

PRACTICAL PRESCRIBING

Molly Courtenay helps resolve everyday issues for nurse prescribers



Q I am a qualified mental health nurse prescriber, having qualified as a prescriber two months ago. I have only just

received my prescription pad and it is proving very difficult to arrange a supervisory session with the consultant with whom I work. I am losing confidence. Can you advise?

A As you have not long since qualified as a prescriber and now have your prescription

pad, it is very important that you are provided with support during this initial post qualifying period.

It would be a good idea to make contact with your manager and/or non-medical prescribing lead to see if you could perhaps organise some peer support from another non-medical prescriber in your area. Alternatively, there may be a non-medical prescribing group that meets regularly that you could get in contact with.

I am aware that some mental health nurse prescribers use supplementary prescribing as a means

of developing their confidence. It may well be worth discussing this with the consultant with whom you work. However, some mental health nurse prescribers have experienced problems implementing the clinical management plan.

If supplementary prescribing is not appropriate to use in the setting in which you work, perhaps you could meet with your medical consultant and identify the medicines you feel competent to prescribe independently.

As time goes on, you could build on this list as you extend your pre-

scribing competencies. You don't mention why it is difficult to arrange a supervisory session with your medical consultant. Possibly listing the medicines you will prescribe will allay any possible anxieties about nurse prescribing that they may have.

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