

Prescription Policy – Injury Doc NZ

Purpose

This document outlines Injury Doc NZ's policy related to the Medical Council of New Zealand's *Good Prescribing Practice* guidelines that requires a doctor's customary prescribing conforms within reason to patterns established by the doctor's peers in similar practice.

Inappropriate prescribing (which may include indiscriminate, excessive or reckless prescribing) is unacceptable, both clinically and ethically. It is also harmful to patients, the medical profession and society. Doctors are sometimes subject to pressure from patients in respect of prescribing. This statement aims to assist doctors to maintain good prescribing practice. It may be used by the Health Practitioners Disciplinary Tribunal, the Council, and the Health and Disability Commissioner as a standard by which a doctor's conduct is measured.

Scope

All Injury Doc NZ Clinicians comply with the following rules when prescribing medication.

Policy

Injury Doc NZ Clinicians will understand, comply with, and implement the guidelines recommended by the Medical Council of New Zealand.

Injury Doc NZ will only provide limited amounts of medications directly indicated for the referred injury/issue.

Injury Doc NZ is not able to provide repeat prescriptions for unrelated medical conditions, these must be accessed from your regular GP as it is generally considered best practice for your GP to manage any prescribed medications as they have access to your full medication history, including medications unrelated to your injury, previous adverse reactions to medication, and allergies.

Controlled medications

Injury Doc NZ is unable to provide certain controlled medications. Medications unable to be accessed through Injury Doc NZ include morphine and morphine derivatives. You will need to see your regular General Practice provider as they have an ongoing relationship with you.

Injured Worker Responsibilities

As part of your registration and use of Injury Doc NZ, you agree that any product, medicine, or medication that an Injury Doc NZ Clinician prescribes to you will be solely used for your own personal use. Additionally, you will not allow any other person to take, use, or have access to that medication.

If medication is prescribed by an Injury Doc NZ Clinician, you agree to only take that medication in conjunction with any other medication that you have already disclosed to an Injury Doc NZ Clinician, this is to ensure your safety due to the potentially harmful interaction of some medications.

Before taking any medication prescribed to you, you will read all information from the dispensing Pharmacist, or by the manufacturer of the product and will follow that advice. If there is any conflict between the advice provided by an Injury Doc NZ Clinician and the manufacturer of the product or the pharmacist, you must contact an Injury Doc NZ Clinician before taking the medication.

If while taking medication, you suffer any noticeable side effects that are causing you concern, we recommend you seek advice from a health professional. This could mean re-booking an appointment with an Injury Doc NZ Clinician or your regular General Practitioner, to allow them to monitor the effect of the medications prescribed to you.

Any emails or prescriptions are intended to be only read by the named recipient as they contain information that is confidential.

For urgent care or severe side-effects dial 111 and ask for an ambulance.

Drug Seeking Behaviour

IF WE THINK YOU ARE A DRUG SEEKER

We may share information about your drug seeking with other providers in our network and other relevant agencies.

This may include, but is not limited to:

- Other GP Practices
- Pharmacies
- Districts / Te Whatu Ora
- Ministry of Health / Health NZ
- Primary Health Organisations
- Other National Telehealth Providers

Organisations who can help:

Alcohol Drug Helpline <http://alcoholdrughelp.org.nz/>

Alcohol Drug Helpline telephone 0800 787 797 or Free TXT adh to 234

Narcotics Anonymous NZ – <http://www.nzna.org/>