

From the steps below, follow this guide on how prescribe tapering doses in ePMA.

Select your patient and click "**Meds**" on the top bar.

**Meds** Case Notes

Click the **Prescribe** button in left banner.



Click the "+" tab to add an Arrival Med.



### Steps to Prescribe a Tapering Dose

Search or scan:

Prescribe medicine

| Search Results   | Formulary VTMs  | Dose sentences   | Oral   | Prednisolone   |
|--|---|--|--|--|
| <ul style="list-style-type: none"> <li>Groups</li> <li>Fluids</li> <li>Admission Folder</li> <li>Specialities</li> <li>Empirical Antibiotic Guidance</li> <li>Palliative Care</li> <li>Syringe Driver</li> <li>Wound Management</li> <li>Dietitian Supplements</li> <li>Placeholders for Supplementary Charts</li> <li>Previous prescriptions</li> <li>Add from arrival meds</li> <li>Add from previous visits</li> <li>Add from previous appointments</li> <li>Add from plan</li> </ul> | <ul style="list-style-type: none"> <li><b>Prednisolone</b></li> <li>Cinchocaine + Prednisolone</li> <li>Neomycin + Prednisolone</li> <li>Non-formulary VTMs</li> <li>Prednicarbate</li> <li>Prednisone</li> </ul> | <ul style="list-style-type: none"> <li><b>Oral</b></li> <li>Oral, Gastro-Resistant Tablets</li> <li>Ocular</li> <li>Auricular</li> <li>Rectal</li> <li>Prescribe without using dose sentences</li> </ul> | <ul style="list-style-type: none"> <li>STAT</li> <li>Once a day</li> <li>Alternate days</li> <li><b>Increasing / Decreasing</b></li> </ul> | <ul style="list-style-type: none"> <li>Route: <b>Oral</b></li> <li>Reducing/Increasing Dose: <b>20 mg</b></li> <li>Start time: 8 May 2025 12:57</li> <li>Indication:</li> <li>Instructions:</li> <li><b>Prescribe</b></li> </ul> |

| Dose  | Freq/Time  | Days / Doses |
|-------|------------|--------------|
| 20 mg | once a day | 5 days       |
| 15 mg | once a day | 5 days       |
| 10 mg | once a day | 5 days       |
| 5 mg  | once a day | 5 days       |

+ Asymmetric

1. Type the medication name in the search bar and press Enter.
2. Select appropriate '**Dose Sentence**'.
3. Complete all **mandatory fields** marked with **red dots**, and add instructions if required.
4. Click '**Reducing/Increasing**' and adjust the **dose, frequency/Time**, and **duration** for each prescribed dose.
5. Click + to add more rows for tapering dose
6. Select '**Save**'
7. Click '**Prescribe**'.
8. Click '**Sign**' to complete the prescription

## Steps to Prescribe Tapered Doses with Asymmetric Adjustments

• Route:

• Reducing/Increasing Dose:

Dose:

0.5 - 100 mg

0.5 - 100 mg

+ + Asym

Start time:

Indication:

Instructions:

Doses per day

Twice a day

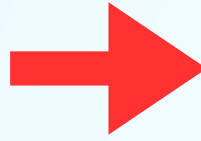
Three times a day

Four times a day

Five times a day

Six times a day

| Dose   | Freq/Time                          | Days / Doses                        |
|--|------------------------------------|-------------------------------------|
| <input type="text" value="4 mg"/>  | <input type="text" value="08:00"/> | <input type="text" value="AND"/>    |
| <input type="text" value="4 mg"/>  | <input type="text" value="12:00"/> | <input type="text" value="1 days"/> |
| <input type="text" value="2 mg"/>  | <input type="text" value="08:00"/> | <input type="text" value="AND"/>    |
| <input type="text" value="2 mg"/>  | <input type="text" value="12:00"/> | <input type="text" value="1 days"/> |
| <input type="text" value="1 mg"/>  | <input type="text" value="08:00"/> | <input type="text" value="AND"/>    |
| <input type="text" value="1 mg"/>  | <input type="text" value="12:00"/> | <input type="text" value="1 days"/> |
| + <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">+ Asymmetric</span> |                                    |                                     |



Refer to steps 1–3 above:

1. Click **'Reducing/Increasing'** and Click on **'+ Asymmetric'**, adjust the **dose**, **frequency/Time**, and **duration** for each prescribed dose.
2. Click **'+ Asymmetric'** to add more rows for tapering dose
3. Select **'Save'**
4. Click **'Prescribe'**.
5. Click **'Sign'** to complete the prescription



|   |   |   |     |       |             |   |      |      |      |      |
|---|---|---|-----|-------|-------------|---|------|------|------|------|
| <p><b>Dexamethasone</b></p> <p>Oral, 4 mg once a day at 08:00 AND 4 mg once a day at 12:00 for 1 day THEN 2 mg once a day at 08:00 AND 2 mg once a day at 12:00 for 1 day THEN 1 mg once a day at 08:00 AND 1 mg once a day at 12:00 for 1 day</p> <p>Prescriber: Shahila Zia - System Administrator<br/>Prescribed start time: Thu 08-May-2025 08:00</p> | ✓ | 🛒 | New | 8:00  | Omitted     | + | 2 mg | +    | 1 mg |      |
|   |   |   |     | 12:00 | Due<br>4 mg |   | +    | 2 mg | +    | 1 mg |

For any further help or support on navigating Nervecentre ePMA, please contact the team:  
email: [CAV.ePMAsupport.cav@wales.nhs.uk](mailto:CAV.ePMAsupport.cav@wales.nhs.uk)