

HOMELY REMEDY PROTOCOL – IBUPROFEN

Protocol for administration of IBUPROFEN to pupils/staff at Woodbridge School by School Nurse/ Day and Boarding Matrons

Ibuprofen is available over-the-counter to relieve pain, stiffness and inflammation that may accompany a number of disorders. It acts as an analgesic as well as an anti-inflammatory. It is an effective treatment for the symptoms of arthritis, and relieves mild to moderate headache, menstrual pain and soft tissue injury.

Ibuprofen has fewer side effects than many of the other non-steroidal anti-inflammatory drugs (NSAIDS).

Ibuprofen can also be applied as a gel for localised musculoskeletal conditions.

Follow up treatment	Monitor and review child If symptoms persist inform parents Verbal consent Parental/LG must be obtained before a second dose can be given 4 – 6 hours later (except Boarding Matron) Medical advice should be sought from School Doctor if symptoms persist or deteriorate and parents/LG informed.
Pupil/staff advice	Inform pupil/staff of medication being administered under homely remedy policy. Under 16's: Give letter to take home to parents/LG advising of dose/date/time of Ibuprofen Over 16's : Advise when next dose can be taken and remind that initially up to 400mg 6 hourly can only be taken in a 24 hour period. If not competent then send letter home with medication instructions home.
Consent	Ibuprofen will only be administered to pupils in the presence of a written and signed consent form from parents or legal guardians permitting the administration of Ibuprofen to their child. WRITTEN CONSENT must be obtained from a parent or Legal Guardian if a child suffers from ASTHMA as NSAIDs are contra-indicated in patients with a history of asthma.
Record keeping	Record details in Surgery/School House/Staff Log Update pupil's medical record Complete and issue letter to under 16's

QUICK CHECKLISTS

Pre-administration

Check identity and age of the pupil

Check condition appropriate to be treated with Ibuprofen.

Check consent form is dated and signed by parent or legal guardian

Check for medical conditions and allergies (NO ASTHMA, KIDNEY DISEASE, RAISED B.P., ALLERGIC TO ASPIRIN, PREGNANCY)

Check how much Ibuprofen has been taken in the last 24 hours. Clarify with parent or LG if in any doubt

Check if the pupil is taking any other medication, and confirm that it is compatible with Ibuprofen and does not contain Ibuprofen.

Before dispensing, check drug name, dose and expiry date.

Post administration

Record details in Surgery Day Book (or equivalent), sign and date and time. Update pupil's medical record

Under 16's – Letter issued for pupil to take home to parent or LG advising of dose/date/time of Ibuprofen

Over 16's - Advise when next dose can be taken and remind of only 4 doses can be taken in any 24 hour period. If not competent then letter to be sent home.

Follow-up Dose (All age groups)

May be required 4 – 6 hours later if symptoms persist.

Contact parent/ LG by phone (Not required for boarders), if this is unsuccessful and second dose needed. Contact School Nurse or School Doctor.

Drug Errors

Action **Drug Error** – Contact School Doctor/ A & E for advice

Overdose – Low danger rating. An occasional unintentional extra dose is unlikely to be cause for concern , but if you notice unusual symptoms, or if a large overdose has been taken, notify School Doctor/ A & E or seek advice for NHS Direct.

Inform Parents / LG / Headmaster and record in Surgery Day Book and in child's records.

Author P K Wilson/CLT
Adapted by CL Thompson 19/01/11

Verified Dr JP Lynch January 2011

Review Frequency Annual

Review Date January 2012

References Medical Officer of Schools Association (2007)

British National Formulary (2008)

The British Medical Association, New Guide to Medicines
And Drugs (1996)

Checked by CLT 20/01/11