

# THE PALLIATIVE CARE BLUE BOOKLET IS CHANGING

## WHAT YOU NEED TO KNOW

**When** June 18th 2018

**Why** To bring us up to date with current guidelines and simplify prescribing

**How** A large group of professionals worked on the changes including Palliative Care Consultants, Hospice Medical Directors, GPs, District Nurses and Pharmacists

### **Do I need to re-write blue booklets written before June 18th?**

No these will still be valid. You only need to re-write booklets if you feel that for that particular patient you wish to change their medications.

### **Do I have to prescribe the medications advised in the blue booklet?**

No, as a prescriber you are free to prescribe whatever medications you feel the patient may need. The blue booklet gives first line medication advice with details further of alternative medications that may be helpful.

### **Where do I get the new blue books?**

CCICP and ECNHST will be distributing them to the District Nursing Teams over the next 2 weeks. General Practice will then be able to obtain a supply from their DN team.

### **What are the main changes?**

Morphine is now recommended as first line analgesia, rather than diamorphine. (conversion charts in the blue booklet)

Levomopromazine is recommended as the first line anti-emetic if cause for nausea or vomiting is unknown.

Midazolam dosing has been adjusted.

3 monthly review is recommended.

Symptom Control Algorithms have been included.

### **Where can I access support and training?**

A full training plan including training workshops and information on how to get bespoke training is available on [www.cheshire-epaige.nhs.uk](http://www.cheshire-epaige.nhs.uk) and at [eolp.co.uk/education-and-training/study-days events](http://eolp.co.uk/education-and-training/study-days-events)

24 hour palliative care advice lines:

St Luke's Hospice 01606 555489 /East Cheshire Hospice 01625 666999