

Consumer Name \_\_\_\_\_

**Respite Care**  
**Consent For Treatment and Use of Over-the-Counter Medications**  
**For Persons attending Respite**

**ALLERGIES** \_\_\_\_\_

Please indicate your consent by checking yes or no.

NO	YES	
		<b>#1 HEADACHE OR MILD PAIN</b>
		a. Acetaminophen 500mg tablets/caplets 1 or 2 tabs p.o. every 4 hours as needed for mild pain or headache.
		Follow instructions on package.
		b. Document response to PRN in observation notes.
		c. Notify parent/guardian and nurse if pain/headache not relieved within two hours.
		<b>#2 VOMITING</b> – The sudden forceful expulsion of stomach contents through the mouth.
		a. Determine cause of vomiting. If vomiting occurs 2 or more times call nurse.
		b. Avoid eating solid foods for 8 hours.
		c. If vomiting continues, notify parents/guardian or the nurse for further orders.
		<b>#3 CONSTIPATION</b> (No B.M. 24 hours over regular BM schedule)
		a. Milk of Magnesia – ½ tablespoons followed by a 12-ounce glass of water.
		b. Document results on observation notes. If no BM in 8 hours, call parents/guardian or nurse.
		<b>#4 HEARTBURN</b>
		a. Mylanta, 2 teaspoons by mouth every 2 hours as needed up to 4 doses.
		b. If heartburn has not subsided within 12 hours notify parents/guardian or the nurse.
		<b>#5 UPSET STOMACH/NAUSEA</b>
		a. Sip on a glass of 7-up or Sprite
		b. Pepto Bismol – 2 tablespoons every 2 hours if needed to relieve heartburn, indigestion, stomach fullness or gas. Do not give more than 4 doses in 24 hours.
		<b>#6 DIARRHEA</b>
		a. Determine cause.
		b. Kaopectate – 2 tablespoons after third liquid stool (moderate or large) and after each liquid BM until diarrhea subsides up to 4 doses in 24 hours.
		c. If diarrhea is not relieved in 24 hours, call parents/guardian or the nurse. Nurse will notify physician if necessary for further orders.
		<b>#7 FEVER</b> (For temperature over 99.6 degrees orally or axillary {under arm}).
		a. Acetaminophen 500mg tabs 1 or 2 by mouth every 4 hours as needed. Follow instructions on package.
		b. Encourage fluids (8 ounces every hour). Check temperature every 3 hours and record.
		c. Encourage rest. Avoid work or participating in activities outside the residence.
		d. If temperature does not go below 99 degrees Fahrenheit within 8 hours, notify parents/guardian or the nurse.

NO	YES	
		<b>#8 COUGH</b>
		a. Robitussin DM – 2 teaspoons every 6 hours by mouth as needed for cough.
		b. Monitor cough, type, and frequency, and document.
		c. If dry hacking or non-productive cough continues for 24 hours, notify parent/guardian or the nurse.
		d. If coughing up a lot of phlegm, notify parents/guardian or the nurse.
		<b>#9 SORE THROAT (Throat may feel dry and scratchy, swallowing causes discomfort)</b>
		a. Gargle with 1 teaspoon of salt in 6 ozs of warm water 4 times a day.
		b. Sip warm honey and lemon tea.
		c. Increase fluid intake to 8-10 glasses of fluids per day to prevent dehydration.
		d. Check temperature for fever. May give Tylenol 2 tablets for temperature above 100°.
		e. Notify nurse if throat is not relieved by treatment in 24 hours.
		f. Chloroseptic Spray as per directions on bottle.
		<b>#10. MINOR CUTS/SCRAPES</b>
		A. Cleanse affected area with soap and water.
		b. Bandage loosely if bleeding.
		c. Observe area for signs of infection (redness, swelling, drainage, or increased temperature) at site of cut or scrape. Notify nurse if signs of infection are present. (Nurse will inform physician and may use antibiotic ointment for 72 hours).
		d. If redness develops, apply small amounts of antibiotic ointment to area every 4 hours up to 48 hours.
		<b>#11. INSECT BITES, STINGS, MINOR RASHES</b>
		a. Cleanse affected area with soap and water.
		b. Apply hydrocortisone cream 1% to affected area three times a day for 2 days.
		c. Observe area for signs of infection or that rash is getting worse. (Increased redness, swelling, drainage, increased temperature at site, increased area of rash/irritation).
		<b>#12. MENSTRUAL CRAMPING</b>
		a. Midol 2 tablets p.o. every 4 hours as needed for menstrual cramps (NOTE: <b>Check for allergies.</b> This product contains aspirin).
		b. Document response to PRN in observation notes.
		<b>#13 IRRITATION TO EYE BY FOREIGN OBJECT/MATERIAL CAUSING PAIN</b>
		a. Inspect eye(s) to see if object is observable.
		b. If observable, flushes with eye wash solution.
		c. If nothing can be seen in eye, ask individual if blinking is painful. Notify nurse if blinking is painful. Patch both eyes and transport to Emergency Room.
		d. If individual can blink with little or no pain, encourage blinking/tearing to cleanse eye. <b>DO NOT RUB EYES.</b>
		e. Notify parents/guardian or the nurse if irritation continues for more than 8 hours.

NO	YES	#14. SUNBLOCK/SUNSCREEN
		a. Prevent sunburn by applying sun screen/sun defense with UVB of 30 or above to protect skin from damaging UV rays.
		b. Apply liberally on body and face before going outside in the sun.
		c. Re-apply as needed – usually every hour while working or playing outside during spring and summer months.
		d. Reapply to dry skin after swimming or excessive sweating.
		<b>#15. INSECT REPELLANT SPRAY (Deep Woods Off or other)</b>
		a. Do not go outside if you are aware of a lot of insects or mosquitoes in the area.
		b. For protection against insects and mosquitoes use “Off” containing DEET for most effective results.
		c. Read the label on the container for complete directions.
		d. Spray on legs, feet, arms, and trunk before going outside when you suspect or see mosquitoes. <b>DO NOT SPRAY ON FACE OR GET IN EYES.</b>
		e. Wear long pants.
		<b>#16 MINOR BURNS</b>
		<b>First Degree – skin is red</b>
		<b>Second Degree – skin blisters</b>
		<b>Third Degree – skin has charred or whitish appearance and lack of sensation</b>
		Etiology/Cause of Burn
		a. Contact with heat source generally causes 2 <sup>nd</sup> degree burns.
		b. Flames or hot metal causes 3 <sup>rd</sup> degree burns.
		Treatment: Staff may do the following:
		a. Plunge affected area into cold tap water as soon as possible after burn and leave in for 3-5 minutes.
		b. Clean with mild soap and water.
		c. Apply antibiotic ointment for temporary relief of pain every 3 hours.
		d. Call parents/guardian or the nurse for 2 <sup>nd</sup> or 3 <sup>rd</sup> degree burns. Nurse will notify physician or give further directions/instructions.
		<b># 17 NOSE BLEED</b>
		A minor nosebleed is usually caused from drying of nasal passages or injury to the nose. Try any of the following:
		a. Ask individual to tilt head back slightly.
		b. Ask individual to gently apply mild pressure with thumb and first finger to upper portion of nose until bleeding slows or stops. Staff may need to assist. (Wear gloves)
		c. Apply ice pack or cold towel to upper nose bridge for 15-20 minutes.
		d. Re-direct air conditioning or heat duct away from bed to prevent drying of nasal passage.
		<b>NOTE:</b> 1. If bleeding continues after 20 minutes of ice pack and pressure, notify parents/guardian or the nurse.
		<b>2. If swelling or facial bruising occur after injury, notify nurse immediately.</b>
		3. Instruct consumer not to blow or pick at nose.

NO	YES	<b># 18 ATHLETE'S FOOT/JOCK ITCH</b>
		Miconazole Powder – Apply Topically 2 x daily.
		Other:
		<b># 19 Supplements/Vitamins or Other:</b>
		List Name, mg. dosage and time to be given.

**The above list of other-the-counter medications and treatments has been reviewed with the consumer/Parent and/or guardian and their signature below acknowledges consent for The Gulf Coast Center to use the approved, listed medication and treatments. This consent is valid for one year and will be renewed yearly or as needed if changes occur.**

\_\_\_\_\_  
Parent and/or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Date