



**Scottish  
Ambulance  
Service**

Working in Partnership with Universities



**Patient Group Direction PGD219**  
**FOR THE ADMINISTRATION OR SUPPLY OF IBUPROFEN**

<b>Staff Grade:</b>	Qualified and Year Two Trainee: Advanced Paramedic Practitioners Advanced Nurse Practitioners (Urgent and Primary Care)
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<b>Document Author(s) / Owner</b>	
<b>Version</b>	1.0
<b>Issue Date</b>	28/03/2025
<b>Review Date</b>	28/03/2028
<b>Division / Organisation Wide</b>	Advanced Practice (Urgent & Primary Care) only

Health Care Professionals must be HCPC or NMC registered and authorised by name under this PGD before attempting to treat any patient according to it and have signed the relevant declaration.

Before using this PGD, healthcare professionals must ensure they are working within their scope of practice and be competent in the treatment of patients identified as suitable for inclusion under this PGD.

“Your scope of practice is the limit of your knowledge, skills and experience and is made up of the activities you carry out within your professional role. As a health and care professional, you must keep within your scope of practice at all times to ensure you are practising safely, lawfully and effectively. This is likely to change over time as your knowledge, skills and experience develop.” (HCPC 2024)

Staff should not deviate from their training, guidelines and scope of practice without taking professional clinical advice. All staff are expected to maintain their fitness to practice and undertake appropriate professional development to allow them to be fit for the role in which they are practising.

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## 1. Document Control Sheet

### 1.1 Key Information

<b>Title:</b>	Patient Group Direction PGD219 Ibuprofen
<b>Date published / issued:</b>	28/03/2025
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### 1.2 Revision History

Version	Date	Summary of Changes	Name	Changes Marked
0.1	02/10/2024	Initial draft		N/A
1.0	26/03/2025	Updated to approved version no., guidance comments removed		Yes
1.0	01/05/2025	First issue – supersedes entry in PGD003		Yes

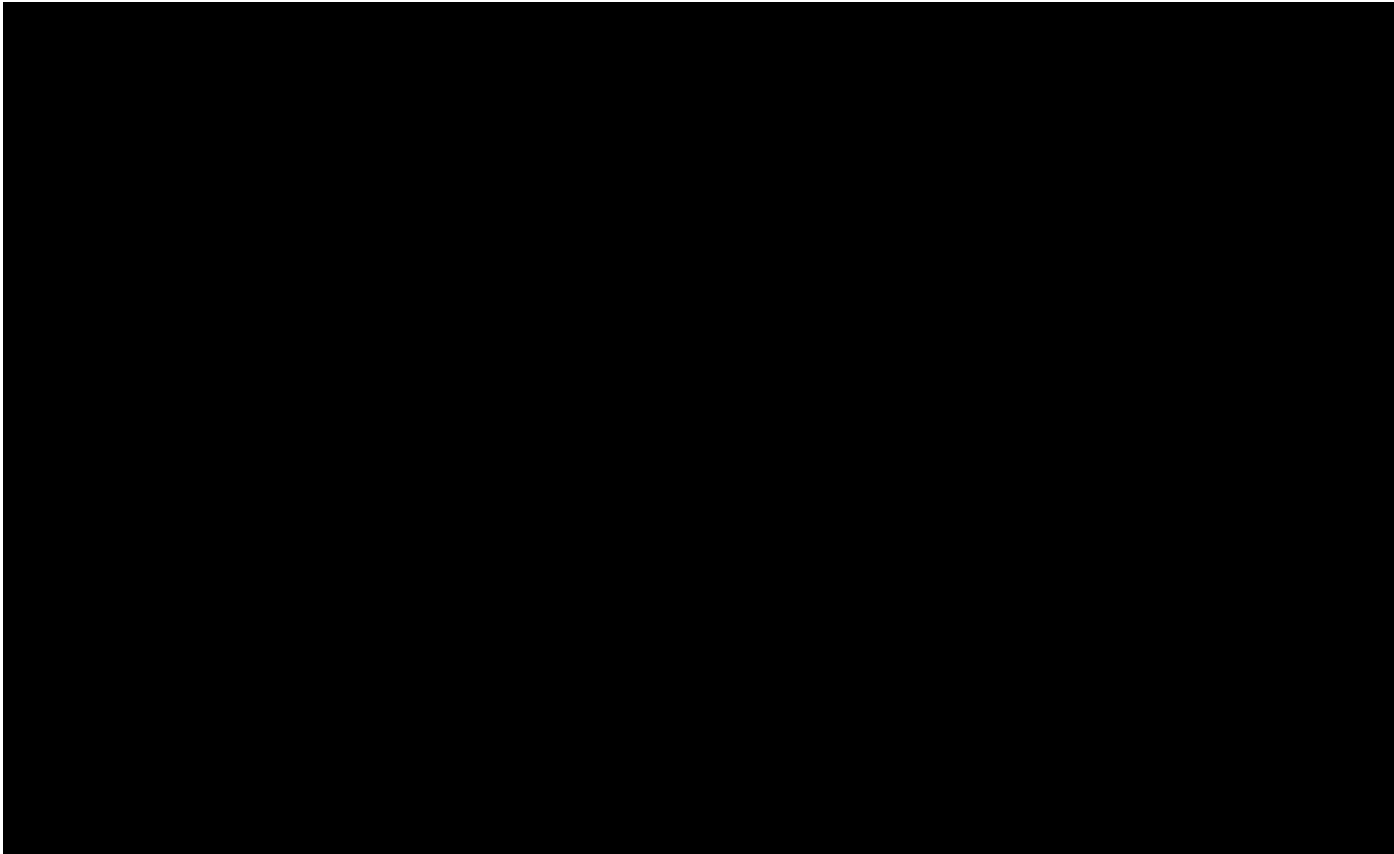
### 1.3 Approvals: This document requires the following approvals:

Name	Date	Version
National Advanced Practice Clinical Lead	30/01/2025	1.0
Medicines Management Group	30/01/2025	1.0
Pharmaceutical Advisor	03/03/2025	1.0
Medical Director	27/02/2025	1.0

### 1.4 Distribution: This document has been distributed to:

Name	Date	Version
Medicines Management Group	28/03/2025	1.0
Advanced Practice Leadership Team	28/03/2025	1.0
All Advanced Practitioners (UPC) & trainees	28/03/2025	1.0

1.5 Names and signatures of professionals drawing up the protocol



1.6 Professional / Advisory groups which have approved the protocol

Scottish Ambulance Service Medicines Management Group	Date	30/01/2025
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## 2. Using this PGD for Administration and/or Supply of Medicines

### 3. Characteristics of Staff

<b>Qualifications required</b>	Qualified and Year Two Trainee: Advanced Paramedic Practitioners Advanced Nurse Practitioners (in Urgent and Primary Care)
<b>Specific or additional experience / training required</b>	<p>Undertaken an SCQF Level 11 module in Advanced Clinical Assessment (or equivalent) which included a period of supervised practice and signed off as competent. Passed all relevant written and practical assessments and ratified by a university exam board.</p> <p>Familiarisation with the signs and symptoms of conditions listed in “Criteria for Inclusion” in this PGD and possible differential diagnoses.</p> <p>Familiarisation with the use of Ibuprofen, its indications, contra-indications and other details.</p>
<b>Continuing training requirements</b>	<p>The clinician should be aware of any changes to the evidence base for treatment conditions listed in “Criteria for Inclusion” in this PGD.</p> <p>The individual clinician is responsible for their own CPD and for keeping up to date with the use of medicine(s) in this PGD.</p>
<b>Other</b>	You must be authorised by name under the current version of this PGD before you attempt to work to it

#### 4. Clinical Situations / Conditions to Which the Patient Group Direction Applies

<b>Definition of condition / situation to be treated</b>	<p>Mild to moderate pain including:</p> <ul style="list-style-type: none"> <li>• Headache</li> <li>• Toothache</li> <li>• Backache</li> <li>• Rheumatic and musculoskeletal pain</li> <li>• Dysmenorrhoea</li> <li>• Pain and discomfort from colds, flu and infections</li> </ul> <p>Acute migraine</p> <p>Pyrexia <u>with</u> pain or discomfort</p>
<b>Criteria for inclusion</b>	<p>Adults 16 years and over with any of the above conditions / symptoms.</p> <p>Appropriate safety-netting can be made.</p> <p>Can be used in combination with other suitable analgesics as part of a balanced analgesic regimen.</p>
<b>Criteria for exclusion</b>	<ul style="list-style-type: none"> <li>• Children under 16 years of age</li> <li>• Informed non-consent</li> <li>• Known allergy to Ibuprofen or any excipients or ingredients in the preparation, or to any other NSAID</li> <li>• Active, or history of, gastrointestinal ulcers or bleeding</li> <li>• Patients with asthma who are <u>not known</u> to tolerate NSAIDS</li> <li>• Pregnancy</li> <li>• Frail elderly patients</li> <li>• Known severe renal (eGFR &lt;30 / CKD 4 or 5) or hepatic impairment or excessive alcohol use</li> <li>• Severe congestive heart failure</li> <li>• Current varicella (Chickenpox) infection</li> <li>• Uncontrolled hypertension (persistently &gt;140/90)</li> <li>• Coagulation disorder(s)</li> <li>• Current regular use of Ibuprofen or any other NSAID</li> <li>• Use of any NSAID or Ibuprofen-containing products (including topical) within the last four hours, or the cumulative daily dose already taken – note that this excludes administration to the patient, they may be supplied with Ibuprofen for later use</li> <li>• Patients taking: <ul style="list-style-type: none"> <li>○ Anti-platelet, anti-coagulant, fibrinolytic or thrombolytics drugs e.g. Aspirin, Clopidogrel, Ticagrelor, Warfarin, Apixaban, Alteplase, etc.</li> <li>○ Oral anti-diabetic medicines</li> <li>○ Ciclosporin</li> <li>○ Corticosteroids (including oral, inhaled or topical)</li> <li>○ Diuretics (e.g. Furosemide, Bendroflumethiazide, Spironolactone, etc.)</li> <li>○ Lithium</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Methotrexate</li> <li>○ Quinolones (*floxacin) if the patient has epilepsy or is predisposed to seizure activity</li> <li>○ SSRIs (e.g. Citalopram, Fluoxetine, Sertraline, etc.)</li> <li>○ Venlafaxine</li> <li>○ Tacrolimus</li> <li>○ Any specialist cancer drugs</li> </ul> <ul style="list-style-type: none"> <li>● Pyrexia <u>without</u> pain or discomfort</li> <li>● Significantly unwell or injured patients requiring further assessment (blood tests, x-ray, etc.) or admission</li> </ul>
<b>Action if patient is excluded or declines treatment</b>	Document in ePR / patient record. Discuss alternatives with patient / carer as appropriate and advise on risks of declining treatment. Consider referral to primary care or a community pharmacy. If necessary, consider referral or transfer to a suitable receiving unit.

## 5. Description of Treatment (including dosage and administration)

Name, form(s) and strength(s) of medicine	Ibuprofen 200mg tablets Ibuprofen 200mg caplets Ibuprofen 400mg tablets
Legal status	<b>POM</b> for supply of larger quantities <b>P</b> for supply of 400mg packs up to 32 tablets / caplets <b>P</b> for supply of 200mg packs up to 32 tablets / caplets <b>GSL</b> for supply of 200mg packs of 16 tablets / caplets
Is the use outwith the SmPC?	No
Storage requirements	Room temperature
Route(s) / method(s) of administration	Oral administration only – may be taken with or without a drink
Dose and frequency of administration	<b>For all conditions indicated in this PGD:</b> 400mg (one 400mg or two 200mg tablets) every 6-8 hours as required up to a maximum of 1.6g (four 400mg or eight 200mg tablets) in 24 hours
Maximum dose and number of treatments	As above, but note cautions below where half-doses are suggested.  If used for acute migraine and the patient has access to their own prescribed *triptan, then only a single dose should be given.  Maximum supply is one full box (normally 24 tablets but clinicians should be aware that there are multiple pack sizes available).

## 6. Cautions and Identification & Management of Adverse Reactions

<b>Cautions</b>	<p>Should be used with caution in:</p> <ul style="list-style-type: none"><li>• Chronic dehydration or malnutrition – consider half dose</li><li>• Elderly patients – maximum dose 1.2g in 24 hours</li><li>• Ischaemic heart disease, mild to moderate congestive heart failure, or cerebrovascular diseases – safe to use in short courses – maximum dose 1.2g in 24 hours</li><li>• Connective tissue disorders</li><li>• Mild to moderate hepatic impairment – only use if benefits outweigh the risks, consider half dose</li><li>• Breastfeeding, especially in the early weeks if the infant was pre-term or of low birth weight</li></ul> <p>Patients with a moderate risk of adverse GI events should also be supplied with Omeprazole, if suitable. Refer to PGD227 for guidance.</p>
<b>Drug interactions</b>	<p>No significant interactions for short courses other than drugs listed in the exclusion criteria</p>
<b>Identification and management of adverse reactions</b>	<p>Anaphylactic reactions to Ibuprofen are extremely rare and should be managed as per standard protocol / JRCALC guidance.</p> <p>Common or very common side-effects include: Gastrointestinal discomfort, Skin reactions</p> <p>Uncommon: Asthma, Headache, Hypersensitivity, Nausea, Rash</p> <p>Rare or very rare: Acute kidney injury, Agranulocytosis, Anaemia, Angioedema, Constipation, Diarrhoea, Dyspnoea, GI disorders, Haemorrhage, Leucopenia, Liver disorder, Meningitis aseptic, Oedema, Oral ulceration, Pancytopenia, Renal papillary necrosis, Severe cutaneous adverse reactions, Shock, Thrombocytopaenia, Vomiting</p> <p>A detailed list of adverse reactions can be found in the product's SmPC and PIL, see references below.</p> <p>Any adverse reactions, and action taken, are recorded in the patient's notes and other appropriate documentation e.g.: clinical incident form, Yellow Card scheme, etc.</p>



## 7. Patient Advice and Documentation

<b>Patient advice (verbal and written)</b>	<ul style="list-style-type: none"> <li>• Explain treatment plan and gain consent</li> <li>• Clinician should inform the patient / carer of the realistic timeframe for improvement of symptoms being treated</li> <li>• Must see medical practitioner if symptoms worsen or do not resolve within the expected timeframe</li> <li>• Tablets should be taken with or just after food</li> <li>• Advise patient not to take Omega-3 supplements while taking Ibuprofen</li> <li>• Advise that the patient <u>must not</u> take or use any other NSAID-containing products and that not all items are obvious that they contain an NSAID. These include: <ul style="list-style-type: none"> <li>○ branded medicines such as Anadin, Arthrotec, Beechams powders, Boots Period Pain Reliever, Calprofen, Combogesic, Disprin, Econac, Naprosyn, Nurofen, Nuromol, Solaraze, Stirlescent, Sudafed, Vimovo, Voltarol (refer them to the specific ingredients)</li> <li>○ medicinal items such as Ibuprofen or Diclofenac gels or creams (e.g. Ibuleve, Voltarol)</li> <li>○ Less-commonly known NSAIDs (e.g. celecoxib, etoricoxib, Indometacin, Mefenamic acid, etc.)</li> </ul> </li> <li>• Advised to be especially cautious regarding any medicines purchased overseas which may include Ibuprofen</li> <li>• Advised to avoid excessive alcohol while taking Ibuprofen</li> <li>• Advise to contact GP / nurse / pharmacist / out-of-hours service if side effects occur</li> <li>• Advised to call 999 if any life-threatening side-effects occur</li> <li>• Patients should be given a copy of the manufacturer's Patient Information Leaflet where available or signposted to an electronic copy if not</li> <li>• Patients should be advised to maintain adequate hydration</li> </ul>
<b>Arrangements for referral to medical advice</b>	Local arrangements apply
<b>Additional facilities / supplies required</b>	<p>Drinking water (if required).</p> <p>Ibuprofen is available in multiple other forms which are not covered by this PGD, including:</p> <ul style="list-style-type: none"> <li>• 600mg oral tablet</li> <li>• 800mg modified-release tablet</li> <li>• 5% or 10% cutaneous gel</li> </ul> <p>and for patients unable to swallow tablets:</p> <ul style="list-style-type: none"> <li>• 600mg effervescent granules</li> <li>• 100mg chewable capsule</li> <li>• 200mg orodispersible tablets (Nurofen Meltlets)</li> <li>• 100mg/5ml and 200mg/5ml oral suspension</li> </ul>

	<p><u>Single doses</u> of oral Ibuprofen tablet(s) or suspension may be given to children between the ages of 3 months and 16 years in accordance with the guidance in the JRCALC app, they <u>cannot</u> be supplied under this PGD.</p> <p>If any of the above are required, refer to the patient's GP or a SAS prescriber.</p> <p>SAS APs will normally only carry Ibuprofen 200mg tablets but 400mg tablets and 200mg caplets have been included in this PGD in case of supply issues.</p> <p>Ibuprofen is available as a range of alternative presentations which are neither covered by the PGD, nor appropriate for prescribing. If a patient prefers these presentations they can be signposted for individual purchase at pharmacies and, in some cases, in shops:</p> <ul style="list-style-type: none"> <li>• as 200mg, 300mg and 800mg modified-release tablet</li> <li>• as Ibuprofen lysine or Ibuprofen sodium dihydrate, in a range of strengths and presentations under various brand names</li> </ul> <p>Ibuprofen is available as an intravenous infusion, which is not covered by this PGD nor suitable for prescribing for SAS patients.</p>
<b>Monitoring</b>	No specific monitoring required
<b>Follow up</b>	No specific follow-up required
<b>Details of treatment records required</b>	<p>The ePR, or other patient record, must contain the following:</p> <ul style="list-style-type: none"> <li>• Name of the HCP using this PGD</li> <li>• Patient's name, address and date of birth. CHI number is also preferred</li> <li>• Name of medication and expiry date</li> <li>• Date and time of administration / supply</li> <li>• Dose (and volume if liquid preparation), form and route (and site if parenteral) of administration</li> <li>• If supplying medicine: <ul style="list-style-type: none"> <li>○ Dose and frequency to take</li> <li>○ Number of items supplied</li> </ul> </li> <li>• That it is administered and/or supplied under this PGD and not prescribed or via an exemption</li> </ul> <p>The ePR, or other patient record, must also contain:</p> <ul style="list-style-type: none"> <li>• The patient's medical and medication history</li> <li>• Medication and safety-netting / worsening advice given to the patient / carer</li> </ul> <p>All records must be clear, legible and contemporaneous.</p>

## 8. References and Further Reading

### NICE Medicines Practice Guideline MPG2: Patient group directions

[Overview](#) | [Patient group directions](#) | [Guidance](#) | [NICE](#)

#### Ibuprofen in BNF

[Ibuprofen](#) | [Drugs](#) | [BNF](#) | [NICE](#)

#### Ibuprofen on EMC

[Ibuprofen 200mg Tablets SmPC](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Ibuprofen 200mg Tablets Patient Information Leaflet](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Ibuprofen 400mg Tablet SmPC](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Ibuprofen 400mg Tablet Patient Information Leaflet](#) ([medicines.org.uk](https://www.medicines.org.uk))

#### BNF Treatment Summaries

[Analgesics](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

[Analgesics](#) | [Nurse Prescribers' Formulary](#) | [BNF](#) | [NICE](#)

[Migraine](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

[Non-steroidal anti-inflammatory drugs](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

[Pain, chronic](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

#### NICE Clinical Knowledge Summary/Summaries (CKS)

[Analgesia - mild-to-moderate pain](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Back pain - low \(without radiculopathy\)](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Headache - assessment](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Headache - tension-type](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Shoulder pain](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Sprains and strains](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

#### NICE Clinical Guidelines

[CG173 Neuropathic pain in adults: Pharmacological management in non-specialist settings](#) | [Guidance](#) | [NICE](#)

[NG59 Low back pain and sciatica in over 16s: Assessment and management](#) | [Guidance](#) | [NICE](#)

[NG193 Chronic pain \(primary and secondary\) in over 16s: Assessment of all chronic pain and management of chronic primary pain](#) | [Guidance](#) | [NICE](#)

#### Other Useful Links

[Ibuprofen](#) | [NHS inform](#)

[NSAIDs](#) | [NHS inform](#)

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