






# MODULE 1

## Background

- Introduction and reasons to give medication
- ADA, IDEA, state regulations
- Responsibility Triangle
- Types of medication



## Medication Administration in Early Education and Child Care Settings

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Medication Administration Curriculum - Module 1

### Sources

- **Colorado:** Guidelines for Medication Administration: An Instructional Program for Training Unlicensed Personnel to Give Medication in Out-of-Home Child Care, Schools, and Camp Settings, Fifth Edition, 2008, developed by Healthy Child Care Colorado
- **New Jersey:** Medication Administration in Child Care developed by Healthy Child Care New Jersey
- **North Carolina:** Medication Administration in Child Care in North Carolina developed by the Quality Enhancement Project for Infants and Toddlers, with funding from the NC Division of Child Development to the Department of Maternal and Child Health at the University of North Carolina at Chapel Hill
- **West Virginia:** Medication Administration: An Instructional Program for Teaching Non-Medical Personnel to Give Medication in Child Care Centers in West Virginia developed by Healthy Child Care West Virginia and the West Virginia Department of Health and Human Services

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### Curriculum Objectives

1. Identify different types of medication, why medication is given, and how it is given
2. Improve medication storage, preparation, and administration techniques
3. Support good documentation of medication administration
4. Recognize and respond to adverse reactions to medication
5. Develop appropriate policies about medication administration and implement them

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### Disclaimer

- This curriculum provides education for personnel in the child care setting who give medication to children but are not licensed health care professionals
- It is not a substitute for written policy and professional medical guidance
- It is not certification of competency
- Actual care must be based on the child's clinical presentation, the health care professional's orders, parental guidance, personnel experience and training, and facility policy
- Each program must review state laws, regulations, and resources, and adapt accordingly

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### What Is Covered in This Instructional Program

- Typical and routine medications for short-term use
- Medications taken on a regular basis for chronic health conditions
- Emergency medications

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### What Is Not Covered in This Instructional Program

- Special medications like injectable or rectal medication
- Clinical explanation of the conditions being treated (such as asthma)
- Principles of caring for children with special needs
- Dietary issues such as restrictions or supplements for allergies or other medical conditions

*These are important topics that are beyond the scope of today's program*

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### Why Give Medication in Child Care?

*What do you think?*




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### Why are Medications Given at All?

- Prevent illness: Barrier cream to prevent diaper rash
- Relieve symptoms: Fever reducing medications
- Control or cure health problems:
  - *Short term:* Antifungal cream to treat a fungal diaper rash
  - *Emergency:* Albuterol for wheezing
  - *Long term:* Anti-seizure medications




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### Why Give Medication in Child Care?

- To maintain the health of the child
- To allow a child who is not acutely ill to attend the program
- To comply with laws, regulations, and best practice




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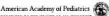

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### When Should Medication Be Given?

- Medication should be given at home by parents/guardians, if possible
- Prescribers should try to minimize the number of doses given at a child care facility

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### State Licensing Regulations

- Seek to ensure basic health and safety parameters
- Are minimal standards for a licensed program to operate legally

#### Best Practice Standards

- Are optimal standards to strive towards
- Publications, such as *Caring for Our Children*, attempt to set best practice standards




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### What Does the ADA Law Say?

Centers have to make reasonable modifications to their policies and practices to integrate children, parents, and guardians with disabilities into their programs

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### How About Liability?

- Liability:
  - something for which one is liable
  - an obligation, responsibility, or debt
- Child care providers are more likely to administer medication than to perform CPR in the child care setting
- Review liability insurance for any stipulations related to medication administration

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### Responsibility Triangle

Parent/Guardian

Child

Child Care Provider

Health Care Professional

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### Parent or Guardian Responsibilities

- Regular checkups and up-to-date immunizations
- Complete communication about child's symptoms and health status
- Consulting with their child's health care professional about diagnosis and care
- Compliance with medication policies and completion of forms
- Communication with health care professionals about the child care setting (environment, capabilities of staff, hours that the child attends)

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### Parent/Guardian Responsibilities, continued

- Asking the health care professional about whether medication can be given at home and NOT in child care
- Providing properly labeled medication and providing appropriate measuring devices
- Providing up-to-date emergency contact phone numbers
- Promptly picking up their child when notified of illness
- Arranging for back-up care
- Working constructively with child care providers to determine when it is appropriate to care for their child during mild illness

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### Child Care Provider Responsibilities

- Careful, periodic monitoring of health records (history, physical, immunizations, screenings)
- Practicing daily health checks
- Having and communicating clear policies on medication, exclusion, and re-admittance
- Maintaining good hygiene practices
- Promptly communicating with parents or guardians about their child's symptoms
- Using available resources for health consultation
- Obtaining training about medication administration

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### Health Care Professional Responsibilities

- Complete all child care health forms legibly
- Discuss medication needs with parent or guardian and if needed, with child care providers, if parental permission is obtained
- Adapt medication schedules to meet the needs of children in child care and limit the number of doses that need to be given in child care
- Provide guidance and education as requested
- Promote disease prevention and good health practices
- Be accessible to child care staff for questions and concerns about their patients, with parental permission

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### Child Care Health Consultant

- A trained health care professional who provides consultation and technical assistance on health issues in child care
- Child care facilities can request consultation from professionals with special expertise

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### Types of Medication

- Prescription (Rx), over-the-counter (OTC), and non-traditional
- Brand name and generic
- Oral, topical, and inhaled, etc

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### Prescription Medication

- Can only be prescribed by an authorized health care professional
- Are dispensed by a pharmacist
- Are considered “controlled substances” if they can be dangerous or addictive
  - Controlled substances have special rules
- “Sample” medication must be properly labeled

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### OTC Medication

- Can be purchased without a prescription
- Vitamins
- Homeopathic medication
- Herbal medication
- Sun screen, insect repellent, and non-medicated diaper cream often have different regulations
  - Check your state regulations

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### Common OTC Medication

- Fever reducer or pain reliever
- Antihistamines
- Mild cortisone cream
- Cough syrups and cold remedies
- Nose drops
- Medications used for common gastrointestinal problems
- *Many OTC medications do not have dosing information for children under the age of 24 months*

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### Brand Name and Generic Medications

- Both prescription and OTC medications come as
  - Brand name
  - Generic
- This creates an opportunity for mistakes and confusion
  - Names that are difficult to remember and to say
  - Available under several names
  - Sound alike names
    - Zantac® (reduces stomach acid) and Zyrtec® (antihistamine)
    - Bacitracin® (antibiotic cream) and Bactrim® (oral antibiotic)

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### Forms of Medication Video

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### Forms of Medication: Oral

**Tablets**

- *Coated and uncoated:* Swallow whole
- *Chewable:* Must be chewed, not swallowed whole
- *Scored:* May be cut in half

**Capsules**

- *Swallow:* Do not crush or chew
- *Sprinkle:* Do so only with health care professional instruction

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### Forms of Medication: Oral, continued

**Liquid**

- *Suspensions*: Undissolved medications in liquid
  - Must be shaken prior to pouring
  - Usually needs refrigeration
- *Syrups*: Sweetened liquids that contain dissolved medication
- *Elixirs*: Sweetened liquids in a dilute alcohol base which contain dissolved medication

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### Forms of Medication: Oral, continued

**Other oral medications**

- Sublingual
  - Placed under the tongue
- Melting strips and tablets
  - Absorbed directly in the mouth
- Gums and gels

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### Forms of Medication: Topical

- *Drops*: Eyes, ears, or nose
- *Sprays*: Nose or throat
- *Patches*

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### Forms of Medication: Topical, continued

- Creams, Ointments, and Sprays for external application of medication for rash or skin problems
  - Prescription versus OTC
  - Preventative versus treatment




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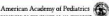

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### Forms of Medication: Inhalation

- *Inhalation*: Breathing or inhaling a drug into the respiratory tract
- Methods include:
  - *Inhaler*: Metered Dose Inhalant (MDI) or HFA (hydrofluoroalkane), "puffer"
  - *Nebulizer*: Mist created by a machine
  - *Powders*: Turbohalers, discs
  - *Spray*: Nasal, throat

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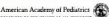

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### Forms of Medication: Injection

- EpiPen® and EpiPen® Jr
- Glucagon
- Insulin
- Need special training and will not be covered in this program

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### Forms of Medication: Suppository

- Suppositories are inserted into the rectum
- Need special training and will not be covered in this program
- States vary, so check your local laws and regulations



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