

Dear colleague,

The Palliative Care Access to core Medicines (PCAM) Project is working to support palliative care in the community by increasing access to essential medicines for people who wish to die at home or in an aged care setting.

The Pharmaceutical Society of Australia (PSA) has been commissioned by North Western Melbourne Primary Health Network to coordinate the project.

The project has established a Core Medicines List (CML) which was informed by evidence and through consultation with local palliative care providers including GPs, nurses and pharmacists. It addresses the main symptoms commonly seen during the terminal phase (pain, delirium, nausea, dyspnoea, and noisy breathing) and aims to support timely prescription, supply and use of medicines for end-of-life symptom management. The CML also considers affordability and accessibility, by considering the need for parenteral administration and availability through the Pharmaceutical Benefits Scheme (PBS).

Prescribers are encouraged to prescribe the suggested medicines in the CML to facilitate timely access. The CML does not restrict which medicines can be prescribed for individual patients, however it is one approach that enables prescribers to anticipate medicines that are most likely to be available for timely supply in pharmacies within NWMPHN's region.

Additionally, the CML supports patients and their families by ensuring that precious time is not spent searching for these essential medicines during the end-of-life phase. Use this [map](#) to locate your local community pharmacy that has agreed to stock the CML.

Table 1: Core Medicines List for Community Patients in NWMPHN's region

Medicine Category	First Line Medicines	Minimum Quantity to stock	Indication/(s) for use in terminal phase patients
Anxiolytic	Clonazepam 2.5mg/mL (0.1mg/drop) Oral Liquid	10mL bottle	Agitation associated with delirium Anxiety associated with dyspnoea
	Midazolam 5mg/mL Injection (If an injection is required or preferred)	5 or 10 ampoules	
Antipsychotic	Haloperidol 5mg/mL Injection	10 ampoules	Agitation Nausea, vomiting
Anticholinergic	Hyoscine butylbromide 20mg/mL Injection	5 ampoules	Respiratory tract secretions Noisy breathing
Antiemetic	Metoclopramide 10mg/2mL Injection	10 ampoules	Nausea, vomiting
Analgesic (High potency opioid)	Morphine (sulfate or hydrochloride) 10mg/mL and/or 30mg/mL Injection	5 ampoules	Dyspnoea Pain

To help measure the success of the project we would appreciate you completing this quick 4-question [survey](#).

The PSA is continuing to contact general practices and community pharmacies to increase awareness about the CML. For more information please contact: adeline.tan@psa.org.au

Kind regards

Adeline

Adeline Tan

Project Manager (PCAM Project)

Adeline.Tan@psa.org.au