

Paediatric Just in Case Box

Information for parents and carers

What is a Just in Case Box

A Just in Case box contains a small supply of prescribed medicines, which is kept in your home in case it is needed to treat any symptoms your child might experience.

Sometimes it can be difficult to obtain these medicines in a hurry, especially at night or at the weekends, so it is helpful to have them available - just in case.

The box contains everything necessary for the nurse or doctor to administer the medicines in your home. Often the medicines are not needed, but if they are ready in the house it can prevent delay in relieving symptoms.

Type of Medicine and What is it Used For?

Painkiller for pain and this may also be used to reduce feelings of breathlessness

- Medicine for anxiety, restlessness or seizure
- Anti-sickness medicine for nausea and vomiting
- Medicine to dry up excessive secretions in the throat

If any of the medicines are needed, the box contains just enough to last until more can be obtained. The medicines to be replaced are supplied in the usual way from your GP, community pharmacy or via the hospital.

If you are admitted to hospital or hospice, please let the staff know that you have the box in the house.

How do I Look After the Just in Case Box?

The medicines in the box have been specifically prescribed for your child and should not be given to anyone else. Keep them in a safe place out of reach and sight of children. They do not need to be kept in a fridge, but should be kept in a cool, dry place away from direct heat and light.

If the box is no longer needed please talk to your nurse about organising its return

Any Questions

If you have any questions about the Just in Case box, please talk to your Paediatric Palliative Care Clinical Nurse Specialist, Paediatric Oncology Outreach Nurse Specialist (POONS), Community Children's Nurse (CCN), CHAS at Home Nurse or other health professional

Contacts

Clinical Nurse Specialist – Phone Number:

POONS – Phone Number:

CCN – Phone Number:

CHAS contact – Phone Number:

GP – Phone Number:

Community Pharmacy – Phone Number:

Other Health Professional – Phone Number: