

## Just in Case Pack Brief Guide for GP's

- GP or Specialist Nurse identifies a person who is suitable to receive a Just in Case pack (this will usually be within the 2-3 months before end of life).
- GP or Specialist Nurse discusses and explains the purpose and use of the Just in Case pack with the patient/family/carer (as appropriate) and gains patient consent to supply the pack.
- GP issues the prescriptions for a Just in Case pack together with the appropriate End of Life Authorisation to Administer Forms and a Patient Information Leaflet. These are generated automatically on Emis and the prescription items are detailed below.
- GP registers patient with the Out of Hours Service and advises them that a prescription for a Just in Case pack has been supplied.

### Items on Just in Case Prescription

Symptom	Standard Just in Case pack	Alternative ( if Diamorphine unavailable)
<b>Pain</b>	5 x Diamorphine 10mg Inj	5 x Morphine 15mg/ml inj
<b>Nausea/Vomiting</b>	2 x Levomepromazine 25mg/ml Inj	2 x Levomepromazine 25mg/ml Inj
<b>Respiratory</b>	4 x Hyoscine Butylbromide 20mg/ml Inj	4 x Hyoscine Butylbromide 20mg/ml Inj
<b>Anxiety</b>	4 x Midazolam 10mg/2ml Inj	4 x Midazolam 10mg/2ml Inj
<b>Other</b>	5 x Water for Injection BP	5 x Water for Injection

- If it is likely that a Just in Case pack will be required within the following week: the End of Life Authorisation to Administer Forms should be completed and signed by either, the patients GP or another appropriate Medical Practitioner.
- All doses prescribed and administered should be recorded in the patient's community notes.
- The person administering the medication should advise the patient's GP that the pack has been opened and used and arrange for prescriptions for any further medication required.
- NOTE: If prescribing diamorphine for breakthrough pain, the as required dose should be equivalent to one tenth to one sixth of the 24 hour subcutaneous infusion dose. For opioid naïve patients a dose of 2.5mg of diamorphine would be appropriate in most cases.

**Symptom control guides, patient information leaflet and further information may be found on Shropshire and Telford & Wrekin CCG Websites:**

<https://www.shropshireccg.nhs.uk> <https://www.telfordccg.nhs.uk/>

**Or contact the Palliative Care Team**