



**Patient Group Direction PGD220**  
**FOR THE ADMINISTRATION OF LIDOCAINE HYDROCHLORIDE**

Staff Grade:	Qualified and Year Two Trainee: Advanced Paramedic Practitioners Advanced Nurse Practitioners (Urgent and Primary Care)
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Document Author(s) / Owner	
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Division / Organisation Wide	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.

## 1. Document Control Sheet

### 1.1 Key Information

<b>Title:</b>	Patient Group Direction PGD220
	Lidocaine Hydrochloride
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### 1.2 Revision History

Version	Date	Summary of Changes	Name	Changes Marked
0.1	14/11/2024	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 PGD002		Yes

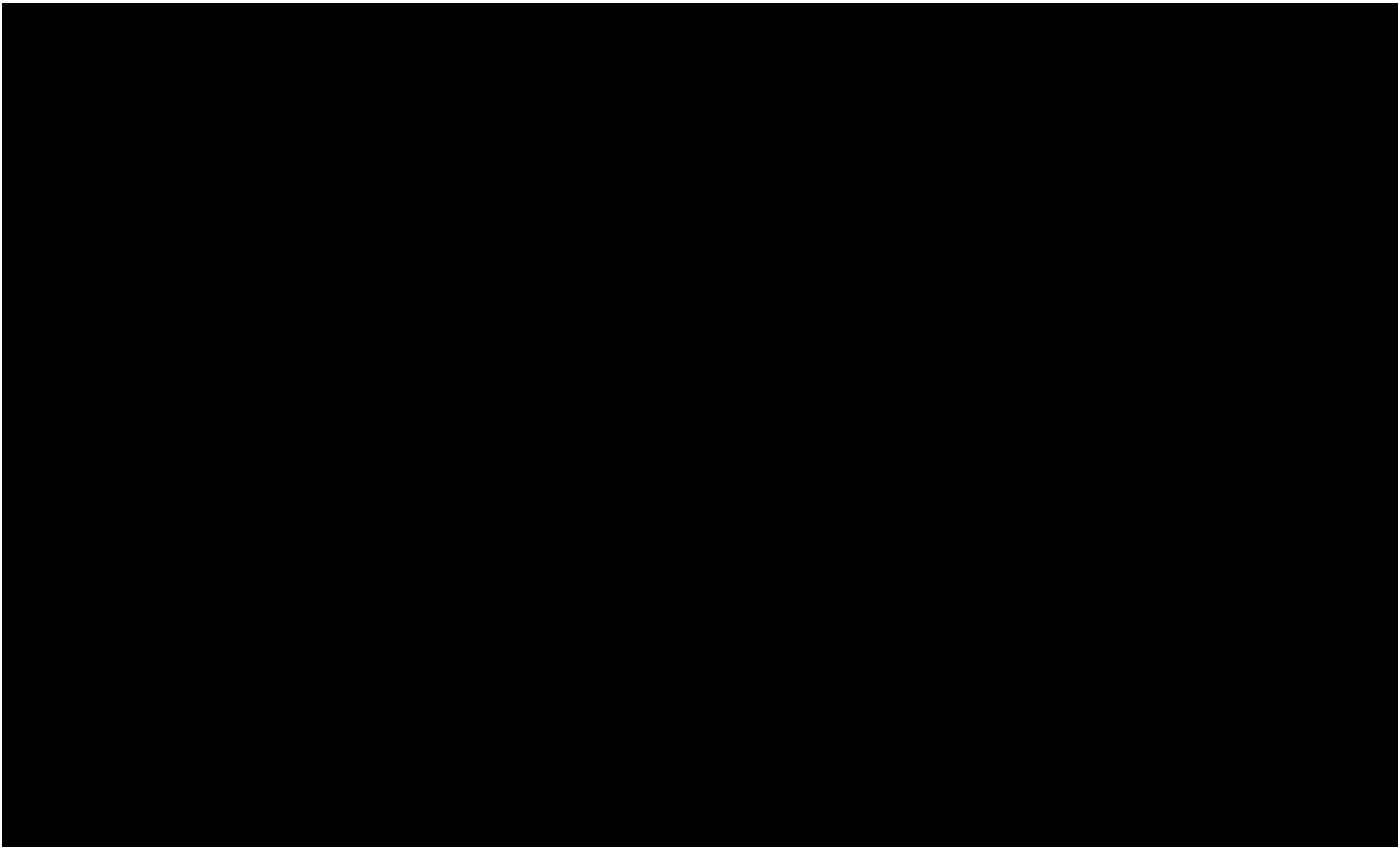
### 1.3 Approvals: This document requires the following approvals:

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	2702/2025	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 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 Lidocaine, 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>	Wound(s) requiring local anaesthetic to facilitate inspection, cleaning and/or closure, including digital nerve block
<b>Criteria for inclusion</b>	Adults 16 years and over with the above condition / requirement(s).  Appropriate safety-netting can be made.
<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 or hypersensitivity to Lidocaine or any excipients or ingredients in the preparation, or to any other amide anaesthetic</li> <li>• Adams-Stokes and Wolf-Parkinson-White syndromes</li> <li>• Anticoagulant use</li> <li>• Bradycardia (&lt;50bpm)</li> <li>• 2<sup>nd</sup> or 3<sup>rd</sup> degree heart block</li> <li>• Hypovolaemia</li> <li>• Sudden decompensatory heart failure</li> <li>• Wounds where the injection site(s) is/are inflamed or infected</li> <li>• Patients currently using transdermal or topical products containing Lidocaine or any other ester or amide anaesthetic drugs (mostly named *caine)</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)

<b>Name, form(s) and strength(s) of medicine</b>	Lidocaine hydrochloride 1% (10mg in 1ml vials)
<b>Legal status</b>	POM
<b>Is the use outwith the SmPC?</b>	No
<b>Storage requirements</b>	Room temperature.  Vials must be stored out of direct sunlight.
<b>Route(s) / method(s) of administration</b>	By intradermal injection / subcutaneous infiltration only.  Must not be injected into inflamed or infected tissue. Must not be given intravenous, intramuscular or intraosseous.
<b>Dose and frequency of administration</b>	Appropriately trained Advanced Practitioners and trainees must follow the guidance in their minor injuries training for dosing and administration
<b>Maximum dose and number of treatments</b>	Maximum total administration to an adult is 200mg (20ml), this number is cumulative across all wounds being treated.  Maximum administration to the base of a finger, thumb or toe is 50mg (5ml).  If the maximum administration has been given, no more Lidocaine may be administered for any reason or by any route for 4 hours.  This PGD covers administration by the AP or tAP only; no additional supply can be made using this PGD.

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

<b>Cautions</b>	<p>Should be used with caution in patients with:</p> <ul style="list-style-type: none"><li>• Pregnancy or breastfeeding – use only if necessary and keep doses to the minimum required</li><li>• Congestive cardiac failure*</li><li>• Elderly / frail patients*</li><li>• Cardiac arrhythmias other than those excluded*</li><li>• Recent (&lt;14 days) cardiac surgery*</li><li>• Acute porphyrias</li><li>• Epilepsy</li><li>• Impaired cardiac function</li><li>• Impaired respiratory function</li><li>• Myasthenia gravis</li><li>• Hypotension</li><li>• Patients taking betablockers or anti-retroviral drugs</li></ul> <p>* consider using smaller doses</p>
<b>Drug interactions</b>	No significant interactions for short courses covered by this PGD
<b>Identification and management of adverse reactions</b>	<p>Anaphylactic reactions to Lidocaine by intradermal injection are extremely unlikely but should be managed as per standard protocol / JRCALC guidance.</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

Patient advice (verbal and written)	<ul style="list-style-type: none"> <li>• Explain treatment plan and gain consent</li> <li>• Clinicians must ensure that the drug given is <b>NOT</b> Lidocaine with Adrenaline</li> <li>• Clinician should inform the patient / carer of the realistic timeframe for improvement of symptoms being treated. Such advice should refer to the management of the wound as well as the effects of any Lidocaine administered</li> <li>• Must see medical practitioner if symptoms worsen or do not resolve within the expected timeframe</li> <li>• Advise that the anaesthetic effect of Lidocaine will cause a loss of sensation in the area being treated, this may impair a patient's ability to drive or perform fine motor tasks. Driving and operation of potentially hazardous machinery should be avoided while the effects of the drug are still extant</li> <li>• Advise that the patient <u>must not</u> use / take any other ester or amide local anaesthetic-containing medicines or products within 4 hours of this administration, and that patients may not be aware of what such medicines or products are as some can be purchased over-the-counter. They include: <ul style="list-style-type: none"> <li>○ Transdermal patches – Ralvo, Rapydan, Versatis</li> <li>○ Eye drops – Oxybuprocaine, Proxymetacaine or Tetracaine eye drops (Minims)</li> <li>○ Ear drops – Otigo</li> <li>○ Skin numbing creams use prior to cannulation, piercing or tattoos – Ametop, Emla, LMX4 cream, Nulbia, Pliaglis</li> <li>○ Gels and liquids for dental pain – Anbesol, Bonjela, Calgel, Dentinox, Medijel, Xylonor</li> <li>○ Ointments and suppositories used to treat haemorrhoids – Anodesyn, Germoloids, Xyloproct</li> <li>○ Gels used for catheter insertion - Instillagel</li> <li>○ Other creams and sprays for the ano-genital area - Vagisil cream, Stud 100 desensitising spray</li> <li>○ Sore throat sprays and lozenges – Covonia, Xylocaine</li> <li>○ Creams and gels for local pain relief - Savlon</li> <li>○ (refer patients to the specific ingredients if uncertain)</li> </ul> </li> <li>• Advise to be especially cautious regarding any medicines or products purchased overseas which may include the above</li> <li>• If not being referred on following administration: <ul style="list-style-type: none"> <li>○ Advise to contact GP / nurse / pharmacist / out-of-hours service if side effects occur</li> <li>○ Advise 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> </ul> </li> </ul>
Arrangements for referral to medical advice	Local arrangements apply



<b>Additional facilities / supplies required</b>	<ul style="list-style-type: none"> <li>• 1ml syringe</li> <li>• Blunt-fill filter needle(s)</li> <li>• Hypodermic injection needle – thinner (27G or smaller) is preferred</li> <li>• Sharps disposal box</li> <li>• Wound closure device / supplies as required</li> </ul> <p>This PGD only covers the use of Lidocaine for transdermal injection / digital nerve block and not for its use with any intra-osseous procedure. For this use refer to the relevant section(s) of the JRCALC app.</p> <p>Lidocaine is also available in multiple other forms not covered by this PGD, if required refer to the patient's GP or a SAS prescriber.</p>
<b>Monitoring</b>	<p>Monitoring will depend on the nature of the wound care being performed; additional Lidocaine may require to be administered. Clinicians should monitor the effectiveness of the anaesthetic given and “top-up” if required, subject to the maximum dose stated above</p>
<b>Follow up</b>	<p>Follow-up requirements will depend on the nature of the wound being managed. Local arrangements will apply for any required referral to ED or minor injuries unit</p>
<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](#)

### **Lidocaine in BNF**

[Lidocaine hydrochloride](#) | [Drugs](#) | [BNF](#) | [NICE](#)

### **Lidocaine on EMC**

[Lidocaine Hydrochloride 1% w/v SmPC](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Lidocaine Hydrochloride 1% w/v Patient Information Leaflet](#) ([medicines.org.uk](https://www.medicines.org.uk))

### **BNF Treatment Summaries**

[Anaesthesia \(local\)](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

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

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

None relevant to Lidocaine when used as a local anaesthetic

### **NICE Clinical Guidelines**

None relevant to Lidocaine when used as a local anaesthetic

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