



GRACIOUS HEART RESOURCE FAMILY AGENCY

STANDING MEDICATION ORDER - PRN

Youth's Name: _____ DOB: _____

Resource Parent: _____ Order Date Valid from _____ to _____

REMINDER: If physician prescribes an over the counter medication that is not listed on the PRN, the physician needs to fill out a prescription.

The following over-the-counter (OTC) medications may be given to the above-named youth on an "as needed" basis, per the Signed Order, to ensure optimal health care to the youth. The youth's doctor should always be notified if the she/he is sick or experiences persisting symptoms.

Alcohol (Isopropyl 70%)	Use to clean pierced ears or umbilical cord in newborns until dried. Use with each diaper change. Do not use to clean wounds.
Aveeno Anti-Itch Cream, Calamine Lotion or Hydrocortisone 1%	For itchy skin. Use 4 times daily as needed. For children under 12, consult a physician prior to using hydrocortisone as extensive use may cause serious skin problems. Do not use hydrocortisone on face.
Aloe Vera Gel	To relieve mild sunburn pain. Apply to affected areas as needed.
Antacid Tablets (Calcium Carbonate)	For relief of excess stomach acid. Chew 1-2 tablets as needed. Do not take more than 16 tablets in a 24-hour period.
Baby Powder	Use to relieve heat rash. Apply as often as needed. Caution should be used with infants/toddlers due to aspiration risk.
Blistex/Chapstick	For dry, cracked lips. Apply not more than every ½ hour.
"BRAT" Diet	For diarrhea. A diet of bananas, rice, apples, toast, crackers, baked or boiled potatoes, and plain noodles. For vomiting start with clear fluids; then progress to above foods as child is able to tolerate. With infants, give Pedialyte for 6 hours, then whichever of the above foods they already eat. (If condition persists, consult physician).
Cloraseptic/Generic	For sore throat and related pain. Not to be used by children under 2 years of age. If condition persists, consult physician 2-11 years 3 times and swallow every 2 hours 12-adult 5 times and swallow every 2 hours
Desitin/Balmex	For diaper rash. Apply at each diaper change. If condition worsens or shows no improvement within 48 hours, consult physician.
Decongestants/Antihistamines:	
Children's Dimetapp	For stuffy or runny nose.
Robitussin DM	DM is for coughs.
Robitussin CF	CF is for cough and runny nose.
Benadryl (liquid)	For congestion, allergy symptoms, itching, or swelling from insect bites.
Do not give any of the above medications if child is taking another antihistamine or cough medication. Not to exceed 6 doses in 24	

hours. The following is a dosage chart. Please dose by age range and weight range.

1 to 3 years (24-36 lbs.)	½ tsp. every 4 hour
4 to 5 years (37-49 lbs.)	¾ tsp. every 4 hours
6 to 8 years (50-62 lbs.)	1 tsp. every 4 hours
9 to 11 years (63-95 lbs.)	1 ½ tsp. every 4 hours
12-to 17 years (96+ lbs.)	2 tsp. every 4 hours

Hydrogen Peroxide

For superficial skin wounds, cuts, scrapes. Apply three times daily as needed.

Metamucil/Generic

For constipation. For children 13 years and older, use 1 tablespoon (sucrose containing variety) or 1 tablespoon (sucrose-free variety) mixed in 8 ounces of liquid three times daily. Children 6-12 years old use ½ of the above listed doses. May require use for 2-3 days for optimal effect. If condition persists beyond three days, consult physician. Not for use by children under age 6 yrs.

**Motrin/Advil
(Children's)**

Given to children whose temperature rises to 102 degrees or who are in mild-moderate pain. Doses are given every 6-8 hours. Not to exceed 5 doses in 24 hours.

12-23 mos. (18-23lbs.)	1 tsp. every 4-6 hours
2-3 years (24-35 lbs.)	1 ½ tsp. every 4-6 hours
4-5 years (36-47 lbs.)	2 tsp. every 4-6 hours
6-8 years (48-59 lbs.)	2 ½ tsp. every 4-6 hours
8-10 years (60-71 lbs.)	3 tsp. every 4-6 hours
11-12 years (72-95 lbs.)	3 ½ tsp. every 4-6 hours

**Mycatin/Lotrimin
Tinactin/Cruex**

Spray: For jock itch. Clean area and dry thoroughly. Apply morning and night. Do not use for more than two weeks. If condition persists, consult physician. Cream: For athlete's foot, ringworm or yeast diaper rash, apply to affected area three times daily. Do not use for more than 14 days. If condition persists, consult physician. For yeast diaper rash, apply at each diaper change.

**Children's Mylanta
Or Children's Maalox
Mylanta/Maalox**

For upset stomach. Children under 2 years, consult physician.

2 to 5 years (24-47 lbs.)	1 tsp. every 8 hrs.-No more than 3 tsp. in 24 hours.
6 to 11 year (48-95 lbs.)	2 tsp. every 8 hrs.-No more than 6 tsp. in 24 hours.
12 to adult (95 lbs. +)	2 tsp. every 8 hrs. Not to exceed 6 tsp. in 24 hours.

Mylicon

For colic in children under 2 years old. Give 0.3 ml three times per day (after meals) and once at bedtime. Not to exceed 4 doses per day.

**Neosporin/Triple
Antibiotic/Ointment**

For cuts and abrasions. Use as often as needed to prevent infection. For deep or serious cuts, consult physician.

Nix (Permethrin)

For the treatment of head lice. Apply to hair for 10 minutes, and then rinse thoroughly with water. Remove nits with nit comb. Repeat if live lice are observed seven days or more after first application. Not for use with children under 2 years of age.

Orasol/Ambesol

For relief of gum, mouth, or teeth pain & for teething pain for infants 4 mos. or older. Apply to affected area not more than four times daily. Do not use for more than seven days. If swelling, rash, or fever develops, consult physician or dentist.

Pedialyte

To prevent dehydration from diarrhea and vomiting during illness. Ages 2 and over, every 3-4 hours. Give 2 liters per day while diarrhea continues. If diarrhea, vomiting or fever continues beyond 24 hours, if child has bloody stool, or if child is under 2, consult physician.

Salt Water Gargle

For sore throat pain. Gargle with warm salt water as often as needed. Do not swallow. Use 1 teaspoon salt in 1 cup of water. Not to be used by children under 6 years of age.

Sun block – SPF 30

For prevention of sunburn. Apply to skin 30 minutes prior to prolonged sun exposure and every two hours during exposure. Reapply after swimming. Not for use on children sensitive to PABA or children under 6 months of age.

Witch Hazel Relief of stings or sunburns, as needed

Throat Lozenges For sore throat. May be used every 2 hours as needed for throat pain. Not to be used by children under 6 years of age.

Children Tylenol (Acetaminophen)	Given every 4 hours for fevers over 100 degrees or for mild pain. Not to exceed 5 doses in 24 hours. For temperatures of 102 degrees or greater or for moderate pain, use Motrin/Advil as per above instructions.		
Elixir/Liquid:	Infant Drops:	Tablets (80mg)	
4-11 mos. (12-17 lbs.)	½ tsp. 0-3 mos. (6-11 lbs.)	0.4ml 2-3 years (24-35 lbs.)	2 tabs
12-23 mos. (18-23 lbs.)	¾ tsp. 4-11 mos. (12-17 lbs.)	0.8ml 4-5 years (36-47 lbs.)	3 tabs
2-3 years (24-35 lbs.)	1 tsp. 12-23 mos. (18-23 lbs.)	1.2ml 6-8 years (48-59 lbs.)	4 tabs
4-5 years (36-47 lbs.)	1 ½ tsp.	9-10 years (60-71 lbs.)	5 tabs
6-8 years (48-59 lbs.)	2 tsp.	11 years (72-95 lbs.)	6 tabs
9-10 years (60-71 lbs.)	2 ½ tsp.	12 + (96 lbs. +)	400-650 mg
11-12 years (72-95 lbs.)	3 tsp.		every 4 hours

Vitamins:

Vitamin C	Boosts the immune system, aids in the absorption of iron, calcium, magnesium and reduces inflammation. Fights against bacteria, viruses, heart disease, stroke and cancer. Lowers blood pressure, cholesterol, and improves circulation. Decreases symptoms of asthma.
Vitamin E	Boosts your immune system's natural healing ability and blood circulation. Aids in the prevention of cancer, diabetes, Alzheimer's, cataracts, and muscle repair. Supports healthier looking skin.
B-6	Helps active children improve their focus and attention span to maximize their learning potential.
Infant Multi-Vitamin	Contains 100% Natural Vitamin A & D derived from the highest quality fish oils. Also contains 100% Natural Vitamin E derived from natural vegetable oil. Also supplies balanced B-complex & Vitamin C.
Calcium	Calcium is an important factor for developing & maintaining strong bones & teeth.
Vitamin D	Helps with the absorption of Calcium
B-12	Helps with depression, stress, dietary supplement.
Multivitamins	Ensure maximum benefits of the dietary nutrients your body needs. Vitamin A, Vitamin B complex (thiamine, riboflavin, niacin, and/or niacin amide, vitamin B6, vitamin B12, pantothenic acid, and biotin), Vitamin C, Vitamin D, Vitamin E, Vitamin K, and the minerals in calcium, magnesium, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and Possibly iron. <u>(MV may contain iron, but a multivitamin with iron only should be taken by children Who have been diagnosed as having or being high risk of iron deficiency, or who have a history of frequent iron deficiencies.)</u>

Print: **Doctor's Name:** _____

Medical License No: _____

Office Address: _____ **City** _____ **Zip** _____

Phone: _____

Doctor's Signature of Approval: _____ **Date Signed:** _____

(THIS FORM IS INVALID WITHOUT DOCTOR'S NAME, ADDRESS, LICENSE #, SIGNATURE, AND DATE)