

Gilman School Health Center

Medication Administration Protocols

2013-2014

The Health Center is stocked with basic over-the-counter medications which are dispensed using protocols developed by the School Physician and in accordance with the parental permission given on the Annual Health Forms. To ensure the safety of the students and comply with state law, all medications, whether over-the-counter, prescription or homeopathic, must be dispensed through the Health Center. If possible, prescription medications should be given at home. For Lower School students who must take a daily medication at school or keep medication at school in case of emergency, written permission must be obtained from their health care provider and the medication kept in the Health Center.

Middle and Upper School students must also come to the Health Center for all medications except for those students who require emergency medications such as Epi-pens or inhalers. Doctors may give written permission to these students to carry an Epi-pen or an inhaler with them during the day or keep the medication in a back pack or locker. If the student opts to carry an Epi-pen or inhaler, written permission must be on file in the Health Center. It is the student's and parents' responsibility to ensure that the medication has not expired and is available in case of emergency.

Health Center Formulary:

Note: All medications are given according to labeled instructions. No cough or cold formulations are given to children under 6.

1. ALLERGY, COLD AND COUGH

- a. Benadryl (includes 25 mg tablets, oral suspension 12.5 mg/5cc)
Used for temporary relief of seasonal or environmental allergies: runny nose, sneezing, itchy, watery eyes, itching nose and throat. Also given for severe food or insect sting allergies per student's Emergency Action Plan.
- b. Cough Drops (menthol 7 mg, Halls or generic)
Used for cough due to cold or relief of minor throat irritation or sore throat.
- c. Dimetapp Cold and Allergy Elixir (Brompheniramine maleate 1 mg, Phenylephrine 2.5 mg/5cc) Used for temporary relief of nasal congestion and runny nose, sneezing, itchy, watery eyes, itching nose and throat due to the common cold, seasonal or environmental allergies or sinusitis.
- d. Opcon-A Eyedrops (Naphalozine Hydrochloride 0.025%, Pheniramine Maleate 0.315%. Used for temporary relief of redness and itching of the eyes due to seasonal or environmental allergies such as pollen, grass, animal dander.

e. Robitussin DM (Dextromethorphan HBr 10 mg and Guaifensin 100 mg/5cc)

Used for temporary relief of cough associated with minor throat or bronchial irritation and to help loosen phlegm and thin bronchial secretions to drain bronchial tubes. Used for students 12 years and older

f. Sudafed (Pseudoephedrine HCl 30 mg tabs)

Used for temporary relief of nasal congestion due to the common cold, seasonal or environmental allergies and for relief of sinus congestion and pressure. Not given to children under 6.

g. Zyrtec (cetirizine hydrochloride 10 mg tabs)

Used for temporary relief of seasonal or environmental allergies: runny nose, sneezing, itchy, watery eyes, itching nose and throat. Given to students who forgot to take regular allergy medication at home and are experiencing allergy symptoms.

2. GASTROINTESTINAL UPSET

a. Gelusil (Aluminum hydroxide dried gel 200 mg, Magnesium hydroxide 200 mg, Simethicone 25 mg)

Used for temporary relief of heartburn, sour stomach, acid indigestion, bloating, pressure and discomfort commonly referred to as gas.

b. Pepto Bismol (includes liquid bismuth subsalicylate 262 mg/15 cc and chewable tablets 262 mg)

Used for students 12 years and older to relieve heartburn, indigestion, nausea, upset stomach and diarrhea. Not given to students recovering from chicken pox or flu-like or viral symptoms or students with sensitivity to salicylates.

c. Tums (Calcium Carbonate 500 mg)

Used for relief of heartburn, sour stomach, acid indigestion, upset stomach associated with these symptoms.

3. EMERGENCY (stock prescription medications)

a. Albuterol MDI/Nebulizer

Used for relief of bronchospasm for students with documented cases of asthma who do not have an inhaler available at school. Use of the inhaler is immediately reported to parents and arrangements made for an inhaler to be kept on campus.

The Health Center also has a nebulizer machine for use by students. Parents provide masks, tubing and medication as needed per MD permission.

b. Epi-pen and Epi-pen Jr. (Epinephrine 0.15 and 0.3 mg)

Used in emergency situations to treat severe allergic reactions/anaphylaxis in students with known or unknown life threatening allergies who do not have an Epi-pen immediately available.

4. PAIN RELIEVERS:

- a. Acetaminophen (includes generic 325 mg tabs, Children's Tylenol Oral Suspension 160 mg /5cc, Jr. Tylenol Meltaways 160 mg tabs).

Used for temporary relief of minor aches and pains: headache, muscular aches, common cold, flu, toothache, reduction of fever.

- b. Ibuprofen (includes generic 200 mg tablets, Children's Motrin or Advil 100 mg /5cc)Used for temporary relief of minor aches and pains due to headache, muscular aches, toothache, backache, the common cold and for temporary reduction of fever.

5. TOPICAL TREATMENTS

- a. Anti-itch formulations: Cortaid, Rhuli Gel.

Used for temporary relief of itching and pain associated with minor skin irritations such as poison ivy, insect bites, sunburn.

- b. Anti-fungal cream: Clotrimazole 1%

Used for suspected fungal infections including tinea pedis, tinea cruris and tinea corporis. Students will be referred to their health care provider for follow-up as needed.

- c. Chloraseptic Spray and Lozenges

Used for temporary relief of sore mouth, sore throat pain, minor irritation or injury of mouth and gums, pain due to orthodontic appliances, pain associated with canker sores.

- d. Eye Wash (Purified Water)

Used in an emergency to help flush loose foreign materials or chemicals from the eye. Also used to help relieve eye irritation, burning, itching and stinging and by removing irritants such as chlorinated water.

- e. Neosporin Ointment (Neomycin, Polymyxin B Sulfates and Bacitracin Zinc)

Used as a first aid treatment for minor cuts, scrapes and burns.

- f. Swim Ear: Isopropyl alcohol in an anhydrous glycerin 5% base.

Used to dry water in ears and relieve water-clogged ears.

- f. Topical Analgesics (including: Dermoplast -benzocaine 20% and Menthol 0.5%; and Mr. Blister – Allantoin 0.5% and Lidocaine HCL 0.5%)Used for temporary relief of pain and itching associated with sunburn, insect bites, minor cuts, scrapes, minor burns, minor skin irritations.

- g. Anbesol Oral Anesthetic (Benzocaine 10%) Used for temporary relief of toothaches, gum pain, canker sores.