Radiologist. Over the course of 16 days, 21 litres was drained with reduction in abdominal distension and leg oedema; her mobility and quality of life improved. To support management at home, Ms X’s mother learned to perform the drainage independently. Bloods were monitored weekly and she was readmitted for IV albumin when blood albumin fell to 22 g/l.

The volume of ascites drained gradually reduced to nothing and the drain was removed due to concerns about infection after sepsis developed. The ascites did not recur and Ms X had no further admissions for decompensation of CCF. She died at home 10 weeks after the drain removal.

**Conclusion** Permanent ascitic drain insertion can reduce diuretic use and frequency of decompensations in patients with large volume cardiac ascites.

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**THE USE OF OPIOIDS IN SYRINGE DRIVERS: AN AUDIT ACROSS 2 SPECIALIST PALLIATIVE CARE SERVICES IN THE EAST MIDLANDS REGION**

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10.1136/spcare-2021-PCC.153

**Background** There has been a recent increase in concern regarding the use of opioid medications in syringe drivers following the publicised report of the Gosport Inquiry, 2018. In our own clinical practice we have seen an increased anxiety and caution regarding syringe drivers, particularly in the community.

**Aim** To identify the average starting dose of opioids in syringe drivers for patients known to the Specialist Palliative Care Teams (SPC) across three settings; hospice, hospital and community. John Eastwood Hospice, Mansfield was the initial site in 2018 and a similar audit was conducted at Royal Derby Hospital in 2019.

**Standards** Our standards were taken from a number of sources, including the Palliative Care Formulary. For patients already on opioids, total daily dose should be appropriately converted to the opioid being used in the driver; for an opioid naïve patient, 10–20 mg morphine is suggested. Clinical judgement based on the patient’s individual needs is vital.

**Method** Patients commenced on a syringe driver with an opioid across a 2-month period were identified; retrospectively in Mansfield, prospectively in Derby. Retrospective case note review was carried out using electronic and/or paper records.

**Results** The average (mean) starting dose of opioid in a syringe driver (morphine subcutaneous equivalent) prescribed or advised by SPC was 27 mg (range 2.5 mg–160 mg) in Mansfield, 21 mg (range 3.75 mg–80 mg) in Derby. All patients had a documented indication for both the use of an opioid and use of a syringe driver. Doses used were comparable to opioid use in the preceding 24 hours.

**Conclusions** The results from these audits are reassuring; demonstrating that when opioids in syringe drivers are used, the indication is considered, doses used are small compared to standards, and in the majority it is beneficial. The results between sites were similar, suggesting that practice is consistent across different areas of the region.
when multiple tablets are needed to supply the prescribed dose. We completed a quality improvement project to improve opiate prescribing and administration safety on the IPU.

**Method** We created two aide memoire charts to encourage safer prescriptions of opioids. These provided guidance on whole number doses of immediate release (I/R) opioids with corresponding easily measured volumes and doses of modified release (M/R) opioids which could be provided by the smallest number of tablets. We reviewed prescribing practices on the IPU before and after the introduction of each chart and education to the medical team.

**Results** Prior to the I/R opioid chart introduction 30% of I/R opioid dose prescriptions had an avoidable decimal point and 40% of corresponding volumes were not easily measured. This improved to 6% and 20% respectively after the interventions. Prior to the M/R chart introduction 55% of M/R opioid prescriptions required 2 or more tablets to supply the required dose. After the interventions there was a moderate improvement with 45% requiring 2 or more tablets.

**Conclusion** There was improvement in I/R and M/R opioid prescribing practice following the introduction of the aide memoire charts and education to the medical team. More education to medical staff around the use of the charts is required to see a continued improvement in prescribing practices on the IPU.

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**THE USE AND PRESCRIBING OF OPIOIDS, BENZODIAZEPINES AND ANTIPSYCHOTICS IN SYRINGE PUMPS**

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10.1136/spcare-2021-PCC.156

**Background** The Gosport independent panel reviewed 2024 deaths that occurred at The Gosport War Memorial Hospital between 1986 to 2001. According to the report, patient’s families had raised concerns regarding the use of opioids and syringe drivers. Families felt that their loved ones had been given opioids and started on syringe drivers without a clear indication. These findings caused concern amongst patients and families around the use of opioids and syringe pumps. Opioids, antipsychotics and benzodiazepines play a fundamental role in symptom alleviation in palliative care and patients at the end of life. We have conducted a review of prescribing practice of opioids, antipsychotics and benzodiazepines via syringe pumps in patients under a specialist palliative care team in different care settings.

**Method** We looked into the indication of using opioids, benzodiazepines and antipsychotics in a syringe pump. We collected data on initial starting doses, prescription of dose ranges and dose escalations. This was a retrospective survey of patient medical records carried out at multiple centres in the North West of England including hospital, hospice and community settings. The participating organisations completed an online questionnaire.

**Results** We had a total of 267 responses. In the majority of cases, indications for syringe pumps were discussed and documented. Different prescribing practices were observed with regards to starting doses of medications, dose ranges and dose escalations. 5 mg of morphine (or dose equivalent) was the most common starting dose giving via a syringe pump in patients who were opioids naïve. 5 mg of midazolam was the most frequent dose prescribed initially in a syringe pump. Levomepromazine was the most frequent prescribed antipsychotic.

**Conclusions** This project has generated a vast amount of data. Further scooping exercise is needed to review practice in cases where specialist palliative care teams are not involved.

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**POSTERS 139 – 140 | TRANSITION**

**139 CLINICAL LEARNING FROM A TRANSITION SERVICE**

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10.1136/spcare-2021-PCC.157

**Introduction** This study is part of a wider evaluation of a pilot to improve the experience of young adults with life-limiting conditions as they transition to adult services. The project was funded by Together for Short Lives. We developed a multidisciplinary outpatient clinic supporting young people aged 16–25 with life-limiting conditions, based in an adult hospice. Adult palliative care multidisciplinary teams (MDT) have many of the transferrable skills and resources required to meet the needs of young adults with life-limiting conditions. By exploring the clinical needs encountered by the team in this project, we hope to improve palliative clinicians’ confidence in their ability to meet those needs, and to highlight areas where practice may need to be adapted or developed.

**Methods** The Transition Team recorded in-depth team reflections around activity and learning over a period of 12 months between March 2019 and March 2020. The reflections concerning all clinical interactions with 7 patients were collated and analysed for themes. The themes were then developed alongside literature and expert opinion to form recommendations for other adult palliative care teams who wish to support young adults.

**Results** Overall, three major themes were identified from the team reflections: Clinical learning, Carer support, and Relationships with other clinicians.

The subthemes within clinical learning were:

- Role in identifying unmet needs and signposting to other services
- Identifying dying in patients with long term disability
- Safe management of complex symptoms when multiple teams are involved
- Anticipatory care planning.

Recommendations were developed highlighting areas where additional training and research are needed as well as areas to prioritise in service development.

**Conclusions** Reflecting on clinical interactions with young adults with life-limiting conditions enabled the project team to identify priorities for learning and further development of services for this patient group.