

2) Lorazepam	0.5mg PO , r/v 1hr	max. 4mg / day
3) Haloperidol	0.25 - 0.5 mg (max 1mg) PO/IM , r/v 1hr	max. 4mg / day

ANTIEMETICS		
Metoclopramide (Maxalon)	PO/IM/IV 5-10mg TDS	
Prochlorperazine (Stematil)	PO 20mg STAT IV/IM 12.5mg TDS	or 5-10mg TDS
Ondansetron (Zofran)	PO/SL 4-8mg TDS	
Droperidol	IV/IM 0.625-1.25mg (Max 2.5mg)	
Tropisetron	PO 5mg OD IV 2-5mg OD	
Domperidone	PO 10mg TDS	

ANALGESIA		
SIMPLE		
Paracetamol (500mg)	PO/IV 1g QID	
Panadol Osteo (665mg)	PO 1-2 tabs, TDS	
COMBINATION		
Panadeine (500/8mg)	PO 1-2 tabs, QID-TDS (6-8h)	
Panadeine Forte (500/30mg)	PO 1-2 tabs, 3-6 hrly (max 8 tabs)	
Nurofen Plus (200/12.8mg)	PO 1-2 tabs, QID-TDS (6-8h)	
NSAIDS		
Ibuprofen (Advil/Nurofen)	PO 200mg-400mg, 6-8 hrly	
Diclofenac (Voltaren)	PO/PR 75-150mg OD	
Naproxen (Naprosyn)	PO 250-500mg, (max 1250mg daily)	
Indomethacin (Indocid)	PO/PR , 75-100mg (2 tabs) 8 hrly	
Ketorolac (Toradol)	PO 10mg QID, IM 10-30mg 6 daily.	
OPIOIDS		
Tramadol IR	PO/IV/IM 50-100mg QID	
Tramadol SR	PO 100-200mg BD	
Oxycodone IR (Oxynorm)	PO 5-20mg PRN (1-8hrly)	
Oxycodone SR (Oxycontin)	PO BD (adjust dose to 24hr IR use)	
Morphine Sulphate	PO 0.1-0.2mg/kg (60min lag effect) S/C 0.1mg/kg IM 2.5-10mg 3hrly (30min lag effect) IV 1mg-10mg (15min lag effect) PCA 1mg bolus/5mins	
Buprenorphine	TOP 5,10,20 mcg/hr, wkly S/L 200 mcg 4°	
Reverse Opioids Naloxone	IV 200 microg boluses, every 5min	

APERIENTS		
Coloxyl / Senna (softener)	PO 1-2 tabs BD	
Movicol (stimulant)	PO 1-3 sachets BD	
Lactulose (osmotic)	PO 15-45mL OD or split BD	
Glycerol (osmotic)	PR supp if BNO 2/7	
Microlax (osmotic saline lax)	PR 1-2 if BNO 2-3/7	
Fleet Enema	PR if BNO 3/7	
Colonylity (bowel prep)	Prior to colonoscopy	

SEDATIVES		
Temazepam	PO 5-20mg NOCTE	Insomnia
Diazepam	PO 1-10mg TDS	Anxiety / Agitation
Lorazepam	PO 0.5-1mg PRN 4hrly PO 1-2mg NOCTE	Anxiety / Agitation Insomnia
Midazolam	IV/IM 0.1-0.2mg/kg	Seizures

ELECTROLYTES		
Potassium (KCl)	IV 20mmol / 1L NS IV 10mmol / 100ml NS	max rate: 10mmol / hr
KCl Elixir	PO 30ml	approx 1.0 plasma K
Slow K	PO 1-3 tabs BD	
Magnesium (MgCl) Magmin	IV 10mmol . 100ml NS PO 1-2 tabs BD	rate: 1hr
Calcium Gluconate 10%	PO 10mL	
Phosphate (use protocol)	IV 10mmol / 250ml NS	rate: 1hr
Phosphate Sandoz (PO)	PO 500-1000mg TDS	

General Surgery	Heparin	S/C 5000 units BD
Orthopaedic	Enoxaparin	S/C 40mg OD
Orthopaedic d/c post TKR	Aspirin	PO 150mg OD 4/52

ALTERED MENTAL STATE	
? Hypoxia	APO, Opiates
? ACS / AF / SVT	ECG, Obs
? CCF	
? Medications	Opiates, Ach, EtOH
? BSL	
? CNS	Seizures, SAH, Dementia
? Elderly	Urinary retention, Faecal impaction, Sundowning
? Sepsis	

HypoTENSION (hTN)	
? Pt. Stable	Shocked or Not??? sBP <80mmHg = MET & call Reg
? Hypovolemia	? Dry - Bolus 250mL ? Bleeding - GI (PR) ? 3rd spacing
? Vasodilation	? Sepsis ? Meds: Anti-HTN, Opiates, Epidural, GTN ? Anaphylaxis ? Acute Adrenal Insuf
? Pump	ACS / Arrythmia PE / PTx Tamponade
? Normal 4 Pt	Sedatives, Anti-HTN, Narcotics

FALLS	
? Witnessed, ?LOC, PMH, Admission	
? Mechanical	Floors, Clothing, Obesity, Arthritis
? Neurogenic <2%	Seizures, TIA, SAH
? CVS	Orthostatic hTN, Arrythmia, SVT, Vv leasion
? Hypovolemia	GI bleed, Dehydration
? Resp	Hyperventilation
? Medications	Sedatives, Anti-HTN, Narcotics
CHECK: Hx, Obs, BSL, GCS, ECG, Med Chart Examine: CNS, CVS, id any injury MSK DOCUMENT r/v in 1-4hrs	

Common ANTIBIOTICS	
Augmentin Duo Forte 875/125mg	PO 1 tab BD, 5/7
Augmentin 500/125mg	PO 1 tab BD, 5/7
Cephalexin	PO 0.5-1g QID-BD
Ceftriaxone	IM/IV 1-2g OD or split BD
Ciprofloxacin	PO 250-500mg BD IV 2-300mg BD, up to 3-400mg TDS, max 1.2g daily
Gentamicin	IM/IV 5-7mg/kg OD
Meropenem	IV 0.5-1g TDS
Metronidazole	PO 400mg BD
Tazocin	IV 4.5g TDS
Vencomycin	IV 1-1.5g BD req monitoring

FEBRILE Pt. (T>38°C)	
? Duration	Spiking, Swinging, Constant
Post-op	Atelectasis, Pneumonia
? Infection	Resp, UTI, IVC lines, Sepsis, Meningism
? Thrombosis PE, DVT, MI	ECG, Vitals
? Medication	W/D, Allergy, Transfusion
CHECK: Obs, Med Chart, Fluid Chart Hx + Examine: Resp, Wounds, Ix: FBC, MSU, CXR, BCs	

HTN (sBP >190)	
>90% Essential	
? Meds not given	
? APO	
? AMI	
? SAH	
? Eclampsia	
? Dissection - L/R BP & Pulse diff.	

APO	
L - Frusemide (Lasix)	IV 40mg STAT
M - Morphine	IV 2-8mg 2-4hrly
N - GTN	IV 5-10 microg/min (keep BP >100)
O - Oxygen	aPO2 >60mmHg (HM, CPAP)
P - Post. & PEEP	Sit upright

Warfarin REVERSAL (INR >1.5) (check back of anticoag chart)	
FFP	d/w Med / Haem Reg
Prothrombinex	
Vit K	PO 1-2mg IV 0.5-1mg

Low UO (<30mL/hr)		
PRE-RENAL	RENAL	POST-RENAL
Hypovolemia - Intake / Output, Bleeding, Fever, Vomit, Diarrhoea Sepsis, Vasodilation	ATN (2° to pre-renal) Infection	Upper Obstruction: Stone, Clot, Slough
HypoTN - AMI, PE, Arrythmias Drugs	Drugs - IVAB, NSAIDs, ACE, ARB, Contrast	Lower Obstruction: Stone, BPH, Clot, IDC

N/S 1L + 20mmol KCl	8hr
CSL 1L	8hr
Bolus 250 mL - N/S or Gelofusin	STAT
Packed RBC	1hr
FFP	1hr

CERTIFYING DEATH	
Wait 30-60mins	
Verbal Response	
Pain Response	
Pupillary Response	
Check chest - Insp/Expiration	
Palp carotid pulse + Ausc heart - 1min	
Certify deceased + time	
Check admission notes	
Notify:	- NOK - Consultant - GP
Record all in Pt. notes	
Death Certificate	- NOT Urgent

ACS	
M - Morphine	IV titrate 2.5-5mg
O - Oxygen	
N - GTN	S/L tab 0.3mg (start), spray 0.4mg
A - Aspirin	PO 300mg
Clopidogrel	PO 300mg
+/- sit up, antiemetic	

Hyperkalaemia	
If ECG changes or K+ >7 mmol/L = start Tx immediately. In other cases 1st exclude spurious hyperkalaemia (eg haemolysed specimen)	
Causes: renal failure (rare in N renal fxn), others: meds that incr K, tissue damage, acidosis	
Stabilise Cardiac Cell	IV (slow) Ca Gluconate or CaCl
Promote Cell Uptake of K+	IV Glucose + insulin infusion IV/INH Salbutamol IV NaHCO3
Promote K+ excretion	after emergency Frusemide, Resonium

Anti-HTN		
ACE-I	Enalapril	PO 2.5mg BD
ARB	Irbesartan	PO 150mg OD
β-Blocker	Metoprolol	PO 25mg BD IV 2.5mg bolus
CCB	Diltiazem SR Amlodipine Verapamil IR	PO 180mg OD PO 2.5mg OD PO 40mg BD/TDS SR 120mg OD IV 2.5mg bolus
Diuretics:		
- Loop	Frusemide	PO 20mg OD
- K+ Spare	Spironolact. Amiloride	PO 25mg OD PO 5mg OD
- Thiazide	Indapamide HCT	PO 1.25mg OD PO 12.5mg OD

VITAMINS / MINERALS