

Using Your Prescribing Qualification In Practice

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Supplementary Prescribing in Dietetics

- Supplementary prescribing rights granted in March 2016
- Clinical Management Plan
- Allows greater flexibility than Patient Group Directive
- What constitutes prescribing in Type 1 Diabetes?



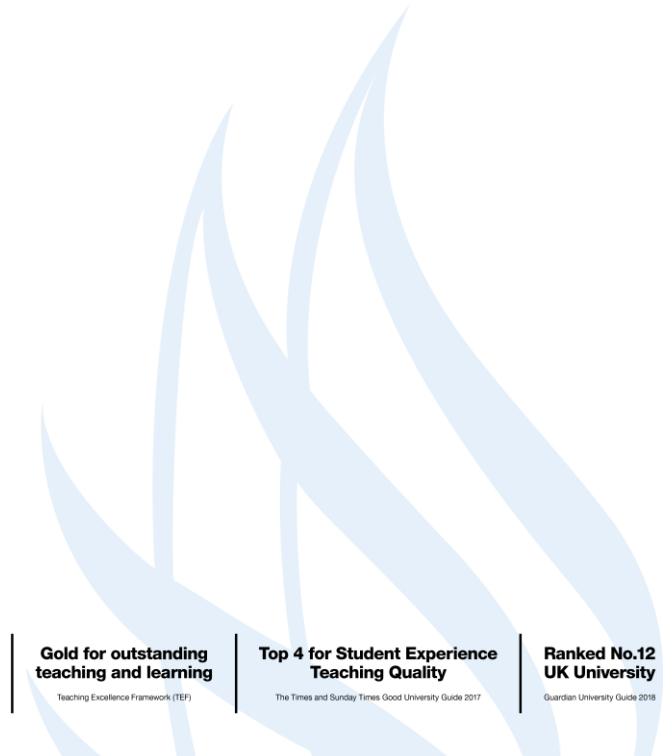
What is prescribing in T1dm?

Scenario	Prescribing?
Advising a dose adjustment of rapid acting insulin prior to a netball match	Yes
Changing a patient's lunchtime ratio on pump as hypo in pm	Yes
Changing a patient's Lantus dose as high in morning	Yes
Changing a patient's Insulin Sensitivity Factor in Expert meter as hypo post correction	Yes
Swapping a patient from MDI to a pump	Yes

The Course

- Qualified for 3 years
- Need an Independent Prescriber to act as Designated Medical Practitioner
- Taught over 2 terms
- Assessment
- Exams!
- Log hours spent in practice with Independent Prescriber and other prescribers

Clinical Management Plan



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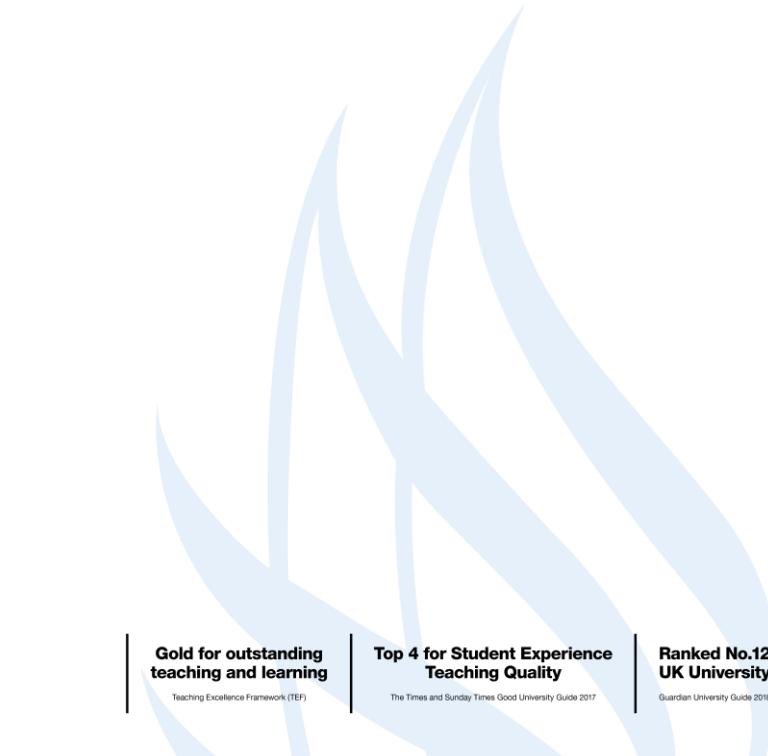
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Case Study 1

- 12 year old boy, diagnosed with Type 1 Dm at age 10
- Lived with mum, dad, twin brother and older brother
- Family from Africa, first language was Italian
- Dad usually attended appointments
- Using Expert meter, not testing regularly
- Hba1c February 2018 12.6%/114mmol/mol

Case Discussion

- Admission for DKA Jan 2019
- Not CHO counting, missing doses
- Frequent calls from school
- Teacher with T1dm amending doses



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Insulin

Time Block	CHO Ratio	ISF
0:00-08:00	1:5g	1:2
08:00-13:00	1:10g	1:4
13:00-17:00	1:8g	1:3
17:00-0:00	1:8g	1:3

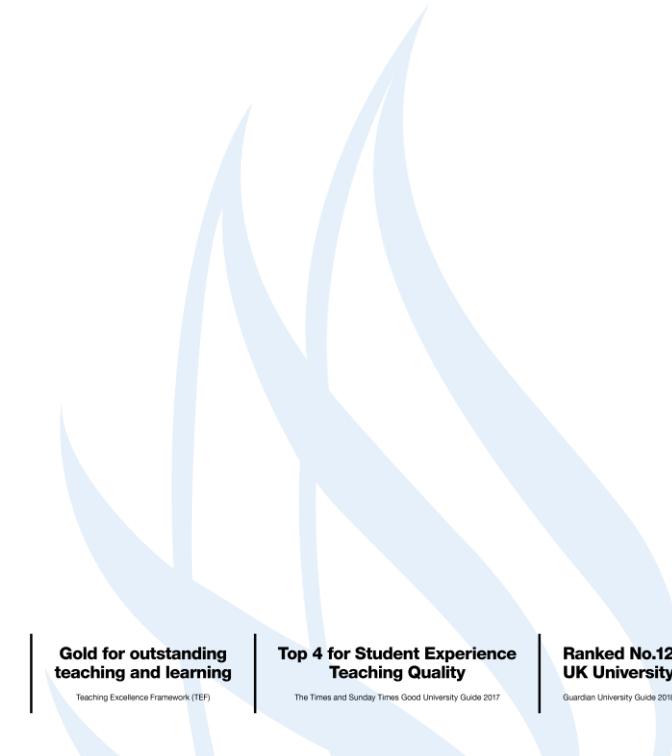
- Lantus 14 – given at night by dad

BG Readings

- When testing in am - >9-HI
- Frequently high by lunch time >20mmol
- Some episodes of crashing lows at school – post lunch

Prescribing Decisions

- What would you do?



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Prescribing Decisions

- Changed to Tresiba
- Moved this to lunchtime at school
- Follow Expert meter
- All injections supervised



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Other Actions

- Safeguarding
- Admission for stabilisation and further education
- CHO counting in school
- Psychology
- Retraining for school

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Case Study 2

- Past Medical History
 - GDD
 - NBM – PEG fed
 - Non Verbal
 - Repeated LRTIs
- High BG picked up on random blood test
- Hba1c 9.2%/77mmol/mol

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Treatment

- Started on Lantus 4 units
- Fasting BG remained high, started Novorapid with feeds
- Discharged on 9 units Lantus and 6 units of Novorapid with feeds (1:2.8g CHO)
- BG monitoring
- Hypos treated with Super Soluble Maxijul

After discharge

- Daily contact with mum
- BG dropped dramatically as chest improved
- Ended up cutting insulin
- Continued on 2 units of Lantus
- Has evolved and now on Expert meter
- Sensor

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Other Useful Scenarios

- Newly diagnosed
 - Honeymooning
 - Evolving quickly
- Changing to Tresiba
- Going through puberty and needing >10% increase
- Sport

Cons

- Do we need supplementary prescribing if you have a PGD?
- Doing the course
 - Cost
 - Time away from work
 - Stress
- Support from team?
- Not yet Independent Prescribers

Pros

- Prevents delay in treatment
- Taking responsibility for clinical decisions
- Allows you to work autonomously
- Allows you to make dose adjustments or prescribe outside of PGD
- Affords you protection
- Keep qualification if you move job
- Support from BDA Prescribing Dietitians Groups
- Moving profession forwards

Useful Links

- BDA Prescribing Page
 - <https://www.bda.uk.com/professional/practice/prescribing/training>
- HCPC Prescribing Information
 - <https://www.hcpc-uk.org/standards/standards-relevant-to-education-and-training/standards-for-prescribing/>
 - <https://www.hcpc-uk.org/education/approved-programmes/>
- BDA Prescribing Group
 - edpd@bda.uk.com

Example Questions – Maths

- Drug C is available in 15mg/5mL. How many Milligrams will be in 4mL?
▪ 12mg
- Your patient has been taking Drug B 500 mg three times daily for three days. You now wish to reduce the dose by 25%. What is the new dose will be needed to be taken THREE times per day?
▪ 375mg

Short Answer Paper

- Identify two of the legal implications that should be considered with non- medical prescribing
 - Prescribing within scope of professional practice
 - Prescribing within your qualification
 - BNF
 - Limited formulary for controlled drugs
 - Documentation - legal prescription



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Multiple Choice

- Which ONE of the following food products are commonly known to interact with conventional medicines
 - Pineapple juice
 - Green tea
 - Grapefruit juice
 - Balsamic vinegar