This patient group direction (PGD) must only be used by registered health professionals who have been named and authorised by their organisation to practice under it. The most recent and in date final signed version of the PGD should be used.

# Patient Group Direction (PGD)

For the administration or supply of

## Proxymetacaine 0.5% eye drops

By registered health care professionals for

## producing ocular surface anaesthesia for anterior segment examination and treatment

**Throughout the Manx Care and those contracted by the Manx Care where appropriate within practice**

## PGD NUMBER 106

### 1. Change history

| Version number | Change details | Date |
|---|---|---|
| 1 | Original PGD ratified | June 2021 |
| 2 | Extension to expiry date | March 2024 |
| | | |

## 2. Medicines practice guideline 2: *Patient group directions*

Refer to the relevant sections of NICE medicines practice guideline 2: *Patient group directions* as stated in the blank template notes. For further information about PGD signatories, see the NHS and Manx Care PGD website FAQs

## 3. PGD development

Refer to the NICE PGD competency framework for people developing PGDs

| Job Title & organisation | Name | Signature | Date |
|---|---|---|---|
| Author of the PGD | | | |
| Member of the PGD working group | | | |

## 4. PGD authorisation

Refer to the NICE PGD competency framework for people authorising PGDs

| Job Title | Name | Signature | Date |
|---|---|---|---|
| Medical Director | | | |
| Chief Pharmacist/ Pharmaceutical Adviser | | | |
| Senior Paramedic | | | |
| Director of Nursing | | | |
| GP Adviser | | | |
| Senior Microbiologist (if PGD contains antimicrobials) | | | |

## 5. PGD adoption by the provider

Refer to the NICE PGD competency framework for people authorising PGDs

| Job title and organisation | Signature | Date | Applicable or not applicable to area |
|---|---|---|---|
| | | | |

## 6. Training and competency of registered healthcare professionals, employed or contracted by the Manx Care, GP practice or Hospice

Refer to the NICE PGD competency framework for health professionals using PGDs

| | Requirements of registered Healthcare professionals working under the PGD |
|---|---|
| **Qualifications and professional registration** | • Registered healthcare professionals, working within or contracted by the Manx Care, GP practice or Hospice who are permitted staff groups outlined within the current PGD policy<br>• Pharmacists must be practising in Manx Care authorised premises i.e. contracted pharmacy premises |
| **Initial training** | • Knowledge of current guidelines and the administration of the drug specified in this PGD/BNF and of the inclusion and exclusion criteria<br>• Training which enables the practitioner to make a clinical assessment to establish the need for the medication covered by this PGD<br>• Local training in the use of PGDs |
| **Competency assessment** | Staff will be assessed on their knowledge of drugs and clinical assessment as part the competency framework for registered health professionals using PGDs |
| **Ongoing training and competency** | The registered health care professionals should make sure they are aware of any changes to the recommendations for this medication; it is the responsibility of the registered health care professionals to keep up to date with continuing professional development. PGD updates will be held every two years |

## 7. Clinical Conditions

| | |
|---|---|
| **Clinical condition or situation to which this PGD applies** | To produce ocular surface anaesthesia for anterior segment examination and treatment |
| **Inclusion criteria** | Patients over 16 years requiring surface anaesthesia |
| **Exclusion criteria** | • Patients under 16 years<br>• Hypersensitivity to Proxymetacaine Hydrochloride 0.5% |
| **Cautions (including any relevant action to be taken)** | • This product should be used cautiously and sparingly in patient with known allergies, cardiac disease or hyperthyroidism because of the increase risk of sensitivity reactions<br>• This product is not intended for long term use. Regular and prolonged use of topical ocular anaesthetics, eg, in conjunction with contact lens insertion, may cause softening and erosion of the corneal epithelium, which could produce corneal opacification with accompanying loss of vision<br>• Proxymetacine Hydrochloride single use eye drops is not miscible with Fluorescein, however, Fluorescein can be added to the eye after it has been anaesthetised with Proxymetacine Hydrochloride<br>• Very important – Protection of the eye from rubbing, irritating chemicals and foreign bodies during the period of anaesthesia. Patient should be advised to avoid touching the eye until the anaesthesia has worn off<br>• On instillation an initial burning sensation may be experienced which may last up to 30 seconds<br>• Individuals should be advised not to drive or operate hazardous machinery until normal vision is restored<br>• Systemic absorption may be reduced by compressing the lacrimal sac at the medial canthus for a minute during the following instillation of the drops. (This blocks the passage of the drops via a nasolacrimal duct to the wide absorptive areas of the nasal and pharyngeal mucosa<br>• Use with caution in an inflamed eye as hyperaemia greatly increases the rates of systemic absorption through the conjunctiva |
| **Arrangements for referral for medical advice** | Patient should be referred to a more experienced clinical practitioner for further assessment |
| **Action to be taken if patient excluded** | Patient should be referred to a more experienced clinical practitioner for further assessment |
| **Action to be taken if patient declines treatment** | • A verbal explanation should be given to the patient on: the need for the medication and any possible effects or potential risks which may occur as a result of refusing treatment<br>• This information must be documented in the patients' health records<br>• Any patient who declines care must have demonstrated capacity to do so<br>• Where appropriate care should be escalated |

## 8. Details of the medicine

| | |
|---|---|
| **Name, form and strength of medicine** | Proxymetacaine Hydrochloride 0.5% single use eye drops |
| **Legal category** | Prescription Only Medicine (POM) |
| **Indicate any off-label use** (if relevant) | None |
| **Route/method of administration** | Topical application to the eye/s |
| **Dose and frequency** | Instill 1 drop to the affected eye/e |
| **Quantity to be administered and/or supplied** | 1 drop |
| **Maximum or minimum treatment period** | 2 doses |
| **Storage** | • Refrigerate at 2-8°C. Do not freeze<br>• If necessary, it may be stored at temperatures not exceeding 25°C for up to 1 month only and then thrown away. In that case, affix a label bearing the relevant expiry date to the carton label |
| **Adverse effects** | • Allergic reactions can occasionally occur that affect the cornea (a transparent membrane covering the iris and pupil of the eye) and the iris<br>• The following reactions have been reported very rarely and usually wear off quickly:<br>  ○ widening of the pupil (centre of the iris)<br>  ○ transient loss of lens movement (inability to read)<br>  ○ irritation of the conjunctiva (a membrane which lines the inside of the eyelid)<br>• In rare circumstances, a defect or inflammation of the cornea (whitening of the deep cornea, immunology-mediated disorder) and/or inflammation of the iris may occur |
| **Records to be kept** | The administration of any medication given under a PGD must be recorded within the patient's medical records |

## 9. Patient information

| | |
|---|---|
| **Verbal/Written information to be given to patient or carer** | • On instillation an initial burning sensation may be experienced which may last up to 30 seconds<br>• May cause transient blurring of vision on instillation. Warn patients not to drive or operate hazardous machinery until vision is clear<br>• Verbal information must be given to patients and or carers for all medication being administered under a PGD<br>• Where medication is being supplied under a PGD, written patient information leaflet must also be supplied<br>• A patient information leaflet is available on request |

| | |
|---|---|
| **Follow-up advice to be given to patient or carer** | If symptoms do not improve or worsen or you become unwell, seek medical advice immediately |

## 10. Appendix A

| **References** |
|---|
| 1. British National Formulary (BNF) available online: https://bnf.nice.org.uk<br>2. Nursing and Midwifery (2018) "The code" available online: https://www.nmc.org.uk<br>3. Current Health Care Professions Council standards of practice<br>4. General Pharmaceutical Council standards<br>5. The General Optical Council<br>6. Electronic medicines compendium available online: https://www.medicines.org.uk |

## 11. Appendix B

| **Health professionals agreed to practice** |
|---|
| • Each registered healthcare professional will hold their own Competency framework which will be signed and agreed by their mentor<br>• A mentor is defined within the Manx Care policy as any ward/area managers, sisters, senior nurses, GPs, pharmacists or senior paramedics who has completed the PGD training themselves |