

# IBUPROFEN

## NURSE INITIATED MEDICATION®

Medications should be administered according to this protocol by SCHN accredited staff only. The protocol includes sufficient detail on the medication for the direction and information of nursing staff.

**Preparations containing Schedule 4 or Schedule 8 medications MUST NOT be included in this NIM.**

Nurse initiated medications are not to be administered on an **ongoing** basis without a medical review. If, on review, the medication is to continue, it must be ordered on the Medication Administration Record (MAR) in the Electronic Medication Management (eMM) system by the medical officer or nurse practitioner.

**Valid until:** 1st September 2028

**Approved by:** SCHN Medication and Therapeutics Committee on: 4th August 2025

### Mode of action:

- Nonselective NSAID with analgesia, antipyretic and anti-inflammatory actions
- Inhibits synthesis of prostaglandins by inhibiting cyclo-oxygenase present as COX-1 and COX-2
- It may reduce renal function and cause acute renal failure
- Metabolised in the liver and excreted by the kidneys

### Intended effect:

- Mild to moderate pain relief and/or
- Fever management

### Indications/patient eligibility criteria:

- Patients aged between 3 months (corrected) and 15 years of age where no suitable ECAT (Emergency Care Assessment and Treatment) protocol exists
- Patients >15 years of age that are known patients and remain under the care of SCHN
- Analgesia for mild to moderate pain (pain score 1-7)
- Pain associated with inflammation e.g. period pain
- Headaches

- Post-operative pain
- Antipyretic – temperature  $>38.0^{\circ}\text{C}$

### **Contraindications** *(including possible interaction with other medications):*

- Age  $< 3$  months (corrected)
- Known allergy to ibuprofen
- Administration of ibuprofen or any other non-steroidal anti-inflammatory drug (NSAIDs) within the last 6-8 hours
- Administration of 3 or more doses in last 24 hours.
- Received maximum daily dose of 30 mg/kg or more in last 24 hours (not to exceed 1200 mg)
- Hypersensitivity to ibuprofen (e.g. Anaphylactic reactions, serious skin conditions) or any component of the formulation; history of asthma, urticaria or allergic type reaction to aspirin or other NSAIDs.
- Not eating and drinking
- Symptoms indicating moderate to severe dehydration
- Children with history of renal impairment, cardiac or liver disease or gastrointestinal bleeding or inflammatory bowel disease or hyperkalaemia.
- Cerebrovascular bleeding or other bleeding disorders, haematology/oncology patient (current or previous).
- Patients who present with a direct result/complication of their recent surgery or who are likely to need neurosurgical or ENT referral.
- Patients taking any other medications, excluding paracetamol
- Suspected or confirmed pregnancy
- Ensure adequate hydration to reduce the risk of renal injury

### **Side effects:**

- Abdominal discomfort or pain, nausea, dyspepsia, GI ulceration or bleeding, raised liver enzymes, diarrhoea, headache, dizziness, salt and fluid retention, hypertension

## Dosage range:

**Accredited Emergency Department nurses can only administer the following dose of ibuprofen where no contraindications exist.**

**NB: Be aware, the dose of ibuprofen may need adjusting for obese children. The dose should be calculated according to ideal body weight:**

<http://webapps.schn.health.nsw.gov.au/meds4kids/pages/calculators>.

### 3 months – 18 years

- 10mg/kg/dose ONCE ONLY
- Maximum single dose of Ibuprofen is 400mg
- Check how much, if any Ibuprofen in the last 24hours
- **Single dose only.** A medical officer or nurse practitioner must review the patient and prescribe all further doses.

### **Strength (where applicable):**

- 20mg/mL (100 mg/5 mL) oral suspension
- 200 mg tablet

### **Route of administration:**

- Oral

### **Any other information deemed necessary:**

- N/A

### **Expectation of the RN initiating the medication is to:**

1. Ascertain that the patient has no allergy/adverse reaction to the medication and no other formulations of the same medication has been prescribed or administered
2. Ensure the medication does not interact with the patient's prescribed medications
3. Identify when ibuprofen was last administered and ensure the maximum daily dose of the ibuprofen has not been exceeded
4. Ensure the patient has a current, documented dosing weight
5. Complete required observations for ibuprofen administration: Temperature and/or pain score **prior** to administration and repeat temperature and/or pain score 30 minutes **following** administration, or sooner if clinically indicated.
6. Select the correct order sentence on eMM appropriate for the dose of ibuprofen and confirm the dose is appropriate for the weight of the patient.

7. Utilise the pre-existing "Nurse Initiated Medication" order sentence on the eMM to indicate that ibuprofen was prescribed under NIM conditions.
8. Administer medication as per SCHN Medication Administration Policy
9. Clearly document and sign on the MAR utilising the eMM system the date, time and dose given
10. Document within eMR.
11. During eMM downtime, the RN must document on the Paediatric National Inpatient Medication Chart (PNIMC) the date, time and dose given and prescribe the medication in the 'Once Only' section of the chart. The patient's current weight must be recorded in the relevant section of the chart.
12. **Documentation** to be kept in clinical area and should be transferred or available to other clinical areas as necessary

## Nursing administration restrictions, education and/or assessment:

*(all documentation to be kept in clinical area by CNE or NE)*

- **Registered nurses** employed by SCHN who have completed applicable education and/or assessment may administer this NIM
- Nursing education / assessment includes:
  - Completion of local education and eMR simulation session

## References

1. Australian Medicines Handbook – Children's Dosing Companion (2025). [Ibuprofen - AMH Children's Dosing Companion](#) Accessed online: 11/06/2025
2. Sydney Children's Hospitals Network. (2023) [Medication Administration Practice Guideline](#).
3. The Children's Hospital at Westmead. (2025) Meds4Kids Dosing Guide. Ideal Body Weight Calculator. [Meds 4 Kids - Dosing Guide](#) (nsw.gov.au) accessed 8/11/2023
4. NSW Health- Medication Handling Policy Directive  
[https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2022\\_032.pdf](https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2022_032.pdf) Accessed 7/5/2025