Simplifying Standing Orders for Rural Practice

Utilising the NZ Formulary as a Standing Order Document

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The role of the Rural Nurse at the Coromandel Family Health Centre and the need for Standing Orders

- Rural remote with a diverse cultural & economic practice.
- Population of 3,500 which swells in the summer up to 12,000
- Two doctor 4 nurse practice (1.5 FTE)
- Nurses provide first on-call for our Practice, Te Korowai & all visitors in our and surrounding districts & St Johns Ambulance PRIME in a 1:3 roster
- We require a workable solution to provide our local population with appropriate health services including the provision of medication.
History of Rural Nurse dispensing in our practice

- Initial attempts at writing individual Standing Orders, hugely time consuming exercise!
- Initially referencing clinically orientated books such as the Oxford Handbooks & CARPA Manuals
Then the modification of the West Coast District Nursing Service
These were good attempts at solving the problem of accessing good information but were static, updating was time-consuming and arduous, the Standing Orders needed to be altered with a change of staff, and they were not necessarily reflective of Best Practice or evidenced based approach for New Zealand Rural Practice.
Current legislation

- Ministry of Health Standing Orders Guidelines 2012
- Designed to give a legal framework with which to work with for classes of people whom do not have prescribing rights
- States exactly what needs to be included in the document
- Auditable
- Very useful for nurses working in Rural Practice
- Acknowledges the need for competency & training
- Overseeing prescriber
- Permits or empowers, does not require
- Focuses on the treatment of condition(s) to which the Standing Order Applies
The regulations require that the standing order includes:

- an explanation of why the standing order is required
- the circumstances in which the standing order applies – for example, a paramedic in an emergency or a registered nurse running a specified school clinic
- the class of people able to administer and/or supply under the standing order – for example, paramedics, registered nurses
- the competency requirements of the person administering and/or supplying a medicine under a standing order
- the treatment of condition/s to which the standing order applies – for example, urinary tract infection, asthma
- the medicines that may be supplied or administered under the standing order
- the **indications** for which the medicine is to be administered and the **recommended dose or dose range for those indications**
- the **number of dose(s)** of the medicine for which the standing order is valid
- the **contraindications and/or exclusions for the medicines**, 
- the **validated reference charts** for dose calculation (if required)
- and the **monitoring of a medicine** (if required)
- the **method of administration**
- whether **countersigning** is required and, if countersigning is required, the timeframe for countersigning
- the **clinical documentation** to be recorded the period for which the standing order applies
What is the New Zealand Formulary?
The NZF is an **independent resource** providing healthcare professionals with **clinically validated medicines information and guidance on best practice**, enabling healthcare professionals to **select safe and effective medicines for individual patients**.

The NZF is a resource that is available **free of charge for all healthcare professionals prescribing, dispensing and administering medicines across community and hospital care**. The NZF addresses the need for general purpose, **point-of-care information** about the use of medicines in New Zealand. It aids decision making and contributes to best practice through **standardised and evidence-based information about medicines**.

Over time the NZF will be fully **integrated into the e-health environment**, including prescribing and dispensing systems across primary and secondary care.
The NZF builds on the New Zealand Universal List of Medicines, and incorporates information from the British National Formulary (BNF). It is adapted for the New Zealand context and covers medicines used in New Zealand. Content and coverage will be continually updated.
Initially, the NZF will cover information such as:

- Medicine indications, dosage, cautions, contraindications, adverse effects, warnings, patient advice and cautionary and advisory labelling
- The use of medicines in renal and hepatic impairment, pregnancy, lactation and sport
- Subsidy information
- Medicine interactions
- Concise disease management advice
- Adverse event reporting

As such the NZF can act as a reliable, safe, validated source of current best practice for common presentations into Rural General Practice

PDF download onto PC, iPad, smart phone
Who is involved in its formulation?

- Formulated by Clinical Pharmacists
- BPAC
- Ministry of Health
- Royal Australasian College of Physicians
- Pharmaceutical Society of New Zealand
- New Zealand College of Midwives
- New Zealand Hospital Pharmacists Association
- National Health IT Board
- College of Nurses Aotearoa
- Health Quality and Safety Commission
- Royal College of General Practitioners
- MEDSAFE
- National eMedicines Programme
The blending of current legislative guidelines with the NZF

<table>
<thead>
<tr>
<th>Medicine Standing Order Title</th>
<th>Standing Orders for the Coromandel Family Health Centre.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rationale</strong></td>
<td>Standing orders are necessary in our practice due to our remote rural locality requiring appropriately experienced and trained Registered Nurses to deliver care to patients in a timely manner in the clinic and after hours setting.</td>
</tr>
<tr>
<td><strong>Clinic</strong></td>
<td>Coromandel Family Health Centre</td>
</tr>
<tr>
<td><strong>Scope (condition(s) and patient group)</strong></td>
<td>All commonly presenting conditions into general practice in our registered and non-registered population both during clinic hours and afterhours in, and when responding to PRIME (Primary Response in Medical Emergency) callouts as initiated by St Johns Regional Communications Centre.</td>
</tr>
<tr>
<td><strong>Medicines</strong></td>
<td>Please see attached list of our Medical Physicians Supply Orders contained in our clinic, and our PRIME emergency medicines supply list.</td>
</tr>
<tr>
<td><strong>Dosage instruction for each medicine &amp; route of administration</strong></td>
<td>Please refer to <a href="http://www.nzformulary.org">www.nzformulary.org</a> when considering each medicine to ensure it matches Best Practice for the presenting condition.</td>
</tr>
<tr>
<td><strong>Indication/circumstances for activating the standing order</strong></td>
<td>A clearly identified medical condition the RN assesses as requiring a pharmacological intervention.</td>
</tr>
<tr>
<td><strong>Precautions and exclusions that apply to this standing order</strong></td>
<td>Please refer to NZF for precautions, exclusions, side effects for each medicine and appropriateness for presenting condition.</td>
</tr>
<tr>
<td><strong>Persons authorized to administer the standing order</strong></td>
<td>Registered Nurses employed by the Coromandel Family Health Centre whom the issuer deems as appropriately experienced and qualified to utilize these standing orders.</td>
</tr>
<tr>
<td><strong>Competency/training requirements for the person(s) authorized to administer</strong></td>
<td>Suitably experienced, qualified Registered Nurses as deemed appropriate by the issuer.</td>
</tr>
<tr>
<td>Countersigning and audit process</td>
<td>Audit on 30% of patient files are to be sampled monthly by the Principle Prescriber to ensure current guidelines are being followed.</td>
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<tr>
<td>Documentation</td>
<td>All administered/supplied medicines are to be clearly documented in the patients electronic file.</td>
</tr>
</tbody>
</table>
| Supporting documents attached to this standing order | - MOH Standing Order Guidelines 2012  
- New Zealand Formulary (online & pdf format)  
- New Zealand Childrens Formulary (online & pdf)  
- BPAC Antibiotic Guidelines (online & pdf)  
- MPSO Medicines held by Coromandel Family Health Centre  
- PRIME Emergency Medicines held by Coromandel Family Health Centre  
- St Johns Treatment Guidelines  
- Immunisation Handbook |
Benefits

- Safe
- Evidenced based
- Updated
- Reflects best practice in New Zealand
- Cost effective for Rural General Practice
- Accessible
- Clinical background & resources, useful for ongoing learning & new staff as they are mentored into their roles
- Now a New Zealand Childrens Formulary