



Title	<i>Symptomatic Relief Policy (SRP) in Adult Patients</i>
Document Type	<i>Policy</i>
Version Number	<i>7</i>
CGQ & RDS ID Number	<i>Clinical Governance & Quality Use only</i>
Approval/Issue date	<i>November 2023</i>
Review date	<i>November 2025</i>
Owner/Responsible Person	<i>Barron M</i> maxine.barron@borders.scot.nhs.uk
Developed by	<i>Park C (Lead pharmacist)</i> <i>Harvey K (Mental Health Pharmacist)</i> <i>03/2021</i>
Reviewed by	<i>Barron M (Mental Health Pharmacist)</i> <i>MacFarlane, S (Huntlyburn Senior Charge Nurse)</i> <i>11/2023</i>
Significant resource implications (financial/workload)	<i>Nil</i>
Approved by	<i>Area Drug & Therapeutic Committee</i>
Health Inequality Impact Assessment (HIIA) <small>(only statutory for policies)</small>	<i>03/2021</i>

Uncontrolled when printed

Pharmacy Department BGH
Symptomatic Relief Policy (SRP)
In Adult Patients



Introduction

The policy is in place to ensure that nursing (and midwifery) staff (given the provisos in No 3 below) can supply appropriate 'when required' medications in the interests of patient comfort. The ten medications included in the SRP are detailed in the table overleaf.

Procedure

1. A prescriber should prescribe the medications included in the policy by entering on the Medicine Chart 'Symptomatic Relief Policy' in the As Required Section.
The entry should be signed and dated in the normal manner. Or on the mental health medicine charts the prescriber is required to sign the "symptomatic relief policy" box on the as required section of medicines, date it and add any appropriate exclusions.
2. The prescriber may exclude any of the items which in their judgement would not be appropriate, e.g. "Symptomatic Relief Policy except for Paracetamol tablets".
3. The nurse or midwife must record administration on the administration part of the Medicine Chart by entering the letter of the medicine and the amount given.
4. The dose(s) administered must not exceed the maximum stated on the SRP. If further treatment is required a prescriber must be contacted.
5. Use of the SRP must be reviewed weekly by the prescriber and/or clinical pharmacist and appropriate adjustment to the Medicine Chart made.
6. This policy excludes patients who have a purple "end of life" care drug chart, as they have in place a comprehensive "When Required" medication section.

Introduced September 1997. Reviewed December 2002.
Revised December 2011. Next review date: November 2015.
Revised August 2012. Review date: August 15.
Revised February 16 Review February 19
Revised March 2021. Review March 2023
Revised November 2023, Review November 2025

Code	Drug	Indication	Dose	Maximum Dose allowed	Contraindications
A	Paracetamol	Pain	<p>500mg to 1000mg (1 to 2 tablets) may be given at any one time to patients weighing >50kg. Doses should be separated by a minimum of 4 hours.</p> <p>500mg for patients weight <50kg, (1 x 500mg tablet) may be given at any one time. Doses should be separated by a minimum of 4 hours.</p> <p>NB: Effervescent tablets or suspension (250mg/5ml) can be used at the equivalent dose if required.</p>	<p>Max doses in 24 hours:</p> <p>Weight > 50kg: 4g (4 doses of 1000mg) in 24 hours</p> <p>Weight < 50 kg: 2g (4 doses of 500mg) in 24 hours</p>	<ul style="list-style-type: none"> • Patients already receiving the maximum dose of paracetamol, eg 8 tablets (4g) in 24 hours of paracetamol • Patients on co-codamol, co-dydramol or any other combination product which includes paracetamol • Allergy to paracetamol
B	Senna	Constipation	<p>7.5mg to 15mg (1 to 2 tablets) may be given at any one time, usually at night.</p> <p>Acts within 8-12 hours.</p> <p>NB: Senna Liquid (7.5mg/5ml) can be used at the equivalent dose if required.</p>	1 dose (2 tablets or 10ml) in 24 hours	<ul style="list-style-type: none"> • Intestinal obstruction • Recent gastro-intestinal surgery • Acute or chronic gastro-intestinal condition • Medical review if patient has been on anti diarrhoeal medication (also these should be stopped) • Not to be used in pregnancy
C	Glycerol Suppository 4g	Constipation	One suppository may be given at any one time.	1 dose by rectum (maximum 1 suppository) in 24 hours	<ul style="list-style-type: none"> • Acute gastro-intestinal conditions • Recent anal/rectal surgery
D	Phosphate Enema	Constipation	One enema at any one time.	1 dose (1 enema) by rectum in 24 hours	<ul style="list-style-type: none"> • Acute gastro-intestinal conditions • Recent anal/rectal surgery • Not to be used in pregnancy

Code	Drug	Indication	Dose	Maximum dose allowed	Contraindications
E	Simple Linctus – Sugar Free	Cough	5ml dose	4 doses (20ml) in 24 hours	
F	Peptac	Dyspepsia	Up to 10ml may be given at any one time	4 doses (40ml) in 24 hours	
G	Liquid Paraffin 50% White Soft Paraffin 50%	Emollient	Apply as required	No maximum	<ul style="list-style-type: none"> Allergy to constituents
H	Choline Salicylate (Bonjela) 87mg per 1g	Mild Oral Lesions (ulcers)	Apply 0.5inch to oral lesion, apply with gentle massage	1 dose every 3 hours	<ul style="list-style-type: none"> Under 16 years old Do not apply to dentures. Leave at least 30 minutes before re insertion of dentures.
I	Hypromellose 0.3%w/v Eye Drops	Dry eyes, relief of irritated or dry eyes due to tear deficiency	One or two drops instilled into the affected eye(s) up to three times a day	3 doses in 24 hours	<ul style="list-style-type: none"> The dropper should not touch any part of the eye or other surface to ensure sterility. The product contains benzalkonium chloride and should not be used if soft contact lenses are being worn. This can discolour the lenses. Remove contact lenses prior to application and wait for at least 15 minutes before reinserting. Sensitivity to preservatives in eye drops (this product contains benzalkonium)
J	Loratadine	Hayfever	10mg dose	1 dose in 24 hours	<ul style="list-style-type: none"> Not to be used in pregnancy Not to be used if breastfeeding Drowsiness Severe liver impairment Lactose intolerance