

Suppository Administration

A half day course

A suppository is a drug delivery system that is inserted into the rectum, vagina or urethra, where it dissolves or melts and is absorbed into the blood stream. They are used to deliver both systemically and locally acting medications. Suppositories are used either to provide a local action in the rectum, or as an alternative to oral forms of medicine (eg when someone is continuously feeling sick or is unable to take anything by mouth). The medicine is easily absorbed from the rectum as there is a rich supply of blood vessels in this area.

This course will help delegates understand exactly what suppositories are in the overall context of medications and provide guidance as to their use and administration

Who is it for? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

Timetable (may be subject to amendment depending on group need)

Session 1 General introduction to subject of Suppositories and Medication
Why use Suppositories?
Medication given by Suppository
The process of Digestion
Anatomy and Physiology of GI Tract

Session 2 The process of Digestion
Bodily elimination
Anatomy of rectum and Anus
Constipation – causes, signs and symptoms
Use of the Bristol Stool Chart
Treatments
Laxatives and Faecal Softeners
Administration of Rectal Suppositories
Procedure and Administrative process
Legal considerations including the problem of capacity

Learning Outcomes

On completion of this course, participants will be able to:

- Understand what a Suppository is
- Understand the Medications than can be given by Suppository
- Understand the Digestive process
- Understand the problems caused by constipation
- Understand how to administer Suppositories

Training Techniques

Didactic teaching, group exercises/case studies, Q & A and discussion