

Community palliative risk of bleeding management plan



Information for families,
carers and staff

Date completed:/...../.....

Completed by:

Review date:/...../.....

Name:

Address:.....

DOB: NHS No.

Name:

is at increased risk of bleeding due to:

This leaflet is intended to be used in face to face discussion with your medical and nursing care team, who will explain the information below. It is important that you feel able to ask if you have any concerns or unanswered questions.

This leaflet is being given to you because the doctors and nurses think your relative/friend is at risk of bleeding. Living with the risk of bleeding, and caring for a family member or friend who is at risk of bleeding can be frightening.

This information is intended to help you know what to do in the event of a bleed and who you can contact for support.

If it happens there is a possibility that they might not survive the bleeding. If this is the case, our aim is to keep them comfortable.

How to prepare

Consider having the following readily available:

- A supply of absorbent dressings (if these have been provided) and dark absorbent towels.

- Contact details for support - you could put these in your phone.
- A phone nearby.
- This leaflet.
- Buccal midazolam (if you have it).
- Any other dressings or medication prescribed for the management of bleeding

What to do if bleeding starts

- The main priority is for someone to stay with your relative/friend.
- To call for help, advice and support (see phone numbers on the back of this leaflet).
- Try to stay as calm as possible and reassure your relative/friend.

Management Plan in event of Bleeding

Small gradual bleed

A small amount of blood can look very alarming. Use dark absorbent towels or dressings to slow down the bleeding by holding them firmly against a bleeding wound.

- a) Call the **Neighbourhood team** to ask them to assess your relative/friend

Information about midazolam

What is midazolam?

Midazolam is a sedative medication which means it makes people sleepy. In this case it is given to make your relative more relaxed, less distressed and less aware of what is happening.

- Midazolam can be given as an injection by nursing staff. An alternative, that is sometimes considered, is for family or friends to be shown how to use buccal midazolam into the mouth.
- If a person is bleeding from their head or neck it might not be possible to administer buccal midazolam and injection might be preferable if available.
- The most important thing you can do, is to stay with your relative/friend. Your presence will be reassuring.

Information about buccal midazolam

How is the medication supplied?

- Buccal midazolam is usually supplied as a pre-filled syringe. The dose in the syringe is written on the side of the syringe.

How do I give the buccal midazolam?

- Place the tip of the syringe inside the mouth between the cheek and gum. Do not place the syringe or anything else between the person's teeth.
- Give half the dose over **five seconds** on one side of the mouth and the remaining half of the dose over **five seconds** on the opposite side of the mouth.

How quickly does buccal midazolam work?

- Buccal midazolam usually takes 5–10 minutes to work.

Are there any side-effects?

- Buccal midazolam can make people sleepy or restless. It may slow down breathing, but very rarely.
- If you have buccal midazolam in the house but do not remember how to give it or do not feel that you can, please don't worry. We recognise that this situation may be frightening and things may happen quickly.

Useful contact numbers:

GP/out of hours (OOH) GP:

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Community neighbourhood team:

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Hospice:

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Out of hours 111 primary care line:

0345 605 0621

If you cannot get through to anyone else and want urgent advice ring 999.

It might be helpful to show this leaflet to the paramedics if an ambulance is called and explain what actions have been taken.