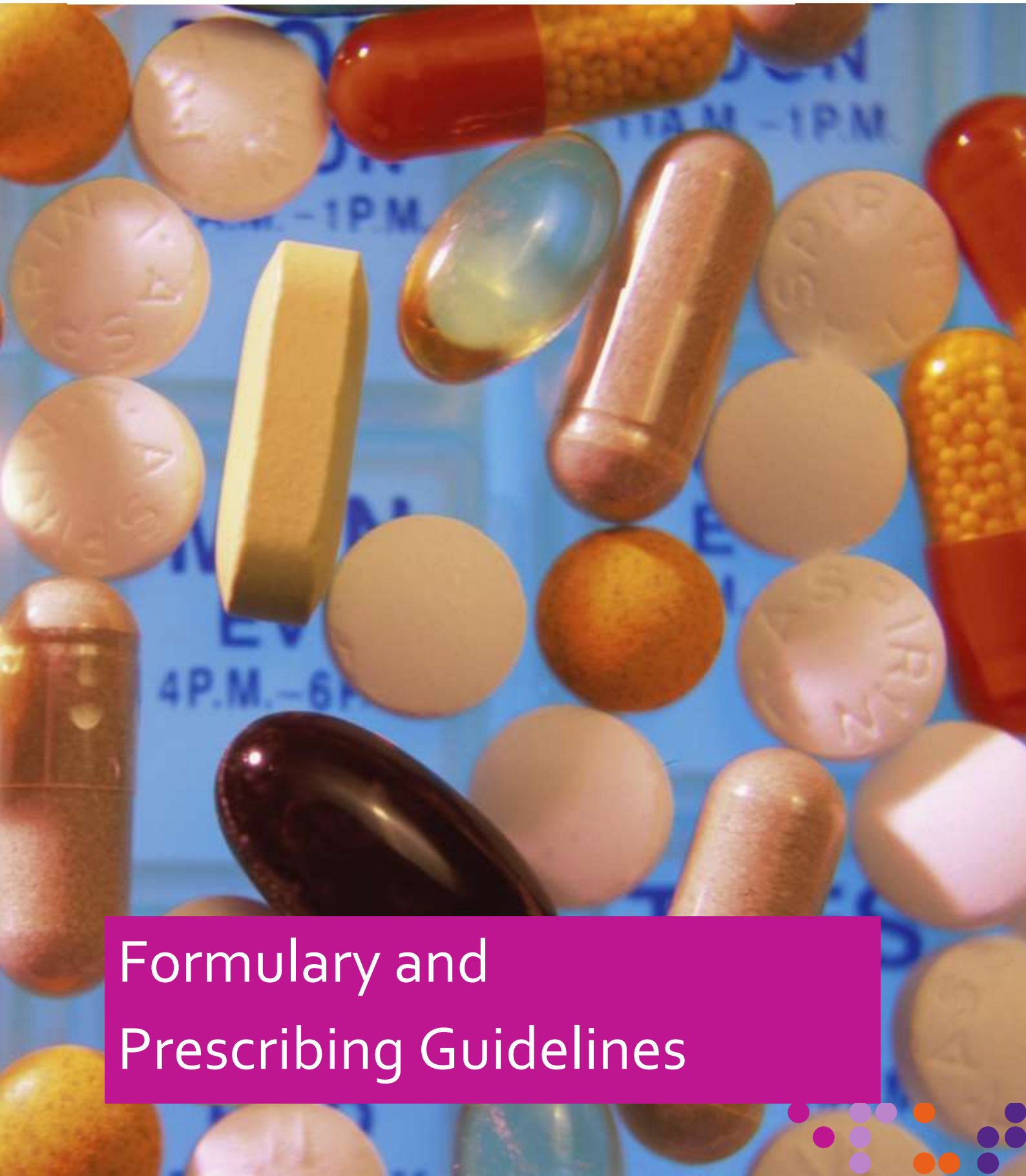


PROTOCOL FOR THE ADMINISTRATION OF PEPTAC



Formulary and  
Prescribing Guidelines



## Introduction

This protocol allows for the administration of Peptac® by a registered nurse without a prescription from a doctor in situations where a delay in administration would be detrimental to the patient. It should only be used on inpatient mental health and learning disability wards.

A registered nurse who has received appropriate training and has been assessed as competent by the Ward /Clinical Manager may administer Peptac® at their own discretion in accordance with this protocol.

## Clinical Situation

Administration of Peptac® by an appropriately trained registered nurse is only for use on inpatient settings in mental health and learning disability services. All patients who fall within the stated inclusion criteria will be eligible to receive Peptac® at the discretion of the registered nurse under whose care the patient falls. This is subject to the exclusion criteria and /or contraindications.

Medication can be administered to adult patients aged 16 years and over who require symptomatic relief of Indigestion or heartburn for up to 48 hours during the working week or a maximum of 72 hours at weekends and bank holidays.

Administration procedures must be the same as for all other medicines in line with the Trust Procedural Guidelines on the Safe and Secure Handling of Medicines (CLPG13-MH) and must be reported to the doctor at the earliest opportunity as further investigation may be required.

## Staff Competency

Only a Registered General Nurse or Registered Mental Health Nurse employed by the Trust is permissible under this protocol to administer Peptac® without a prescription.

In addition, the following requirements are also necessary:

- Agree to be accountable for the provision of this service.
- Demonstrates appropriate awareness of symptoms and appropriate judgement on when refer.
- Be trained and capable to manage anaphylaxis
- Have access to the current protocol for the administration of Peptac® and the Trust policy on the Safe and Secure Handling of Medicines (CLPG13-MH).
- Knowledge and use of the current edition of the BNF.
- Provide evidence of on-going Continuing Professional Development.

## Referral

Administration of Peptac® will be considered at the request of a patient and / or as a response to an assessment carried out by a registered nurse.

On assessment, if a medicine is felt to be unsuitable for a patient or the nurse suspects the patient has a more serious underlying cause for their symptoms, then further advice should be sought from a prescriber for assessment as soon as possible.

If the patient declines to accept the administration of Peptac® from the registered nurse, the prescriber must be contacted appropriately to further assess the patient.

### **Record keeping**

Any medication administered must be clearly recorded on the “Once Only” section of the Patients’ Prescription and Administration Chart.

A record must also be made on the patient’s healthcare record and must include: reason for administration, dose given and the time dose administered. Consent must be obtained. The patient must also be informed of the next dose where applicable.

All known allergies must be recorded in the patients’ healthcare record. The allergy status of the patient must be checked before any medication can be administered.

### **Audit**

Monitoring of the discretionary administration of Peptac® will be carried out by the ward based pharmacy team. Compliance with this protocol will be against the Safe and Secure Handling of Medicines Procedures.

| Protocol                        |   |
|---------------------------------|---|
| <b>CLINICAL CONDITION</b>       |   |
| Clinical Situation              | Management of Indigestion known as Dyspepsia – painful burning feeling in the chest, feeling full or bloated.<br>Management of Heartburn  |
| Inclusion Criteria              | Adult In-patients (16 years and over) with gastric reflux, reflux oesophagitis, heartburn, flatulence associated with gastric reflux.   |
| Exclusion Criteria              | <ul style="list-style-type: none"> <li>• Children under 16 years</li> <li>• Hypersensitivity to any of the ingredients of the preparation (SPC <a href="http://www.medicines.org.uk">www.medicines.org.uk</a> )</li> <li>• Blood in stools or black stools</li> <li>• Patient on a sodium restricted diet, with heart failure or hypertension</li> <li>• Difficulty swallowing</li> <li>• Recurrent vomiting</li> <li>• Weight loss</li> <li>• Stomach Ache</li> <li>• Patients coughing up or vomiting blood (may have the appearance of “coffee grounds”</li> <li>• Known severe renal impairment</li> <li>• Known angina and hypertension.</li> <li>• Patients already on antacid medication.</li> <li>• Patients pregnant or breastfeeding</li> </ul> |
| Actions if Excluded (Referral)  | <ul style="list-style-type: none"> <li>• Working Hours: Contact Medical Prescriber for advice</li> <li>• Out of Hours: Contact the On-Call team</li> <li>• Document exclusion or refusal in patient’s records.</li> </ul>   |
| Caution                         | <ul style="list-style-type: none"> <li>• Antacids can impair absorption of many other medicines. Avoid giving Peptac® at the same time as other medicines. Try leaving two hours between giving Peptac® and other medication.</li> <li>• Non-steroidal anti-inflammatory drugs (NSAIDs) e.g. Ibuprofen, diclofenac, naproxen, may cause indigestion. If this occurs, the NSAID should be stopped as there is a risk of NSAID induced ulcer. Refer to a doctor as soon as possible.</li> <li>• Each 10ml dose Peptac® contains 6.2mmol sodium. This may be of importance when a highly restricted salt diet is required, eg. Renal or cardiovascular conditions.</li> </ul>  |
| <b>DESCRIPTION OF TREATMENT</b> |   |
| Medicine to be Administered     | <ul style="list-style-type: none"> <li>• Peptac® Liquid (peppermint /original)</li> </ul>   |
| Dose Schedule                   | Adults 16 years and over: <ul style="list-style-type: none"> <li>• <b>Dose: 10mls up to a maximum of FOUR times a day in 24 hours.</b></li> <li>• <b>After meals and before bedtime</b></li> </ul>  |
| Duration of Treatment           | <ul style="list-style-type: none"> <li>• 48 hours during the working week <b>in any 14 day period.</b></li> <li>• A maximum of 72 hours at weekends and bank holidays <b>in any 14 day period.</b></li> </ul>   |
| Side Effect                     | <ul style="list-style-type: none"> <li>• Abdominal distension</li> </ul>  |
| Follow Up                       | <ul style="list-style-type: none"> <li>• Prior to administration, staff must check that Peptac® is not prescribed in the regular or “when required” section of the</li> </ul>   |

|                |  |
|----------------|--|
|                | <p>patient's administration chart.</p> <ul style="list-style-type: none"> <li>Monitoring of the patient must be on-going, using clinical judgement to decide when to seek medical opinion / further assessment.</li> </ul>   |
| Patient Advice | <ul style="list-style-type: none"> <li>Avoid triggers such as smoking, heavy or spicy meals and coffee</li> <li>Prop your head and shoulders up in bed - this can stop stomach acid coming up whilst sleeping</li> <li>Avoid eating 3 to 4 hours before going to bed</li> <li>Peptac® is an alginate-containing antacid, which forms a 'raft' that floats on the surface of the stomach contents to reduce reflux and protect the oesophageal mucosa.</li> </ul> |
| Record Keeping | <ul style="list-style-type: none"> <li>All administered doses must be recorded on the Prescription and Administration Chart.</li> <li>Records on Mobius / Remedy must also be updated.</li> <li>All adverse side effects to be reported in the patient's healthcare records and where appropriate, reported immediately to the lead consultant.</li> </ul>   |

## References

1. BNF online: <https://www.bnf.org/products/bnf-online>
2. SPC: [www.medicines.org.uk](http://www.medicines.org.uk)
3. NHS Choices: <https://beta.nhs.uk/conditions/indigestion>
4. Training Matters Counter Intelligence Plus 2016