**Quick guide to Just In Case medication prescribing** (see [Scottish Palliative Care Guidelines](https://www.palliativecareguidelines.scot.nhs.uk/guidelines/pain/Anticipatory-Prescribing.aspx) (SPCG) and [TAM](https://tam.nhsh.scot/healthcare-professional-information/therapeutic-guidelines/palliative-care/))

**01463 706655**

**Palliative Care Anticipatory Care (Just in Case) Prescribing Guide & Stockholders December 2023**

Available 24/7 for professionals, patients and carers through a single point of access, the service will be delivered by a highly experienced team, offering advice, support and information to people in their last year of life, covering clinical, practical, financial, and social issues that may be causing concern.

For **Specialist Clinical or Prescribing Advice for Health Care Professionals**, please continue to phone Highland Hospice on **01463 243132**.

|  |  |
| --- | --- |
| **Anticipatory prescription** | The prescription should include the **four medications** **plus flush / diluent** that may be needed for end of life symptom control. **Water for Injection. Supply 10 x 10ml amps**, Dose: 0.2ml S/C for cannula flush  \* It is important that prescription wording for controlled drugs meets the legal requirements to reduce delays in dispensing |
| **Opioid for pain and/or breathlessness (for opioid naive patient)** | **\*Morphine sulfate injection (10mg/ml ampoules)**, Supply 10 (ten) 1ml ampoules  Dose: 2mg to 5mg SC, repeated at hourly intervals as needed for pain or breathlessness. If 3 or more doses have been given within 4 hours with little or no benefit seek urgent advice or review. If more than 6 doses are required in 24 hours seek advice or review. (Patients on a regular opioid will require the same opioid prescribed as required for breakthrough pain. An appropriate as required dose is typically 1/6th to 1/10th of the total daily regular opioid dose.) |
| **Anxiolytic sedative for anxiety or agitation or breathlessness** | **\*Midazolam injection (10mg in 2ml ampoules)**, Supply 10 (ten) 2ml ampoules  Dose: 2mg to 5mg SC, repeated at hourly intervals as needed for anxiety/distress. If 3 or more doses have been given within 4 hours with little or no benefit seek urgent advice or review. If more than 6 doses are required in 24 hours seek advice or review  Midazolam can be used in massive terminal haemorrhage (refer to [Bleeding](https://www.palliativecareguidelines.scot.nhs.uk/guidelines/palliative-emergencies/Bleeding.aspx) guideline) or seizure management (refer to [Seizures](https://www.palliativecareguidelines.scot.nhs.uk/guidelines/palliative-emergencies/seizures.aspx) guideline).Note: if the patient is already on large background doses of benzodiazepines, a larger dose may be needed (if frail, a smaller dose may be sufficient)  Levomepromazine can be used in terminal agitation or agitated delirium at a different dose (refer to SPCG [Care in the Last Days of Life](https://www.palliativecareguidelines.scot.nhs.uk/guidelines/end-of-life-care/Care-in-the-Last-Days-of-Life.aspx) guideline) |
| **Anti-secretory for respiratory secretions** | **Hyoscine butylbromide injection (Buscopan®) (20mg/ml ampoules)**, Supply 10 ampoules.  Dose: 20mg SC, repeated at hourly intervals as needed for respiratory secretions. Max 120mg in 24 hours. |
| **Anti-emetic for nausea and vomiting** | **Levomepromazine injection (25mg/ml ampoules)**, Supply 10 ampoules  Dose: 2**.**5mg to 5mg SC, 12 hourly as needed for nausea. May need to be given more frequently initially, for example hourly, to control symptoms. If 3 or more doses have been given within 4 hours with little or no benefit seek urgent advice or review. If more than 6 doses are required in 24 hours seek advice or review.  Levomepromazine can be used in terminal agitation or agitated delirium at a different dose (refer to SPCG [Care in the Last Days of Life](https://www.palliativecareguidelines.scot.nhs.uk/guidelines/end-of-life-care/care-in-the-last-days-of-life.aspx) guideline) |

**Tips for GPs/Prescribers** -If the medication is urgently required, please phone the patient’s regular community pharmacy to confirm if they have it in stock and arrange supply of prescription and medication. If not, ask if they will source it from a network stockholding pharmacy where appropriate. Or write on prescription e.g. ‘required within two hours’ or ‘immediately required.’ Please prescribe from the list, wherever possible unless in exceptional circumstances to ensure medicines availability and reduce the risk of delays for the patients. You can write ‘injection’ on the prescription rather than specify ampoules or vials for controlled drugs. This enables pharmacists to supply whichever form of presentation that they have in stock.

**Tips for Pharmacists** - Engage with the primary healthcare teams to identify palliative care patients for advanced care planning. To minimise delays in managing new symptoms, prioritise where possible the dispensing of Controlled Drugs and medication used for palliative care purposes. Wherever possible, establish the urgency of the medication at the point of prescription hand in.

**Tips for District Nurses** - Please inform the patient’s usual community pharmacy which patients you are looking after who are likely to be requiring anticipatory medicines in the near future. Pharmacies only hold small medicines stocks and if several patients in the area require these all at once, the pharmacy may not have enough to ensure all supplies can be made. If you are collecting a prescription from the GP surgery, check it is the medication, strength and ampoule size your patient needs and if there is a CD, that it is written properly.

**In Exceptional Circumstances Only – if 2nd/3rd Line not available**

The Medicines Act 1968 prohibits the supply of medicines from hospital wards and departments to other parties. In exceptional circumstances, when all other appropriate avenues of medicines supply within primary care have been exhausted, follow the procedures for Transferring of controlled drug stock out of hours (see intranet for North Highland) at:

<http://intranet.nhsh.scot.nhs.uk/PoliciesLibrary/Documents/12%20Transferring%20of%20Controlled%20Drug%20Stock%20SOP%20Out%20of%20Hours%20between%20sites.pdf#search=SOP%20CD%20Transfers>

or Argyll & Bute at: <http://intranet.nhsh.scot.nhs.uk/PoliciesLibrary/Documents/12%20Argyll%20and%20Bute%20Transferring%20of%20CDs%20SOP.pdf#search=SOP%20CD%20Transfers>

The following summary may apply depending on local circumstances and where duty of care overrides barriers to transfer of drugs.

Contact the hospital on-call pharmacist via hospital switchboard.

* If approved, the prescriber will provide a SIGNED ORDER on headed notepaper for required medication, advise of collecting personnel (health service) and method of collection. Personnel collecting items will provide appropriate identification.
* Identification will be verified by nurse in charge of ward and supply will be recorded in the Controlled Drug Register and ward/department book, kept for this purpose. Signatures of lender and borrower are required against date, reason for supply being required, item name, form, strength and quantity supplied. The signed order will be retained in the borrows book/CD register.

NB: If this route is required, please review local practice and stockholding at PCEC following resolution of situation.

**The Community Pharmacy Palliative Care Medicines Stockholding Network**

Within the NHS Highland area all community pharmacies participate in the support network to provide additional palliative care support to patients – more info [here](http://intranet.nhsh.scot.nhs.uk/Org/DHS/Pharmacy/PALLIATIVECAREPHARMACY/Pages/Default.aspx). The network pharmacies service includes:

* The provision of advice and support on palliative care medications to other pharmacists, GP’s and District Nurses.
* The provision of advice and support to patients and their carers, signposting to additional services.

There are **55 pharmacies** which are specifically identified as **palliative care medicines** **stockholding pharmacies,** which additionally retain a small stock of the medication that may be required for palliative & end of life care. Some of the medication strengths and formulations are specific due to the volume limitations in syringe pumps and for bolus subcutaneous injections.

Although in most circumstances, the patient’s usual community pharmacist should be the first port of call, if the medication is not available within a reasonable time the nearest network pharmacy should be contacted by the first community pharmacist, the patient’s GP or District Nurse, to arrange prompt supply using the working hours numbers included in the leaflet.

**Palliative care medicine urgently needed out of hours**

When a prescription is required to be dispensed urgently out-of-hours (anticipatory prescribing is not in place and the medicine is not available in Primary Care out of hours centre), contact the NHS Highland out-of-hours service hub using the professional to professional contact number to access the nearest appropriate network pharmacist (see stockholder list below for opening hours).

**Community Pharmacy Palliative Medicines Stockholders – Check for altered opening hours** [**HERE**](https://app.smartsheet.com/b/publish?EQBCT=44f4ec788e1d46999136e516d8b06f08)**.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **North -Caithness** | Well Pharmacy  4 High Street, Thurso KW14 8AG  01847 892040  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-13:00 | Sutherlands Pharmacy  13 Traill Street, Thurso KW14 8EJ  01847 892011  Mon-Sat 9:00-13:00/14:00-17:30 | Boots  58-64 High Street WICK KW1 4NE  01955 603199  Mon-Sat 9:00-13:00/14:00-17:30 | Right Medicine Pharmacy  112, High Street, Wick KW1 4LR  01955 602053  Mon/Tue/Thur/Fri 9:00-13:00/14:00-17:30 (Wed 17:00), Sat 9:00 – 13:00 | Right Medicine Pharmacy  7 MacArthur Street, Wick KW1 5AX  01955 602005  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-13:00 |  |  |
| **North - East Sutherland** | Brora Pharmacy  1 Victoria Road, Brora KW9 6QN  01408 621230  Mon-Fri 8:45-17:30, Sat 9:00-13:00 | Mitchells Chemist  High Street, Dornoch IV25 3SH  01862 810253  Mon-Sat 9:00-17:30 | Golspie Pharmacy  Main Street, Golspie KW10 6TG  01408 633217  Mon-Fri 9:00-17:30, Sat 9:00-13:00 | Well Pharmacy  Main Street, Lairg IV27 4AR  01549 402374  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-13:00 | Bonar Bridge Pharmacy  Dornoch Road, Bonar Bridge, IV24 3EB  01863 760011  Mon-Fri 9:00-17:30, Sat 9:00-13:00 |  |  |
| **Mid – Ross & Cromarty** | Well Pharmacy  23 – 25 High Street, Tain IV19 1AE  01862 892002  Mon-Fri 8:30-13:00/14:00-18:0, Sat 9:00-13:00/14:00-17:00 | Right Medicine Pharmacy  2 Hugh Street, Balintore, Tain  IV20 1UT  01862 832291  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-13:00 | Your Local Boots Pharmacy  97 – 99 High Street, Invergordon  IV18 0AB  01349 852242  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-13:00/14:00-17:00 | Well Pharmacy  96/98 High Street, Alness IV17 0SG  01349 882233  Mon-Fri 9:00-13:00/14:00-18:00  Sat 9:00-13:00 | Boots  9-10 High Street, Dingwall IV15 9HL  01349 862282  Mon-Sat 9:00-13:30/14:00-17:00 | Dingwall Pharmacy  50 High Street, Dingwall IV15 9Hl  01349 862241  Mon-Sat 9:00-13:00/14:00-17:30 | Your Local Boots Pharmacy  47 High Street, Fortrose IV10 8SU  01381 621524  Mon-Fri 9:00-13:00/14:00-18:00  Sat 9:00-13:00 |
| Your Local Boots Pharmacy  High Street, Beauly IV4 7BT  01463 782241  Mon-Sat 9:00-17:30 | Spa Pharmacy  The Square, Strathpeffer IV14 9DW  01997 421214  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-13:00 | Great Glen Pharmacy  Lewiston, Drumnadrochit IV63 6UL  01456 459373  Mon-Sat 9:00-18:00 | Boots  3 Shore Street, Ullapool IV26 2Uj  01854 612114  Mon-Sat 9:00-13:00/14:00-17:00 | Gairloch Pharmacy  The Old Bakery, Strath, Gairloch, Rossshire IV21 2BT  01445 712840  Mon-Sat 9:00-13:00/14:00-17:30 | Fort Augustus Pharmacy  Great Glen Trading Centre, Fort Augustus PH32 4DD  01320 366813  Mon-Fri 9:00-17:30, Sat 9:00-13:00 |  |
| **Mid - Skye, Lochalsh & Lochaber** | Right Medicine Pharmacy  Station Road, Kyle of Lochalsh  IV40 8AE  01599 534206  Mon-Fri 9:00-17:30,  Sat 9:00-13:00/14:00-17:30 | Right Medicine Pharmacy  Fordhill, Broadford, Isle of Skye IV49 9AB  01471 822235  Mon-Fri 9:00-17:30  Sat 9:00-13:00/14:00-17:30 | Boots  5 Wentworth Street, Portree  IV51 9EJ  01478 612100  Mon-Sat 9:00-13:00/14:00-17:30 | Well Pharmacy  Caol Shopping centre, Glenloy Street, Fort William PH33 7DR  01397 703403  Mon-Fri 9:00-13:00/14:00-18:00  Sat 9:00-13:00 | Boots  Unit 2 Tweeddale Buildings, High Street, Fort William PH33 6EU  01397 705143  Mon-Sat 9:00-17:30 | Mallaig Village Pharmacy  Main Street, Mallaig PH41 4QB  01687 462209  Mon-Fri 9:00-17:30  Sat 9:00-13:00 | MhorHealth  Invercauld House, Spean Bridge PH34 4EP  01397 712146  Mon-Fri 9:00-18:00, Sat 9:00-13:00 |
| **South - Inverness** | Boots  Unit 2, Eastfield Way, Business & Retail Park, Inverness IV2 7GD  01463 715343  Mon-Fri 8:45-14:00/15:00-20:00, Sat 8:45-14:00/15:00-18:00  Sun 11:00-14:00/15:00-17:00 | Rowlands  54 Grant Street, Inverness IV3 6BS  01463 232217  Mon-Sat 8:30-13:00/13:20-17:30 | Kinmylies Pharmacy  1 Charleston Court, Inverness  IV3 8YB  01463 221094  Mon-Fri 9:00-13:00/14:00-18:00  Sat 9:00-13:00 | Ness Pharmacy  18 Greig Street, Inverness, IV3 5PX  01463 233545  Mon-Fri 9:00-13:00/14:00-18:00  Sat 9:00-13:00 | Lochardil Pharmacy  Lochardil Stores  Morven Road, Inverness IV2 4BU  01463 236263  Mon-Fri 8:30-13:00/13:30-17:30  Sat 9:00-13:00/13:30-17:00 | Milton of Leys Pharmacy  Leys Square, Inverness IV2 6HF  01463 771001  Mon-Fri 9:00-12:00/13:00-18:00  Sat 9:00-13:00 | Care Pharmacy  7 Cradlehall Court, Inverness  IV2 5WD  01463 798978  Mon-Fri 8:30-18:00  Sat 9:00-13:00 |
| **South – Nairn, Ardersier, Badenoch & Strathspey** | Kinwell Pharmacy  1 High Street, Nairn IV12 4AG  01667 453100  Mon-Fri  9:00-13:00/14:00-18:00  Sat 9:00-13:00 | Ardersier Pharmacy  10 High Street, Ardersier IV2 7QB  01667 462615  Mon/Tue/Wed/Fri  9:00-13:00/14:00-17:30  Thurs/Sat 9:00-13:00 | Tornagrain Pharmacy  1a Hillhead Road, Tornagrain  IV2 8AB  01463 547009  Mon-Fri 8:30-18:00  Sat 9:00-13:00 | Your Local Boots Pharmacy  7-8 Myrtlefield, Grampian Road, Aviemore PH22 1RH  01479 810259  Mon-Fri 8:00-13:00/13:30-18:00 Sat 9:00-13:00/13:30-17:30 | Grantown Pharmacy  69 High Street, Grantown on Spey PH26 3EG  01479 872006  Mon-Sat 8:45-13:00/14:00-17:30 | Your Local Boots Pharmacy  22 High Street, Kingussie PH21 1HR  01540 661202  Mon-Sat 9:00-13:00/13:30-17:30 |  |
| **Argyll & Bute - Oban, Lorn & Isles, Mid Argyll, Kintyre & Islay** | Dalmally Pharmacy  Main Road, Dalmally  PA33 1AX  01838 200465  Mon/Tue/Thu/Fri  9:00-13:00/14:00-17:30  Wed 9:00-13:00, Sat 9:00-12:30 | Boots Pharmacy  34-38 George Street, Oban  PA34 5NL  01631 562517  Mon-Sat 9:00-13:30/14:30-17:30 | Your Local Boots Pharmacy  5 Soroba Road, Oban PA34 4JA  01631 564560  Mon-Fri 8:30-13:00/14.00-18:00 Sat 9:00-13:00 | Tobermory Pharmacy  46 Main Street, Tobermory, Isle of Mull, PA75 6NT  01688 302 431  Mon/Tue/Thur/Fri  9:00-13:00/14:00-17:30  Wed/Sat 9:00-13:00 | Argyll Pharmacy  12-14 Argyll Street, Lochgilphead, PA31 8LZ  01546 603217  Mon-Fri 9:00-17:30  Sat 9:00- 17:00 | Tarbert Pharmacy  Barmore Road, Tarbert, PA29 6TW  01880 820232  Mon-Fri 9:00-13:00/14:00-17:30, Sat 9:00-13:00/14:00-17:00 | Your Local Boots pharmacy  11-13 Longrow South, Campbeltown, PA28 6AH  01586 552023  Mon-Sat 9:00-17:30 |
| **Argyll & Bute - Bute, Cowal, Helensburgh & Lomond** | Right Medicine Pharmacy  67 Argyll Street, Dunoon, PA23 7HG  01369 702157  Mon-Sat 9:00-13:00/14:00-17:30 | Healthful Pharmacy  6-7 Victoria Street, Rothesay  PA20 OAJ  01700 502836  Mon-Fri 9:00-13:00/14:00-18:00,  Sat 9:45-13:00/14:00-18:00 | Davidsons Chemist  Unit 1, Campbell Buildings, Garelochhead, G84 0FL  01436 810002  Mon-Fri 9:00-13:00/14:00-17:30  Sat 9:00-12:00 | Boots Pharmacy  13 Sinclair Street, Helensburgh, G84 8SR  01436 674059  Mon-Sat 8.45-17.30  Sun 11:00-16:00 | Rowlands Pharmacy  48 West Princes Street, Helensburgh G84 8UG  01436 674186  Mon-Fri 9:00-13:00/13:20-18:00 Sat 9:00-13:00 |  |  |