

RECTAL DIAZEPAM MEDICATION ORDERS IN SCHOOL **PURPOSE, INFORMATION, GUIDELINES AND SAMPLE PROCEDURE**

PURPOSE: To ensure student safety when rectal diazepam (RD) is administered in the educational setting.

INFORMATION ABOUT RECTAL DIAZEPAM (RD)

- Rectal Diazepam (RD) is an emergency intervention drug that is given rectally to stop prolonged (>5 minutes) or repeated seizures (one after another without stopping)
- A side effect of RD is respiratory depression. Prolonged or ongoing seizures can also affect the respiratory system.

MEDICATION AND RECTAL DIASTAT MEDICATION ADMINISTRATION IN SCHOOLS

- The school nurse is responsible for medication administration to students in schools.
- According to the IN nurse practice act (NPA), a registered nurse (RN) may delegate nursing tasks that do not require constant or complex nursing assessment and tasks that can be trained and supervised by the RN (see NPA: http://www.in.gov/pla/files/ISBN_2008_EDITION.pdf)
- Since RD is given rectally to students having serious seizures and who may have a complex medical history including other health problems, RD administration should be given by a school nurse. If the RN deems it necessary and appropriate, RD can be delegated to a licensed practical nurse (LPN). LPNs are trained to give medications and to recognize/act in emergent conditions.
- • Diastat, as per instructions on the drug package insert, is given under very specific circumstances Diastat should only be administered by caregivers who in the opinion of the prescribing physician:
 - 1) are able to distinguish the distinct (*prolonged or) cluster of seizures (and/or the events presumed to herald their onset) from the patient's ordinary seizure activity.
 - 2) have been instructed and judged to be competent to administer the treatment rectally.
 - 3) understand explicitly which seizure manifestations may or may not be treated with Diastat.
 - 4) are able to monitor the clinical response and recognize when that response is such that immediate professional medical evaluation is required.

The above info retrieved from: www.diastat.com/pdfs/XcelDiasPL.pdf and is on the package insert 9/15/08.

PRECAUTIONS: Diastat can cause respiratory depression and should be used with caution in people with respiratory or breathing difficulties (e.g. asthma).

SCHOOL NURSE PRACTICE AND STUDENTS WITH SEIZURE DISORDERS

- School nurses develop individualized health care plans (IHPs) and /or emergency care plans (ECPs) for students who have health and safety conditions (e.g. seizure disorders) that require potential health care interventions in the school setting.
- School nurses train school staff to provide seizure first aid for students, according to a student's IHP or ECP.
- School nurses provide specific steps to care for students having prolonged seizures when the nurse is in the setting and when the nurse is not in the setting (e.g. on a school bus).

GUIDELINES FOR RD ADMINISTRATION IN THE SCHOOL SETTING

1. It is recommended that the first dose of rectal diazepam not be administered in the school setting. The physician, family, and school nurse should be aware of the effects of medications on students before they are given in school.
2. An IHP or ECP and physician / parent orders must be in place to specifically direct the care of the student with history of prolonged seizures. The school nurse (RN) develops the IHP/ECP and directs the health care of the student in the educational setting.
3. The school nurse or a licensed practical nurse supervised by the school nurse administers the RD when it is needed. The nurses are knowledgeable about the use, effects, and side effects of RD as well as the about the students IHP.
4. The school staff contacts 911 and parent/guardian when a prolonged or clustered seizures occur in the absence of a school nurse or school LPN. RD is not given by school staff. The IHP or ECP directs the length of time that 911 be called (e.g. in some cases 911 is called if a generalized seizure lasts 2 or 3 minutes).
5. Call 911 and parent/guardian when RD is administered.

RECTAL DIAZEPAM PROCEDURE EXAMPLE

FOR STUDENT HAVING A SEIZURE WHO HAS A HISTORY OF PROLONGED SEIZURES AND HAS RD ORDER (each student's IHP or ECP should be individualized to the student)

MATERIALS / EQUIPMENT

1. Physician and Parent Order for Rectal Diazepam (see RD procedure p.2)
2. Rectal diazepam medication kit with pharmacy label matching physician order (check expiration date of medication), gloves, water soluble gel, IHP)
3. Health Emergency Bag, including such equipment as nurse deems necessary for student, e.g.: stethoscope, BP cuff, bulb syringe for suctioning secretions, water soluble lubricant, extra gloves.
4. Documentation form for use following administration of Rectal Diazepam

PROCEDURE

1. School staff provide seizure first aide, note onset time of seizure, and call for the school nurse to come immediately with RD kit and Emergency Bag.
2. 2. SN or adult designated by SN- call / notify parent about the seizure-parent talk with SN if possible.
3. 3. If seizure lasts 5 minutes, School Nurse administers RD as ordered. Designate adult to activate EMS. Monitor vital signs, especially breathing rate, color. Record information.
4. 4. School Nurse continue seizure first aid, and monitor respiratory status and vital signs and provide care according to IHP / ECP (for some students, suctioning or oxygen may be ordered, for example).
5. 5. If student is transported by EMS and parent is not present, SN consult with supervisor to designate adult to accompany student to hospital.
6. 6. School Nurse complete Report Form for Administration of] Rectal Diazepam at School (see attached) as well as other appropriate reports.

PHYSICIAN /PARENT ORDER
FOR RECTAL DIAZEPAM ADMINISTRATION IN SCHOOL

(this form should be completed by the physician and then signed by the parent if parent agrees)

- Rectal diazepam will be given at school by a licensed nurse (RN / LPN) or by the parent / guardian.
- EMS (911) & parent will be called when rectal diazepam is given to a student in the educational setting.
- If there is not a nurse in the setting (e.g., school bus), staff will follow the student's individualized Health Care Plan, including seizure first aid and alerting EMS and parent about prolonged seizures.

STUDENT NAME _____ **DATE OF BIRTH** _____

Medication- RECTAL DIAZEPAM

Dosage - _____

Route- PER RECTUM

Describe when this medication should be given (seizure type I duration / other information)

Baseline Vital Signs for this student-

What side effects have occurred after the administration of this medication for this student?

PARENT AND PHYSICIAN SIGNATURES

PHYSICIAN SIGNATURE _____ **DATE** _____

PARENT SIGNATURE _____ **DATE** _____

SCHOOL NURSE REPORT OF RECTAL DIAZEPAM ADMINISTRATION

STUDENT NAME _____ **DATE OF BIRTH** _____

DATE AND TIME DIAZEPAM ADMINISTERED _____

SEIZURE DURATION SEIZURE DESCRIPTION _____

VITAL SIGNS (especially respiration rate and quality; skin color) AFTER MED GIVEN & EVERY 15 MINUTES UNTIL EMS ARRIVED (note times)

SIGNS AND SYMPTOMS NOTED _____

DESCRIBE CONTACTS MADE (PARENT, EMS), WHEN THEY ARRIVED, OTHER RELATED INFO

DID STUDENT GO TO HOSPITAL, AND WHO ACCOMPANIED STUDENT?

DID STUDENT GO HOME? _____

OTHER INFORMATION _____

NURSE _____ DATE _____

(Review information with school nurse coordinator / supervisor and file copies with health office reports and in school nurse's student health record)

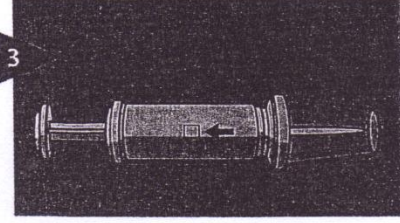
CHILD ADMINISTRATION INSTRUCTIONS



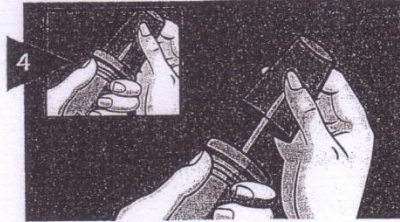
1 Put person on their side where they can't fall.



2 Get medicine.



3 Get syringe. Note: seal pin is attached to the cap.



4 Push up with thumb and pull to remove cap from syringe. **Be sure seal pin is removed with the cap.**



5 Lubricate rectal tip with lubricating jelly.



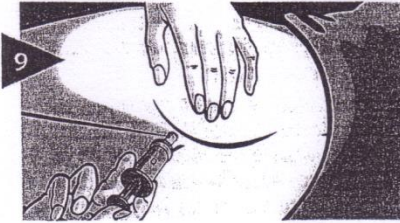
6 Turn person on side facing you.



7 Bend upper leg forward to expose rectum.



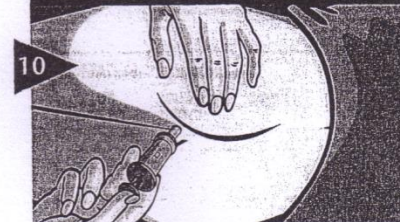
8 Separate buttocks to expose rectum.



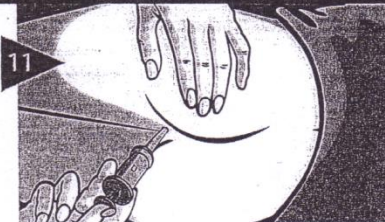
9 Gently insert syringe tip into rectum. Note: rim should be snug against rectal opening.

SLOWLY...

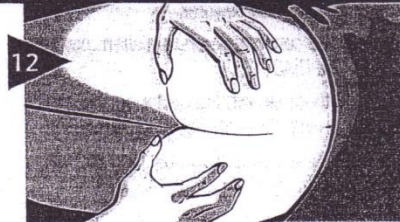
COUNT OUT LOUD TO THREE...1...2...3



10 Slowly count to 3 while gently pushing plunger in until it stops.



11 Slowly count to 3 before removing syringe from rectum.



12 Slowly count to 3 while holding buttocks together to prevent leakage.

ONCE DIASTAT® IS GIVEN



Keep person on the side facing you, note time given, and continue to observe.

CALL FOR HELP IF ANY OF THE FOLLOWING OCCUR

- Seizure(s) continues 15 minutes after giving DIASTAT® or per the doctor's instructions:
- Seizure behavior is different from other episodes
- You are alarmed by the frequency or severity of the seizure(s)
- You are alarmed by the color or breathing of the person
- The person is having unusual or serious problems

Local emergency number: _____ Doctor's number: _____
 (Please be sure to note if your area has 911)
 Information for emergency squad: Time DIASTAT® given: _____ Dose: _____

DIASTAT® Indication
 DIASTAT® AcuDial™ (diazepam rectal gel) is a gel formulation of diazepam intended for rectal administration in the management of selected, refractory patients with epilepsy, on stable regimens of AEDs, who require intermittent use of diazepam to control bouts of increased seizure activity, for patients 2 years and older.

Important Safety Information
 In clinical trials with DIASTAT®, the most frequent adverse event was somnolence (23%). Less frequent adverse events reported were dizziness, headache, pain, vasodilatation, diarrhea, ataxia, euphoria, incoordination, asthma, rash, abdominal pain, nervousness, and rhinitis (1%–5%).

0955-0308

Diastat® (diazepam rectal gel) **Diastat® AcuDial™** (diazepam rectal gel)

DISPOSAL INSTRUCTIONS ON REVERSE SIDE

IMPORTANT

Read first before using

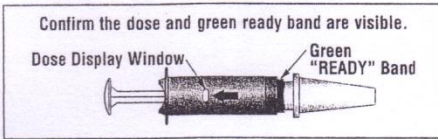
To the caregiver using DIASTAT®:
Please do not give DIASTAT® until:

1. You have thoroughly read these instructions
2. Reviewed administration steps with the doctor
3. Understand the directions

To the caregiver using DIASTAT® AcuDial™:

Please do not give DIASTAT® AcuDial™ until:

1. You have confirmed:
 - Prescribed dose is visible and if known, is correct
 - Green "ready" band is visible



2. You have thoroughly read these instructions
3. Reviewed administration steps with the doctor
4. Understand the directions

Please do not administer DIASTAT® until you feel comfortable with how to use DIASTAT®. The doctor will tell you exactly when to use DIASTAT®. When you use DIASTAT® correctly and safely you will help bring seizures under control. Be sure to discuss every aspect of your role with the doctor. If you are not comfortable, then discuss your role with the doctor again.

To help the person with seizures:

- ✓ You must be able to tell the difference between cluster and ordinary seizures.
- ✓ You must be comfortable and satisfied that you are able to give DIASTAT®.
- ✓ You need to agree with the doctor on the exact conditions when to treat with DIASTAT®.
- ✓ You must know how and for how long you should check the person after giving DIASTAT®.

To know what responses to expect:

- ✓ You need to know how soon seizures should stop or decrease in frequency after giving DIASTAT®.
- ✓ You need to know what you should do if the seizures do not stop or there is a change in the person's breathing, behavior, or condition that alarms you.

If you have any questions or feel unsure about using the treatment, **CALL THE DOCTOR** before using DIASTAT®.

Where can I find more information and support?

For information on DIASTAT® and DIASTAT® AcuDial™

Call 1-877-361-2719 or visit www.diastat.com

Additional resource:

Epilepsy Foundation (EF). You can reach EF by calling 1-800-EFA-1000 or www.efaf.org.



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When to treat. Based on the doctor's directions or prescription

Special considerations

DIASTAT® should be used with caution:

- In people with respiratory (breathing) difficulties (eg, asthma or pneumonia)
- In the elderly
- In women of child bearing potential, pregnancy, and nursing mothers

Discuss beforehand with the doctor any additional steps you may need to take if there is leakage of DIASTAT® or a bowel movement.

Patient's DIASTAT® dosage is: _____ mg

Patient's resting breathing rate _____ Patient's current weight _____

Confirm current weight is still the same as when DIASTAT® was prescribed _____

Check expiration date and always remove cap before using. Be sure seal pin is removed with the cap.

TREATMENT 1

Important things to tell the doctor

Date	Seizures before DIASTAT®			Seizures after DIASTAT®		
	Time	Seizure type	No. of seizures	Time	Seizure type	No. of seizures
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

Things to do after treatment with DIASTAT® AcuDial™

Stay with the person for 4 hours and make notes on the following:

- Changes in resting breathing rate _____
- Changes in color _____
- Possible side effects from treatment _____

TREATMENT 2

Important things to tell the doctor

Date	Seizures before DIASTAT®			Seizures after DIASTAT®		
	Time	Seizure type	No. of seizures	Time	Seizure type	No. of seizures
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

Things to do after treatment with DIASTAT® AcuDial™

Stay with the person for 4 hours and make notes on the following:

- Changes in resting breathing rate _____
- Changes in color _____
- Possible side effects from treatment _____

DISPOSAL INSTRUCTIONS FOR DIASTAT® ACUDIAL™

14a

- Pull on plunger until it is completely removed from the syringe body
- Point tip over sink or toilet

14b

- Replace plunger into syringe body gently pushing plunger until it stops
- Flush toilet; rinse sink with water until gel is no longer visible

This step is for DIASTAT® AcuDial™ users only

At the completion of step 14a:

- Discard all used materials in the garbage can
- Do not reuse
- Discard in a safe place, away from children

At the completion of step 14b:

- Discard all used materials in the garbage can
- Do not reuse
- Discard in a safe place, away from children

Adult administration instructions available for download at diastat.com