



Prior Park Schools

MINOR AILMENTS POLICY

Whole Trust? No	Statutory? Yes	Website? Yes and a hard copy will be provided on request
Reviewed: April 2018	Next: April 2019	



**PRIOR PARK
COLLEGE
BATH**



**THE PARAGON
JUNIOR
BATH**



**PRIOR PARK
SCHOOL
GIBRALTAR**

MINOR AILMENTS POLICY AT PRIOR PARK COLLEGE.

STATEMENT

The School Medical Officer and the Medical Sisters of Prior Park College have agreed, with the help of a Pharmacist, a list of non-prescription medicines, remedies and dressings which they regard as necessary to treat minor ailments in Prior Park Boarding Pupils.

AIM.

Their aim is to keep a limited number of non-prescription medicines, remedies and dressings in their medicine cupboard so that the Nurses can safely treat Boarders for minor ailments.

Parents of new Boarders are sent a copy of this policy. Parents may sign their consent for their child to be given non-prescription medicines from this list on the Boarders' medical card.

MEDICINES LIST.

Paracetamol 500 mg tablets/soluble tablets. (*Panadol Actifast Soluble Tablets*)

- For mild to moderate pain, fever, and symptomatic treatment of colds and flu.
- **Dose:** (16 years and over) one- two tablets may be taken every four hours
(12- 15 years) one- one and a half tablets every four hours (750gms)
(Maximum - four doses in 24 hours.)
- 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.

Ibuprofen 200mg tablets.

- For mild to moderate pain, dysmenorrhoea, and pain or inflammation in joints and muscles.
- Not to be used by asthmatics.
- Not to be used by Pupils with an allergy to Ibuprofen or Aspirin, or other anti-inflammatory drugs (NSAIDS)
- **Dose:** - (over 12 years) One or two tablets every four hours if required.
(Maximum three doses in 24 hours.) Take with or after food.
- 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 allergy, hay fever, insect bites.

- Dose- (over 12 years). One tablet daily.

Piriton 4mg tablets.

- For acute allergy.
- This may cause drowsiness.
- Dose- (over 12years.) One tablet every four to six hours (maximum six tablets in 24 hours).
- For urgent Doctor's referral if allergic reaction does not improve or increases.

Simple linctus. (*Care / Thornton and Ross*)

- For dry cough relief.
- (over 12 years) One 5ml spoonful every four hours if necessary. (Maximum- four doses in 24 hours)
- For Doctor's referral if symptoms worsen or if symptoms continue for one week.

Benylin Chesty Cough Syrup (Non Drowsy).

- For chesty and productive coughs.
- Dose: - (over 12 years) two 5ml teaspoonfuls every four- six hours if required. (Maximum- four doses in 24 hours.)
- For Doctor's referral if symptoms worsen or if symptoms persist 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, over active thyroid gland.
- Dose- (over 12 years) one tablet every four-six hours (maximum four 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- two- three drops on a tissue or in hot water.

Strepsils Lozenges (Sugar free). Strawberry

- For the relief of a sore throat.

- Dose- one lozenge to be dissolved slowly in the mouth every two-three hours. (maximum 12 lozenges in 24 hours.)

Aciclovir 5% cream.

- For cold sores or impending cold sore after the start of an infection (blister or tingle)
- Dose: - apply five times daily at four hourly intervals, for four days.
- Tubes are provided for individual use only. A charge will be made for this.

Loperamide 2mg.capsules.

- For treatment of acute diarrhoea.
- Dose: - (over 12 years) Two capsules initially, then one capsule after every loose stool (maximum- eight capsules in 24 hours).
- For Doctor's referral if diarrhoea lasts for more than two days, if it is accompanied by a fever, if there is severe abdominal pain, if the condition worsens or if there is blood in the stool.

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, after every loose motion.
- Consult the Doctor if condition worsens or if diarrhoea lasts for more than two days.
- Do not use for diabetics.

Hyoscine Hydrobromide 0.15mg (*Joy-Rides*) Chewable tablets.

- For control of travel sickness.
- Dose: (over 12 years) one or two tablets twenty minutes before travelling, after food, and one tablet after eight hours during the journey if necessary.
- (Over 13 years - Maximum four tablets in 24 hours.)
- (12 years- Maximum two tablets in 24 hours.)
- May cause drowsiness. Do not drive or operate machinery.
- Avoid alcohol.

Gaviscon Relief Oral Dispersion (*Peppermint Liquid*)

- For relief of pain and discomfort of heartburn and acid indigestion.
- Dose: - (over 12 years) 10-20 mls after meals.

Arnica cream. (*Nelsons*)

- For bruising from injuries, knocks and falls.
- For use as a first aid application.
- Do not apply to broken skin.

Bonjela Adult Gel

- For mouth ulcers.
- **Dose :- (over 16 years only)** massage one cm of gel onto affected area every three hours.
- For single use only. A charge will be made for this. (maximum - six applications daily).
- Not to be used by those with epilepsy, asthma or those with allergy to aspirin or those under 16 years. Do not use if suffering from a stomach ulcer.
- Avoid prolonged use

WOUND DRESSINGS AND TREATMENTS

Burnshield sachets.

- For treatment of minor burns.
- For individual use only.

Water gel Dressings.

- Sterile burn dressings.
- For medical referral after application

2nd Skin Squares.

- For friction blisters.
- Do not use on diabetics.
- Do not use on open wounds.

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.

Atrauman Dressings.

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

Plasters and other non- impregnated dressings.

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

Medication doses have been confirmed by Nikki Otoide - Pharmacist
Lloyds Pharmacy, Combe Down Surgery, Bath. Doses are based on Lloyds Pharmacy
own brand products for generic items.

Frances Whittington RGN
Prior Park College Medical Sister 16.04.2018
For review April 2019

