**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 ampoulesDose: 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 ampoulesDose: 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 reviewMidazolam 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 Pharmacy4 High Street, Thurso KW14 8AG01847 892040Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-13:00 | Sutherlands Pharmacy13 Traill Street, Thurso KW14 8EJ01847 892011Mon-Sat 9:00-13:00/14:00-17:30 | Boots58-64 High Street WICK KW1 4NE01955 603199Mon-Sat 9:00-13:00/14:00-17:30 | Right Medicine Pharmacy112, High Street, Wick KW1 4LR 01955 602053Mon/Tue/Thur/Fri 9:00-13:00/14:00-17:30 (Wed 17:00), Sat 9:00 – 13:00 | Right Medicine Pharmacy7 MacArthur Street, Wick KW1 5AX01955 602005Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-13:00 |  |  |
| **North - East Sutherland** | Brora Pharmacy1 Victoria Road, Brora KW9 6QN01408 621230Mon-Fri 8:45-17:30, Sat 9:00-13:00 | Mitchells ChemistHigh Street, Dornoch IV25 3SH01862 810253Mon-Sat 9:00-17:30 | Golspie PharmacyMain Street, Golspie KW10 6TG01408 633217Mon-Fri 9:00-17:30, Sat 9:00-13:00 | Well PharmacyMain Street, Lairg IV27 4AR01549 402374Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-13:00 | Bonar Bridge PharmacyDornoch Road, Bonar Bridge, IV24 3EB01863 760011Mon-Fri 9:00-17:30, Sat 9:00-13:00 |  |  |
| **Mid – Ross & Cromarty** | Well Pharmacy23 – 25 High Street, Tain IV19 1AE01862 892002Mon-Fri 8:30-13:00/14:00-18:0, Sat 9:00-13:00/14:00-17:00 | Right Medicine Pharmacy2 Hugh Street, Balintore, TainIV20 1UT01862 832291Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-13:00 | Your Local Boots Pharmacy 97 – 99 High Street, Invergordon IV18 0AB01349 852242Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-13:00/14:00-17:00 | Well Pharmacy96/98 High Street, Alness IV17 0SG01349 882233Mon-Fri 9:00-13:00/14:00-18:00Sat 9:00-13:00 | Boots9-10 High Street, Dingwall IV15 9HL01349 862282Mon-Sat 9:00-13:30/14:00-17:00 | Dingwall Pharmacy50 High Street, Dingwall IV15 9Hl01349 862241Mon-Sat 9:00-13:00/14:00-17:30 | Your Local Boots Pharmacy47 High Street, Fortrose IV10 8SU01381 621524Mon-Fri 9:00-13:00/14:00-18:00Sat 9:00-13:00 |
| Your Local Boots PharmacyHigh Street, Beauly IV4 7BT01463 782241Mon-Sat 9:00-17:30 | Spa PharmacyThe Square, Strathpeffer IV14 9DW01997 421214Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-13:00 | Great Glen PharmacyLewiston, Drumnadrochit IV63 6UL01456 459373Mon-Sat 9:00-18:00 | Boots3 Shore Street, Ullapool IV26 2Uj01854 612114Mon-Sat 9:00-13:00/14:00-17:00 | Gairloch PharmacyThe Old Bakery, Strath, Gairloch, Rossshire IV21 2BT01445 712840Mon-Sat 9:00-13:00/14:00-17:30 | Fort Augustus PharmacyGreat Glen Trading Centre, Fort Augustus PH32 4DD01320 366813Mon-Fri 9:00-17:30, Sat 9:00-13:00 |  |
| **Mid - Skye, Lochalsh & Lochaber** | Right Medicine PharmacyStation Road, Kyle of LochalshIV40 8AE01599 534206Mon-Fri 9:00-17:30, Sat 9:00-13:00/14:00-17:30 | Right Medicine PharmacyFordhill, Broadford, Isle of Skye IV49 9AB01471 822235Mon-Fri 9:00-17:30Sat 9:00-13:00/14:00-17:30 | Boots5 Wentworth Street, PortreeIV51 9EJ01478 612100Mon-Sat 9:00-13:00/14:00-17:30 | Well PharmacyCaol Shopping centre, Glenloy Street, Fort William PH33 7DR01397 703403Mon-Fri 9:00-13:00/14:00-18:00Sat 9:00-13:00 | BootsUnit 2 Tweeddale Buildings, High Street, Fort William PH33 6EU01397 705143Mon-Sat 9:00-17:30 | Mallaig Village PharmacyMain Street, Mallaig PH41 4QB01687 462209Mon-Fri 9:00-17:30Sat 9:00-13:00 | MhorHealthInvercauld House, Spean Bridge PH34 4EP01397 712146Mon-Fri 9:00-18:00, Sat 9:00-13:00 |
| **South - Inverness** | BootsUnit 2, Eastfield Way, Business & Retail Park, Inverness IV2 7GD01463 715343Mon-Fri 8:45-14:00/15:00-20:00, Sat 8:45-14:00/15:00-18:00Sun 11:00-14:00/15:00-17:00 | Rowlands54 Grant Street, Inverness IV3 6BS01463 232217Mon-Sat 8:30-13:00/13:20-17:30 | Kinmylies Pharmacy1 Charleston Court, InvernessIV3 8YB01463 221094Mon-Fri 9:00-13:00/14:00-18:00Sat 9:00-13:00 | Ness Pharmacy18 Greig Street, Inverness, IV3 5PX01463 233545Mon-Fri 9:00-13:00/14:00-18:00Sat 9:00-13:00 | Lochardil PharmacyLochardil StoresMorven Road, Inverness IV2 4BU01463 236263Mon-Fri 8:30-13:00/13:30-17:30Sat 9:00-13:00/13:30-17:00 | Milton of Leys PharmacyLeys Square, Inverness IV2 6HF01463 771001Mon-Fri 9:00-12:00/13:00-18:00Sat 9:00-13:00 | Care Pharmacy7 Cradlehall Court, InvernessIV2 5WD 01463 798978Mon-Fri 8:30-18:00Sat 9:00-13:00 |
| **South – Nairn, Ardersier, Badenoch & Strathspey** | Kinwell Pharmacy1 High Street, Nairn IV12 4AG01667 453100Mon-Fri 9:00-13:00/14:00-18:00Sat 9:00-13:00 | Ardersier Pharmacy10 High Street, Ardersier IV2 7QB01667 462615Mon/Tue/Wed/Fri 9:00-13:00/14:00-17:30Thurs/Sat 9:00-13:00 | Tornagrain Pharmacy1a Hillhead Road, Tornagrain IV2 8AB01463 547009Mon-Fri 8:30-18:00Sat 9:00-13:00 | Your Local Boots Pharmacy7-8 Myrtlefield, Grampian Road, Aviemore PH22 1RH01479 810259Mon-Fri 8:00-13:00/13:30-18:00 Sat 9:00-13:00/13:30-17:30 | Grantown Pharmacy69 High Street, Grantown on Spey PH26 3EG01479 872006Mon-Sat 8:45-13:00/14:00-17:30 | Your Local Boots Pharmacy22 High Street, Kingussie PH21 1HR01540 661202Mon-Sat 9:00-13:00/13:30-17:30 |  |
| **Argyll & Bute - Oban, Lorn & Isles, Mid Argyll, Kintyre & Islay** | Dalmally PharmacyMain Road, DalmallyPA33 1AX01838 200465Mon/Tue/Thu/Fri 9:00-13:00/14:00-17:30Wed 9:00-13:00, Sat 9:00-12:30 | Boots Pharmacy34-38 George Street, ObanPA34 5NL01631 562517Mon-Sat 9:00-13:30/14:30-17:30 | Your Local Boots Pharmacy5 Soroba Road, Oban PA34 4JA01631 564560Mon-Fri 8:30-13:00/14.00-18:00 Sat 9:00-13:00 | Tobermory Pharmacy46 Main Street, Tobermory, Isle of Mull, PA75 6NT01688 302 431Mon/Tue/Thur/Fri 9:00-13:00/14:00-17:30Wed/Sat 9:00-13:00 | Argyll Pharmacy12-14 Argyll Street, Lochgilphead, PA31 8LZ01546 603217Mon-Fri 9:00-17:30Sat 9:00- 17:00 | Tarbert PharmacyBarmore Road, Tarbert, PA29 6TW01880 820232Mon-Fri 9:00-13:00/14:00-17:30, Sat 9:00-13:00/14:00-17:00 | Your Local Boots pharmacy11-13 Longrow South, Campbeltown, PA28 6AH01586 552023Mon-Sat 9:00-17:30 |
| **Argyll & Bute - Bute, Cowal, Helensburgh & Lomond** | Right Medicine Pharmacy67 Argyll Street, Dunoon, PA23 7HG01369 702157Mon-Sat 9:00-13:00/14:00-17:30 | Healthful Pharmacy6-7 Victoria Street, RothesayPA20 OAJ01700 502836Mon-Fri 9:00-13:00/14:00-18:00,Sat 9:45-13:00/14:00-18:00 | Davidsons ChemistUnit 1, Campbell Buildings, Garelochhead, G84 0FL01436 810002Mon-Fri 9:00-13:00/14:00-17:30Sat 9:00-12:00 | Boots Pharmacy13 Sinclair Street, Helensburgh, G84 8SR01436 674059Mon-Sat 8.45-17.30Sun 11:00-16:00 | Rowlands Pharmacy48 West Princes Street, Helensburgh G84 8UG 01436 674186Mon-Fri 9:00-13:00/13:20-18:00 Sat 9:00-13:00 |  |  |