

Medicines list for registered nurse prescribing in community health

PRESCRIPTION, RESTRICTED (PHARMACIST ONLY),
PHARMACY ONLY AND GENERAL SALES
MEDICINES APPROVED BY THE NURSING COUNCIL
OF NEW ZEALAND

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Guidance on the use of the medicines list

Introduction

Prescribing for registered nurses in community health is a limited, guideline-based model of prescribing designed to cater for normally healthy people who have specific minor ailments or common conditions in the community. More information can be found on the Council's website www.nursingcouncil.org.nz

Normally healthy people are without serious or complex health conditions, or whose conditions are well-controlled and stable.

Prescribing authority

Under the Medicines (Designated prescriber-Registered Nurses) Regulation 2016, the Nursing Council of New Zealand (the Council) is able to authorise registered nurses who have completed appropriate training and supervision to prescribe specified prescription medicines in community settings.

Registered nurses authorised to prescribe in community health may prescribe from the Council approved list of medicines for RN prescribers in community health (RNPCH). In this list for RNPCH there are prescription, restricted (pharmacist only), pharmacy only and general sales classified medicines. Registered nurses with designated prescribing rights can also prescribe other medicines of a 'lower' classification i.e. general sales, restricted medicines and pharmacy only medicines, within their level of competence and specific area of practice. RN designated prescribers may not prescribe Section 29 (unapproved) medicines.

Prescriptions will only be subsidised if the medicine is included in the PHARMAC Community Pharmaceutical Schedule. Registered nurse prescribers are also able to write prescriptions for other Community Pharmaceuticals (therapeutic medical devices or related products) subsidised by PHARMAC in the community schedule e.g. condoms.

Preparation and prescribing requirements

Registered nurses prescribing in community health complete a minimum of 3 years of full-time equivalent practice with at least one year of that practice in the area they are prescribing in. They also complete a recertification programme in registered nurse prescribing in community health



including supervision with a medical practitioner or a nurse practitioner before they are authorised by the Council to prescribe.

Registered nurses prescribing in community health must prescribe for normally healthy people and follow clinical guidelines. They must only prescribe medicines from this list that are agreed with their employer and they are competent to prescribe. More guidance on these requirements can be found in ***Guidelines for registered nurse prescribing in community health 2019*** on the Council's website.

Commonly used medicines for common conditions

This medicines list has been developed from the New Zealand Formulary and the Community Pharmaceutical Schedule. The list is divided into 4 sections: prescription medicines for common conditions, prescription medicines for contraception and sexual health, non-prescription medicines and devices.

Requirements as to use, route of administration or pharmaceutical form.

Restrictions related to route, form, context and “continuation prescribing” (see below) have been included in the list to provide greater clarity about the specific form of the medicine and the circumstances under which it can be prescribed.

Continuation prescribing

The Council has indicated “continuation prescribing” for valciclovir oral tablets. This means that this medicine can be prescribed by a registered nurse prescribing in community health only if the diagnosis has been confirmed and the first treatment prescribed by an authorised prescriber e.g. a medical practitioner or a nurse practitioner. The registered nurse prescriber is still expected to assess the patient and follow the clinical guideline. The Council has used this term to avoid confusion as “repeat prescribing” is often used to describe a process in primary care where a medical practitioner signs a script for a patient based on a previous consultation without seeing the patient again.

Funded medicines and unfunded medicines

Most medicines that are on this list are subsidised. The PHARMAC Community Pharmaceutical schedule should be consulted for details of the subsidies.

If a registered nurse prescriber is legally allowed to prescribe an item **not** listed on the Schedule, they should make the patient aware that the entire cost will need to be met by the patient. The



amount payable may vary between pharmacies. There are some items listed on the Schedule that are not **fully** subsidised (they carry a “part charge”). The Schedule listing indicates if an item is fully subsidised or not. If the nurse prescribes a pharmaceutical from the medicines list that the Schedule indicates as not being fully subsidised, again they should make the patient aware that there will be a cost to them over and above the usual co-payment (if a co-payment applies).

Resources

Appropriate current resources should be consulted by registered nurses prescribing in community health including the New Zealand Formulary, clinical guidelines e.g. health pathways, Bpac.org.nz or nzshs.org.nz, Medsafe Prescriber Updates and other online resources in New Zealand including Medsafe, MIMS gateway, PHARMAC, Heart Foundation Guidelines for Rheumatic fever and sore throats.



Prescription medicines for common conditions

Medicine	Route	Duration/ restriction	Indication	Prescribing considerations and educational preparation
Antibacterials - systemic				
Amoxicillin	Oral	1 course only	Otitis media in children, Otitis media and sinusitis in adults, Pharyngitis	Otitis media refer to guideline for example http://www.bpac.org.nz For Pharyngitis Specific education on rheumatic fever required.
Amoxicillin with clavulanic acid	Oral	1 course only	Skin infections from human or animal bites	Educational preparation to address principles of drug resistance, adverse effects (liver and idiopathic responses) and contraindications. Need to understand principles of dosing considerations and short- term use. Refer to guideline for example http://www.bpac.org.nz
Benzathine benzylpenicillin	IM injection	According to Guideline	Rheumatic fever secondary prophylaxis Group A Streptococcal Sore throat management	Diagnosis of rheumatic fever must be established for secondary prophylaxis. Specific education on rheumatic fever required. Must be given with lidocaine. Nurse must carry adrenaline and be educated in resuscitation management. Must be trained in injection administration.
Flucloxacillin	Oral only	1 course only	Skin infections, cellulitis, impetigo, mastitis	refer to guideline for example http://www.bpac.org.nz



Medicine	Route	Duration/ restriction	Indication	Prescribing considerations and educational preparation
Phenoxy-methylpenicillin (Penicillin V)	Oral	Only according to Guideline	Rheumatic fever prophylaxis, Group A Streptococcal Sore throat management	Specific education on rheumatic fever required.
Cefalexin	Oral	Only according to guideline. 1 course only.	Skin infections: boils, cellulitis, impetigo, mastitis, Recurrence Group A Streptococcal throat infection	Skin infection, boils, cellulitis, impetigo, mastitis refer to guideline for example http://www.bpac.org.nz Specific education on recurrent Group A streptococcal throat infections and rheumatic fever required.
Erythromycin	Oral only	1 course only	Skin infections: boils, cellulitis, mastitis Pharyngitis	Skin infections: boils, cellulitis, mastitis refer to guideline for example http://www.bpac.org.nz For Pharyngitis Specific education on rheumatic fever required.
Nitrofurantoin	Oral	1 course only	Uncomplicated urinary tract infection only	Refer to guideline for example http://www.bpac.org.nz
Trimethoprim	Oral only	Adult women 16-50 years only 3 days only	Uncomplicated urinary tract infection only	Refer to guideline for example http://www.bpac.org.nz



Ear preparations				
Flumetasone pivalate (with clioquinol)	Ear drops	Aural only 1 course only	Otitis externa	Diagnostic skills to be developed during supervised practice/ongoing practice experience. Contraindicated where there is perforation of the eardrum (suspected or verified). Also contraindicated in children under 2 years old.
Dexamethasone with framycetin and gramicidin	Ear drops	Aural only 1 course only	Eczematous inflammation with secondary infection in otitis externa	Diagnostic skills to be developed during supervised practice/ongoing practice experience. Refer to guidance on otitis externa http://www.bpac.org.nz
Triamcinolone + neomycin sulfate + gramicidin + nystatin	Ear drops	Aural only 1 course only	Bacterial and candida infections in otitis externa	Diagnostic skills to be developed during supervised practice/ongoing practice experience. http://www.bpac.org.nz Contraindicated where there is perforation of the eardrum (suspected or verified).
Eye preparations				
Chloramphenicol	Eye drop, Eye ointment	Ocular only 1 course only	Conjunctivitis	Refer to guideline for example http://www.bpac.org.nz
Sympathomimetics				
Adrenaline	IM injection		Emergency treatment of Anaphylaxis	Must be trained in resuscitation



Prescription medicines for contraception & sexual health

Medicine	Route	Duration/ restriction	Indication	Prescribing considerations and educational preparation
Contraceptives				
Ethinylloestradiol with levonorgestrel	Oral	Only in combination for contraception	Contraception	Must complete Family Planning Certificate in Contraception and Sexual Health or equivalent course
Ethinylloestradiol with desogestrel	Oral		Contraception	
Ethinylloestradiol with norethisterone	Oral		Contraception	
Ethinylloestradiol with drospirenone	Oral		Contraception	
Levonorgestrel	Oral, sub dermal	Additional training required for implant insertion	Includes long-term and emergency contraception	
Desogestrol	Oral	Contraceptive use only	Contraception	
Norethisterone	Oral		Contraception	
Etonogestrel	Subdermal	Additional training required for implant insertion	Long - term contraception	
Medroxy- progesterone 10mg	Oral	Post levonorgestrel implant break through bleeding		



Medicine	Route	Duration/ restriction	Indication	Prescribing considerations and educational preparation
Medroxy- progesterone acetate	IM injection	Contraceptive use only	Contraception	
Antibacterials – systemic				
Azithromycin	Oral	Single dose	Chlamydia or male urethritis, uncomplicated gonorrhoea	Refer to NZ sexual health guidelines
Ceftriaxone	IM injection	Only according to Guideline Single dose	Uncomplicated gonorrhoea	Uncomplicated gonorrhoea refer to NZ sexual health Guidelines. Must be given with 2mls 1% lidocaine. Nurse must carry adrenalin and be educated in resuscitation management. Must be trained in injection administration. Must be given with oral azithromycin as per guideline.
Doxycycline	Oral	7 days	Chlamydia	
Metronidazole	Oral	1 course only		Refer to guideline for example http://www.bpac.org.nz
Ornidazole	Oral	5 days	Bacterial vaginosis only	
Antivirals				
Valaciclovir	Oral	5-7 days Continuation prescribing only (See Guidance section)	Genital herpes simplex virus	Development of diagnostic skills during supervision and ongoing practice or prescribing following established diagnosis. Refer to NZ sexual health guidelines



Other medicines

Medicines group	Medicine	Restrictions
Dermatologicals		
Antipruritic preparations	Calamine	
Antipruritic preparations	Crotamiton	
Barrier creams and emollients	Cetomacrogol	
Barrier creams and emollients	Cetomacrogol with glycerol	
Barrier creams and emollients	Dimethicone 4% lotion	
Barrier creams and emollients	Zinc and castor oil	
Barrier creams and emollients	Aqueous cream	
Barrier creams and emollients	Emulsifying ointment	
Barrier creams and emollients	Oil in water emulsion	
Barrier creams and emollients	Paraffin 50:50	
Barrier creams and emollients	Urea	
Barrier creams and emollients	Wool fat with mineral oil	
Corticosteroids topical	Hydrocortisone 1%	
Corticosteroids topical	Hydrocortisone 1%+ miconazole	
Corticosteroids topical	Hydrocortisone 17-butyrate 0.1%	
Corticosteroids topical	Mometasone furoate 0.1%	
Corticosteroids topical	Triamcinolone acetonide 0.02%	



Medicines group	Medicine	Restrictions
Disinfecting and cleansing agents	Chlorhexidine gluconate	
Disinfecting and cleansing agents	Triclosan	
Minor skin infections	Povidone iodine	
Parasitocidal preparations	Malathion with permethrin and piperonyl butoxide	
Parasitocidal preparations	Permethrin	
Psoriasis and eczema preparations	Salicylic acid	
Psoriasis and eczema preparations	Tar with triethanolamine lauryl sulphate and fluorescein	
Topical antibacterials	Hydrogen peroxide	
Topical antibacterials	Silver sulphadiazine	
Topical antifungals	Amorolfine	
Topical antifungals	Ciclopirox olamine	
Topical antifungals	Clotrimazole	
Topical antifungals	Econazole nitrate	
Scalp preparations	Ketoconazole	Shampoo
Gynaecological and urinary		
Other urinary agents	Sodium citro-tartrate	
Urinary Tract Infections	Hexamine hippurate	
Gynaecological anti-infectives	Acetic acid with hydroxyquinoline and ricinoleic acid	Vaginal jelly
Gynaecological anti-infectives	Clotrimazole	
Gynaecological anti-infectives	Miconazole nitrate	
Gynaecological anti-infectives	Nystatin	
Gynaecological and urinary		
Gynaecological anti-infectives	Fluconazole	Oral, 150mg single dose only
Pain management		
Non-opioid analgesics	Paracetamol	Oral, suppositories



Medicines group	Medicine	Restrictions
Opioid analgesics	Paracetamol with codeine	
Non-steroidal anti-inflammatory analgesics	Ibuprofen	200mg tab or 100mg/5ml oral liquid only
Treatments for Substance Dependence		
Treatments for substance dependence	Nicotine	
Ears		
Ear preparations	Acetic acid with 1, 2-propanediol diacetate and benzethonium	
Gastrointestinal		
Vitamins	Folic acid	
Minerals	Potassium iodate	
Oral agents	Thymol glycerin	
Agents used in mouth ulceration	Triamcinolone acetonide	Oral paste
Oropharyngeal anti-infectives;	Miconazole	
Oropharyngeal anti-infectives;	Nystatin	
Anthelmintics	Mebendazole	
Laxatives, bulk-forming agents	Ispaghula (psyllium) husk	
Laxatives, faecal softeners	Docusate sodium	
Laxatives, faecal softeners	Docusate sodium with sennosides	
Laxatives, faecal softeners	Poloxamer	
Laxatives, osmotic laxatives	Glycerol	
Laxatives, osmotic laxatives	Lactulose	
Laxatives, stimulant	Bisacodyl	
Laxatives, stimulant	Sennoside B	
Laxatives, stimulant	Picosulfate sodium	



Respiratory		
Corticosteroid, inhaled and bronchodilator	Budesonide and formoterol	
Corticosteroid, inhaled	Fluticasone	
Bronchodilator, inhaled	Salbutamol	
Other medicines		
Local anaesthetic	Lidocaine	

Medical devices

Pregnancy tests- HCG urine
Intra-uterine devices
Condoms
Diaphragms
Contraceptive caps

