



**Patient Group Direction PGD235**  
**FOR THE ADMINISTRATION OR SUPPLY OF SENNA**

<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
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<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.

## 1. Document Control Sheet

### 1.1 Key Information

<b>Title:</b>	Patient Group Direction PGD235 Senna
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### 1.2 Revision History

Version	Date	Summary of Changes	Name	Changes Marked
0.1	04/12/2024	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 PGD001a		Yes

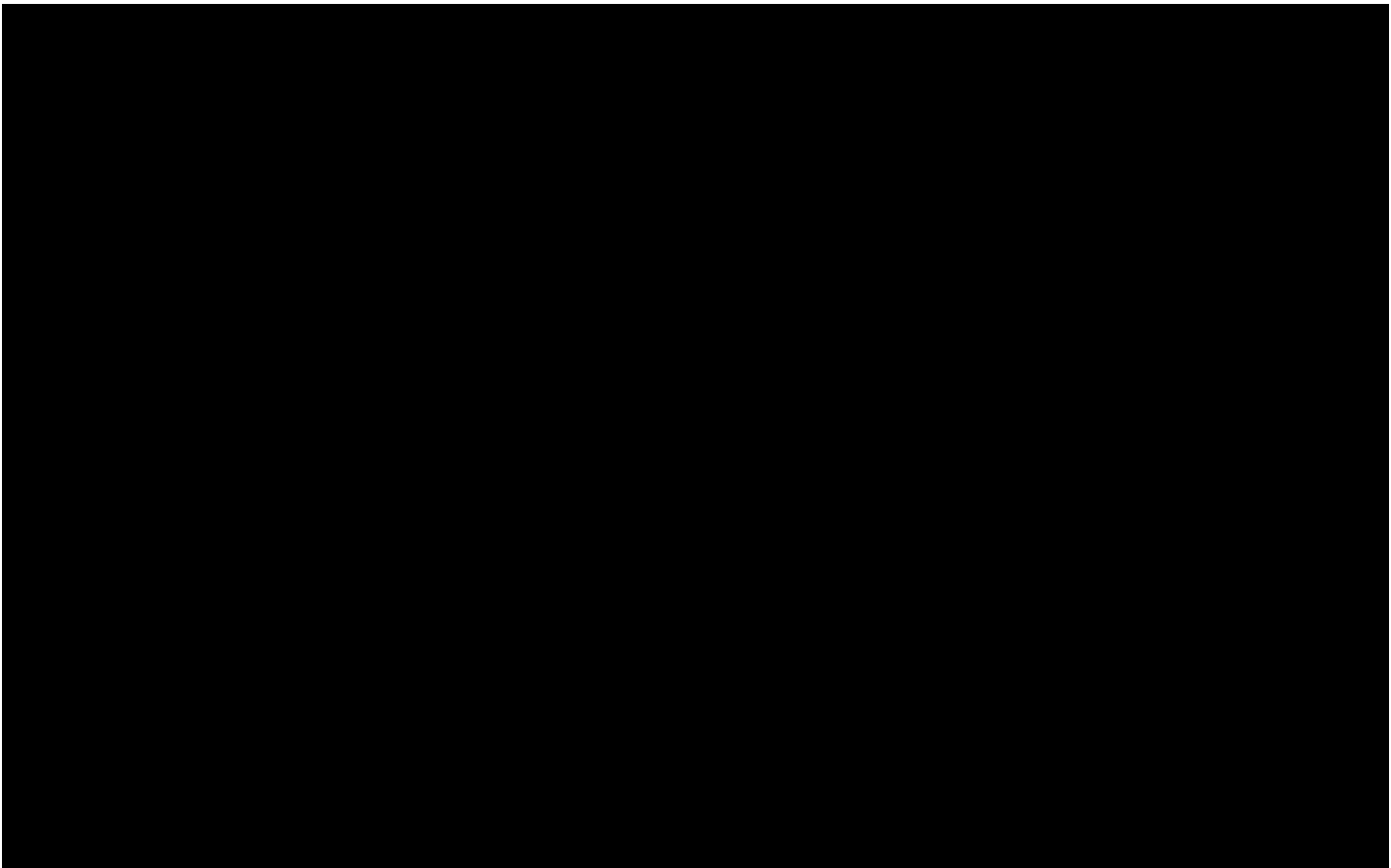
### 1.3 Approvals: This document requires the following approvals:

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 Senna, its indications, contra-indications and other details.</p> <p>For the avoidance of confusion, use of the term “Senna” in this PGD encompasses medications with active ingredients referred to as any of the following: Senna, Sennosides, Sennoside B, Senna fruit, Senna fruit extract, Senna pods.</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>Constipation</p> <p>Prophylaxis of constipation in patients with a known history of opioid-related constipation from:</p> <ul style="list-style-type: none"> <li>• Co-codamol supplied under PGD209</li> <li>• Codeine phosphate supplied under PGD210</li> <li>• Morphine oral solution supplied under PGD223</li> </ul>
<b>Criteria for inclusion</b>	<p>Adults 16 years and over with the above conditions / symptoms.</p> <p>Appropriate safety-netting can be made.</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 or hypersensitivity to Senna or any excipients or ingredients in the preparation</li> <li>• Pregnancy or breastfeeding</li> <li>• Active nausea, vomiting, diarrhoea or fever</li> <li>• Blood or mucus in stool(s)</li> <li>• Absence of bowel sounds or peristalsis</li> <li>• Known bowel obstruction or persistent abdominal pain</li> <li>• Ineffective use, in the current episode, of any stronger laxative medication (e.g. enemas or suppositories)</li> <li>• Patients with inflammatory or ulcerative bowel condition(s)</li> <li>• Renal failure</li> <li>• Significantly unwell patients requiring further assessment (blood tests, x-ray, etc.) or admission</li> </ul>
<b>Action if patient is excluded or declines treatment</b>	<p>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.</p>

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

Name, form(s) and strength(s) of medicine	Senna 7.5mg tablets
Legal status	P
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>All indications listed in this PGD:</b> 7.5mg (one tablet) once daily initially, can be increased gradually to 30mg (four tablets) once daily if required, for up to 7 days
Maximum dose and number of treatments	As above.  Maximum supply is one full box (20 tablets).

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

<b>Cautions</b>	No significant cautions for use within this PGD.
<b>Drug interactions</b>	No significant drug interactions for use within this PGD
<b>Identification and management of adverse reactions</b>	<p>Anaphylactic reactions to Senna and Sennosides are extremely rare and should be managed as per standard protocol / JRCALC guidance.</p> <p>Side effects are uncommon, especially in short courses, but can include: Abdominal cramps, pain or spasms, Yellow or brown discolouration of urine, Dehydration, Hypokalaemia, Change in fingernail shape, Muscle spasms (secondary to hypokalaemia)</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>• Clinician should inform the patient / carer of the realistic timeframe for improvement of symptoms being treated Senna typically takes 8-12 hours to have effect</li> <li>• Must see medical practitioner if symptoms worsen or do not resolve within the expected timeframe</li> <li>• Advise to take dose at bedtime to allow it to take effect overnight</li> <li>• Advise that the patient <u>must not</u> take any other laxative products (e.g. Docusate, Laxido, Lactulose, etc.) unless specifically prescribed, including other herbal remedies</li> <li>• Advise to be especially cautious regarding any medicines purchased overseas which may include a laxative</li> <li>• Patients using an oral contraceptive should be informed that while Senna does not affect it directly, any diarrhoea caused by Senna use may reduce their protection from pregnancy</li> <li>• Advise to ensure good hydration as the effects of Senna can lead to intestinal fluid loss</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>
Arrangements for referral to medical advice	Local arrangements apply
Additional facilities / supplies required	<p>Drinking water (if required).</p> <p>Senna is also available in 7.5mg/5ml oral solution for patients unable to swallow tablets. It is not covered by this PGD so if required refer to the patient's GP or a SAS prescriber.</p>
Monitoring	No specific monitoring required
Follow up	Follow-up, if the treatment is unsuccessful or recurrent, is via the patient's own GP



## Details of treatment records required

The ePR, or other patient record, must contain the following:

- Name of the HCP using this PGD
- Patient's name, address and date of birth. CHI number is also preferred
- Name of medication and expiry date
- Date and time of administration / supply
- Dose (and volume if liquid preparation), form and route (and site if parenteral) of administration
- If supplying medicine:
  - Dose and frequency to take
  - Number of items supplied
- That it is administered and/or supplied under this PGD and not prescribed or via an exemption

The ePR, or other patient record, must also contain:

- The patient's medical and medication history
- Medication and safety-netting / worsening advice given to the patient / carer

All records must be clear, legible and contemporaneous.

## 8. References and Further Reading

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

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

### **Senna in BNF**

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

### **Senna on EMC**

[Senna 7.5mg Tablets SmPC \(medicines.org.uk\)](#)

[Senna 7.5mg Tablets Patient Information Leaflet \(medicines.org.uk\)](#)

### **BNF Treatment Summaries**

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

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

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

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

[Prescribing in palliative care](#) | [Medicines guidance](#) | [BNF](#) | [NICE](#) (scroll to section on constipation)

### **NICE Clinical Guidelines**

[CG99 Constipation in children and young people: Diagnosis and management](#) | [Guidance](#) | [NICE](#)

[CSG4 Improving supportive and palliative care for adults with cancer](#) | [Guidance](#) | [NICE](#)

### **Other Useful Links**

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

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