



“Just in Case” boxes

Pro active prescribing is the cornerstone of a peaceful and dignified death in the community setting. How people die lives on in the memory of the bereaved. We only get one chance to get this right.

A new initiative has been launched known as “Just in Case” Boxes which entails pro active prescribing for patients that are coming to the end of their lives. Palliative care patients often experience new or worsening symptoms outside of doctors’ normal working hours and since these hours are greater than normal working time the provision of and the availability of appropriate medication within the community can present major problems. To address this issue and to prevent crisis situations the introduction of “Just in Case” boxes may optimise the provision of care to palliative care patients. This project has been awarded platinum points under the quality target of the scheme. Guidelines and crib sheets have been emailed to all GPs, District Nurses and Practice Managers regarding this project.

The recommended five core group of drugs to be prescribed are: SC Diamorphine, Levomepromazine, Midazolam, Glycopyrronium, and SL Lorazepam.

In brief the scheme will operate as follows:

- GP generates the prescription, DN administration sheet and alerts District Nurse
- Family collect drugs from community pharmacy.
- District Nurse (DN) visits the patient’s home and places drugs in the orange hobby craft “Just in Case” box with the administration sheet and professionals guide. The DN explains the scheme to the patient / family and supplies them with the information leaflet.
- All unused drugs are returned to the community pharmacist in the orange “Just in Case” box for disposal. Pharmacist completes audit trail and faxes this document to the Hospice and informs District Nurse (to collect box).

If you would like further information on this please contact Lyn Dawkins Macmillan Facilitator End of Life Care. Email: lyn.dawkins@iow.nhs.uk Tel: 01983 535314 📠535314