

CPD Exemplar Cycle: Community Scheduled Cycle

Cycle name: Adrenaline Auto Injectors

Scheduled

This learning activity is within my current scope of practice ✓

This learning activity is relevant to the safe and effective practice of pharmacy ✓

All criteria are essential and must be completed successfully for the cycle to meet the required standard.

Reflection

1. I identified the following specific learning need(s)... (500 word maximum)

I need to learn more about adrenaline auto injector devices.

Specifically, I need to learn:

What is the dose of adrenaline in a Jext device in comparison to an Epipen?

How do Jext devices differ from Epipens - including technique used to administer, storage advice and shelf life?

2. I wanted to learn about this because (give context for learning activity / activities) ... (500 word maximum)

I wanted to learn about this because a patient came into the Pharmacy with a prescription for two Jext adrenaline pens. I did not have them in stock and advised the patient that I would have to order them in and that they would be available for collection in the morning. The patient told me that this would be fine as this was the first time that he/she had been prescribed them and that he/she would like me to show him/her how to use them when he/she was collecting them, as he/she had previously been prescribed Epipens and was not sure if they were used the same way.¹ I need to learn more about Jext in order to show the patient how to use the device correctly and competently answer any other questions he/she may have about Jext.

¹ He/she and him/her has been used to help anonymise sex throughout this document.

Planning

3. I plan/planned to complete the following learning activity/activities to meet the identified learning need(s). (Please describe the learning activity/activities and the planned completion date(s)).

I plan to read and make notes on:

The current SPCs of both Jext and Epipen - available from www.medicines.org.uk

Healthcare professionals' information section on the Jext website and watch the Jext administration training video - available from www.jext.co.uk/healthcare/.

Jext and Epipen information in the British National Formulary (BNF) - Edition 72 (2016) - allergic emergencies section.

I plan to complete these activities by 7/11/2024.

Action

4. In meeting the identified learning need(s), I completed the following learning activity/activities

Activity: Read and made notes on:

Jext and Epipen from their respective SPC's - available from www.medicines.org.uk

Jext and Epipen information in the BNF - Edition 72 - allergic emergencies section.

'Healthcare professionals' information section on the Jext website and I watched the Jext administration training video - available from www.jext.co.uk/healthcare/.

Hours: 1.5

Start date: 6/11/2024

End date: 6/11/2024

Evidence type: Notes

Evidence: Self-Study

Evidence upload (optional): Scanned copy of notes uploaded and original version stored in CPD folder.

Summary of what has been learned in relation to the identified learning need(s) (500 word maximum)

I have learnt that similar to Epipens, Jext adrenaline pens come in two strengths - 150mcg for children with a body weight of 15 - 30kg and a 300mcg strength for adults and children over 30kg. Epipens and Jext are both administered intramuscularly. Both Epipens and Jext are available as 'auto-injectors' which are pre-assembled syringes fitted with a needle suitable for very rapid administration. The injection technique is device specific. The shelf life of Jext is 22 months from manufacture; Epipen shelf life is 24 months. Both have the same storage instructions - store below 25 degrees centigrade and do not put in a fridge or freeze. Jext has a yellow cap that has to be removed before administration. Epipen cap is blue. The black end of the Jext injector tip should be placed against the outer thigh at a right angle to thigh. Then you push the black tip firmly into your outer thigh until you hear a 'click', which means that the adrenaline has started to be delivered. Keep the tip pushed in and hold the injector in place against thigh for 10 seconds and then remove. The black tip will then extend automatically and hide the needle. After the administration of an adrenaline auto-injector 999 should be phoned stating anaphylaxis, regardless of symptom improvement. In the case of a biphasic reaction, Epipens need to be administered with a 'jabbing' motion into the thigh, starting at a distance of 10cm away from the thigh also at right angles. Epipens and Jext can only be used once - the auto needle retracts.

Evaluation

5. Having met the specific learning need(s) identified, my practice has changed or will change as follows: (500 word maximum)

I have met my learning needs. I was able to competently explain and demonstrate to the patient how to correctly use the Jext device when he/she came to collect them. I was able to explain that Jext does not need to be 'jabbed' into the thigh at right angles like an Epipen, but instead held in place and pushed firmly in the thigh at a right angle, until the click is heard. I was able to explain

that Jext pens have a shorter expiry date by 2 months and to ensure that he/she remembers to renew his/her prescription before the date of the expiry. I was able to explain that if he/she needed a reminder on how to use the Jext pens, that there is a demonstration video available for patients on the Jext website. As a result of my new learning, I will be able to correctly show other patients with prescriptions for Jext pens how to administer them properly and advise them on the expiry dates and storage conditions (i.e. do not put in a fridge or freezer).

6. I confirm that the identified learning need(s) has/have been fully addressed in this CPD cycle:

Your selection of “direct” or “simulated/future” evaluation (tick boxes below) must reflect the application of your learning described in (5) above.

This CPD cycle has been directly evaluated within my current practice and environment (minimum of 75% of cycles submitted) ✓

Community ✓

Pharmacy Prescriber

Primary Care / Practice

Training

Hospital

Industry

Academia

Other

I have recently returned to practice (within the last 12 months): NO

I have changed my scope of practice within the last 12 months: NO