

Section 12 - Symptomatic Relief Policy

The NHS Lanarkshire Symptomatic Relief Policy exists to facilitate prompt treatment of commonly occurring symptoms through empowering nursing staff to utilise their clinical judgement in administering those medicines included in the policy without recourse to an authorised practitioner.

The policy does not replace the diagnosis and treatment of medical conditions by medical staff and is not intended to treat long-standing/chronic conditions.

The medicines contained in this policy may be administered to patients by nursing staff, providing certain criteria are met.

The policy stipulates the minimum interval and the maximum number of doses of each medicine that can be administered before medical review. Should the patient's condition persist beyond that stated in the individual drug monograph then a member of medical staff must be notified and the patient examined. Should a patient need more frequent dosing of a particular medicine, this should then be individually prescribed for them.

The Symptomatic Relief Policy does not contain complete prescribing information. Nursing staff are referred to the BNF and summary of product characteristics for further information.

Clinical Conditions to which the policy applies.

- Pain
- Pyrexia
- Dyspepsia
- Dry eyes
- Ear wax
- Sun protection
- Constipation
- Cough
- Sore Throat
- Maintenance of indwelling urinary catheter
- Anal irritation/haemorrhoids