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Paracetamol Policy

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Midhurst Rother College Paracetamol Policy

It is a legal requirement that we have your permission in order to administer any pain relief medication. Permissions can be granted on Arbor using the parent portal. If permission isn't granted, the parent/carer will be contacted for verbal consent.

Paracetamol is a widely used drug for controlling pain and reducing temperature. Despite its prevalence, it can be very dangerous if taken inappropriately. Overdose requires immediate medical attention.

Paracetamol will be given in school **after 13:10**, this ensures that no student has taken any drug containing paracetamol before school, exceptions to this are if a student has an obvious injury or is suffering from extreme period pains. Trained staff will judge this on a visual basis. It is not advised that students carry their own paracetamol, if they require paracetamol this will be given by trained nominated staff. If we are concerned, we will phone parents at the time to confirm the dosage and to ensure that the student has not received a dose for a period of at least four hours. If we do not have your consent the college will not administer paracetamol.

West Sussex County Council, in consultation with Health Practitioners, has carefully considered the benefits and dangers of administering this non-prescription drug in school settings. For older students, it is sometimes appropriate to give paracetamol to control specific pain such as migraine or period pain. Schools administering paracetamol to children over 10 should adhere to the following conditions:

- The member of staff responsible for giving medicines must be wary of routinely giving paracetamol to children.
- The student is first encouraged to get some fresh air/have a drink/something to eat/take a walk/sit in the shade (as appropriate) and paracetamol is only considered if these actions do not work.
- There must be prior parental consent.
- Only standard paracetamol tablets may be administered. Combination drugs, which contain other drugs besides paracetamol must not and will not be administered.
- Paracetamol must be stored securely as all other medicines are stored and should not be kept in first aid boxes.
- Students can only be given one dose during the school day: one 500mg tablet for children who are 15 or under; two 500mg tablets for children 16 and over. If this does not relieve the pain, the school will contact the parent or the emergency contact as per the 'Supporting Students with medical Needs Policy'.
- The member of staff responsible for giving medicines must witness the student taking the paracetamol, and make a record of it.
- The student should be made aware that paracetamol should only be taken when absolutely necessary, that it is an ingredient in many cold and headache remedies and that great care should be taken to avoid overdosing.
- School will notify parents of the time paracetamol was administered; notification will be via email from the medical team. (The school will notify you by the end of the school day and not immediately; unless emergency treatment deems this necessary).

Paracetamol on Residential Visits

If a student becomes unwell during a residential visit, it may be appropriate to administer paracetamol. The general guidance on paracetamol (above) should be followed but on a residential

visit, it may be appropriate to administer more than one dose. Dosage must be strictly according to the instructions on the packaging. Should paracetamol fail to alleviate symptoms and/or should staff have any concerns about a student's condition, they should not hesitate to get professional medical attention.

Keeping Supplies of Paracetamol

A small supply of paracetamol is purchased by the school and kept in a locked cupboard within the school Medical Room.