

Symptom Management Plans

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Aims and learning outcomes

- Identify who uses, writes, signs off SMPs
- Understand benefits and challenges of writing / using / the role of SMPs
- Have an awareness of different types of SMPs
- Share your experiences with the group

Setting the scene

- Who uses SMPs?
 - Who writes SMPs?
 - Who signs them off?
 - Is a pharmacist involved?
 - Is the SMP discussed at an MDT?
 - Who are they written for?
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- Discuss with your neighbour and feedback

Audience participation

- What are the benefits of having a written SMP?
- Discuss with your other neighbour for 5 minutes – feedback to whole group

Benefits of SMPs

- Effective symptom management planning shown to reduce need for OOH support
- Individualised, person centred holistic care – enhances quality of care
- Easy steps to follow, by family, CCNT, Hospice nursing team, DGH team, i.e. informal and formal carers
- You've done most of 'the thinking' in advance about current and likely symptoms
- Helps with speedier access to medicines – current prescribing and likely needs
- Enhanced by nurses writing plans

Audience participation

- In your experience what are the challenges or potential challenges with developing and / or using written SMPs?
- Discuss with your neighbour for 5 minutes and feedback to whole group

Challenges with using SMPs

- Governance, policy SOP, guidance
- Takes skill, knowledge and expertise
- Physician or nurse preferences with guidance and doses
- Prescribing formularies for neonates /CYP are limited
- Identifying a prescriber
- Maintaining the quality standard
- Takes time to research and write
- Transferring between organisations – ownership and version control
- What do you do when plan is exhausted – you need the next step?
- Reviewing and rewriting

Audience participation

- What are the essential features of an SMP? and
- What essential information should be included?

- Record on flip chart

What is (and isn't) a SMP?

Is....

- A patient specific guide to current and anticipated symptoms
- A plan for management of these that can be followed by the family, those caring for them (formal and informal carers)
- A guide to what medication is likely to be needed

Isn't....

- A prescription
- A direction to administer
- A comprehensive list of every medication a child may be on
- A nursing care plan

An SMP should contain.....

- Patient specific identifiers – name, dob, nhs number etc
- Weight
- Allergies
- Brief outline of condition
- Resus status / active intervention plan??
- CYP / family priorities and preferences for care (ACP work)??
- Symptoms and drugs
 - Several steps
- Non pharmacological strategies
- Key contact information – particularly 24/7 on call specialist advice

Thank you

- Any Questions?