**NON-PRESCRIBED MEDICATION**

***GOOD PRACTICE FOR WHEN A YOUNG PERSON IS NOT FEELING WELL***

1. Establish how the child/young person is feeling?   
   Obtain the facts – i.e.

Period pain / headache / stomach ache / aching

Check the young person’s Health Plan for any information around their health & wellbeing.

*These are suggestions; the following is not an exhaustive list of questions to ask.*

*Ask: What can I do to make you feel better?*

1. Offer a drink of water
2. Turn the lights down in room
3. Find a quiet space
4. Turn the sound down or off
5. Cold flannel for child’s head
6. Offer - for example lavender or seed bag
7. Go for a walk /get some fresh air
8. If these suggestions do not resolve the problem

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| **Condition does NOT improve** | **Condition of young person improves** |
| Step One - Notify parents if appropriate? If no response go to Step two. | Continue to monitor young person’s health. |
| Step Two – Contact a Health Professional.  i.e. 24 hour Pharmacist or  ShropDoc. | Record and observe. |
| Record and continue to observe |  |