

MINOR AILMENTS POLICY

<p>Policy Owner PPC Lead Nurse</p>	<p>Applies to Prior Park Schools (Trust Wide)</p>	<p>Superseded documents NA</p>
<p>Associated documents First Aid Policy Student Health Card- Day Student Health Card- Boarding Consent Form</p>	<p>Review frequency Every two year (unless the legislation/regulations update before this time)</p> <p>Implementation date 1 May 2020</p>	<p>Legal Framework Department of Health Health Protection Agency HSE DfE related regulations ISI related regulations NICE Guidelines</p>

1. Introduction

Prior Park Schools (PPS) comprises three schools. Two of those schools, Prior Park College (PPC) and The Paragon School (TP) are incorporated in England as Prior Park Educational Trust Ltd. The third school, Prior Park School Gibraltar (PPSG), is incorporated in Gibraltar as Prior Park School Ltd. Both are companies limited by guarantee and registered charities.

2. Policy Statement

The School Medical Officer and the Lead Nurse of Prior Park College have agreed a list of non-prescription (over the counter) medicines, remedies and dressings which they regard as necessary to treat minor ailments for Prior Park Schools' students.

3. Policy Aims

Our aim is to keep a limited number of non-prescription medicines, remedies and dressings in the Health and Well Being Centre and first aid rooms, medicine cupboard so that Nurses and First Aiders can safely treat students for minor ailments.

Parents of new students are sent a copy of this policy. Parents sign and confirm their consent on the Student Health Care or Form (dependent on school), for their child to be given non-prescription medicines, from this list below.

4. Medicines List

a. The Paragon School

Paracetamol suspension 120mg/5ml

- For mild to moderate pain, fever and symptomatic treatment of colds.
- **Dose; 4-9 years 240mgs. (10mls)**
- Leave at least 4 hours between each dose
- Do not give more than 4 doses in any 24 hour period
- Not to be taken for more than three days without consulting a doctor
- Not to be used by those with known allergy to Paracetamol
- Not to be taken with other products containing Paracetamol

Paracetamol suspension 250mg/5ml

- For mild to moderate pain, fever, and symptomatic treatment of colds and flu
- **Dose: 10-12 years 500mg; 13-15 years 750mg; 16+ 500mg-1g**
- **Max 8 tablets in 24 hours, min 4 hours between doses**
- Not to be taken for more than three days without consulting a Doctor
- For Doctor's referral before this time if symptoms worsen.
- Not to be used by those with known allergy to Paracetamol
- Not to be taken with other products containing Paracetamol

Piriton suspension (chlorphenamine) 2mg/5ml

- For acute allergy
- **This may cause drowsiness**
- **Dose: 2-6years; 1mg (2.5ml) every 4 to 6 hours**
- **Maximum daily dose; 6mg(15mls) in any 24 hour period**
- **Dose 6-12yrs; 2mg(5mls) every 4-6hours**
- **Maximum daily dose; 12mg (30mls) in any 24 hour period**
- **Seek further medical attention if allergic reaction does not improve or increases**

b. Prior Park College and Prior Park School Gibraltar**Paracetamol 500 mg tablets/soluble tablets****Paracetamol suspension 250mg/5ml**

- For mild to moderate pain, fever, and symptomatic treatment of colds and flu
- Dose: 10-12 years 500mg; 13-15 years 750mg; 16+ 500mg-1g
- Max 8 tablets in 24 hours, min 4 hours between doses
- Not to be taken for more than three days without consulting a Doctor
- For Doctor's referral before this time if symptoms worsen.
- Not to be used by those with known allergy to Paracetamol
- Not to be taken with other products containing Paracetamol

Ibuprofen 200mg tablets

- For mild to moderate pain, period pain, and pain or inflammation from strains and sprains
- Not to be used by asthmatics
- Not to be used by persons with an allergy to Ibuprofen or Aspirin, or other anti-inflammatory drugs (NSAIDS)
- **Dose: 12+ years 1-2 200mg tablets**
- **Max 6 tablets in 24 hours; 4-8 hours between doses**
- **Do not take on empty stomach**
- A Doctor's referral is required if symptoms do not improve within three days or if symptoms worsen

Cetirizine 10mg tablets

- Non drowsy antihistamine for the relief of symptoms of seasonal (hay fever) and year-round allergies
- **Dose: 12+ years one tablet daily**

Piriton (chlorphenamine) 4mg tablets

- For acute allergy
- This may cause drowsiness
- **Dose: 12+ years 1 tablet every 4-6 hours**
- **Max 6 tablets in 24 hours**
- **For urgent Doctor's referral if allergic reaction does not improve or increases**

Simple linctus (Citric Acid monohydrate)

- For dry cough relief
- **Dose: 12+ years 1 x 5ml spoonful every 4 hours if necessary**
- **Max 4 doses in 24 hours**
- **For Doctor's referral if symptoms worsen or if symptoms continue for one week**

Sudafed 60mg Decongestant tablets

- Non drowsy decongestant for relief of blocked nose or sinuses and catarrh associated with colds, flu and allergies
- Not to be taken by those suffering from high blood pressure, heart disease, diabetes, overactive thyroid gland
- **Dose: 12 + years 1 tablet every 4-6 hours**
- **Max 4 tablets in 24 hours**
- **For Doctor's referral if condition worsens or does not improve within three days**

Olbas Oil

- **Inhalant decongestant (mixture of essential pure plant oils) for relief of blocked nose or sinuses**

- **Dose: 2-3 drops on a tissue for inhalation**

Lozenges

- For the relief of a sore throat.
- **Dose: 1 lozenge to be dissolved slowly in mouth every 2-3 hours as required**

Aciclovir 5% cream

- **For cold sores or impending cold sore after the start of an infection (blister or tingle)**
- Dose: apply a thin layer to infected area 5 times/day
- 4-hour intervals between doses for 5 days
- For Doctor's referral if cold sore gets worse or is not healed after 10 days of treatment

Dioralyte sachets

- For the replacement of essential body water and salts in the treatment of acute diarrhoea
- **Dose: One sachet, dissolved in 200mls of water as per instructions (take one after each episode of loose stools up to a maximum of four a day)**
- **Consult the Doctor if condition worsens or if diarrhoea lasts for more than two days**
- **Do not use for diabetics**

Gaviscon Relief Oral Dispersion

- For relief of pain and discomfort of heartburn and acid indigestion
- **Dose: 6-12 years 5-10 mls after meals; 12+ years 10-20mls after meals**

Bonjela (Adult)

- For mouth ulcers.
- **Dose: 16+ years massage 1cm of gel onto sore area every 3 hours**
- **Avoid prolonged use**

Buscopan IBS relief

- For relief of abdominal cramps associated with Irritable Bowel Syndrome (IBS)
- **Dose: 12+ years 1 tablet 3 times/day**
- **For referral to Doctor if symptoms get worse after 2 weeks**

5. Wound Dressings and Treatments

Burnshield sachets & dressings

- For treatment of minor burns
- For individual use only

Sodium chloride topical irrigation solution 0.9%

- Sterile solution for irrigation of wounds and eyes
- For individual use only

Alcohol free cleansing wipes

- For first aid treatment of minor wounds
- Avoid contact with eyes
- For external use only

Sterile self-adhesive waterproof island dressings

- For superficial wounds, cuts, grazes
- For Doctor's referral if wound becomes inflamed or infected

Plasters and other non-impregnated dressings

- For superficial wounds, cuts, grazes

- Do not use plasters or dressings if there is a known allergy to latex or adhesives

Medication doses have been confirmed with Dr Kate Jenkins, School Medical Officer.

Associated documents:

Student Health Card - Day

Student Health Card- Boarding

Medical Consent Form