPTEMBER			
OCTOBER			
NOVEMBER			
DECEMBER			

Appendix III

Room temperature recording chart.

- Record room temperatures every day, at the same time each day. Ensure the thermometer has been reset. This is important to ensure the correct readings are captured each day.
- **The room temperature should not exceed +25°C.** Refer to your policy if temperatures are outside of the recommended range. Take appropriate action as soon as possible. Record action taken below.

MONTH _____ YEAR _____ AUDITED BY (monthly sign off) _____

Date	Time	Current temp (°C)	Max temp (°C)	Min temp (°C)	Reset by (initials)	Action taken if temp out of recommended range
1 st						
2 nd						
3 rd						
4 th						
5 th						
6 th						
7 th						
8 th						
9 th						
10 th						
11 th						
12 th						
13 th						
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16 th						
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28 th						
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30 th						
31 st						

Appendix IV

Refrigerator temperature recording chart.

(This chart is intended to be used double-sided)

- Record fridge temperatures every day at the same times each day, this chart can be used for twice daily readings. Ensure the thermometer has been reset. This is important to ensure the correct readings are captured.
- **The fridge temperature should be between +2°C and +8°C.** Refer to your policy if temperatures are outside of the recommended range. Take appropriate action as soon as possible. Record action taken below. Pharmacies can offer advice on what stock can and cannot be used.

MONTH _____ YEAR _____ AUDITED BY (monthly sign off) _____

DATE OF MONTHLY CLEAN _____ BY _____

Date	Time	Current temp (°C) Range 2-8°C	Max temp (°C)	Min temp (°C)	Reset by (initials)	Action taken if temp out of recommended range
1 st	am					
1 st	pm					
2 nd	am					
2 nd	pm					
3 rd	am					
3 rd	pm					
4 th	am					
4 th	pm					
5 th	am					
5 th	pm					
6 th	am					
6 th	pm					
7 th	am					
7 th	pm					
8 th	am					
8 th	pm					
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