



# 5

# Camp Medication Management FAQ

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1



## What is a medication? What about OTCs, vitamins or supplements?

A camp needs to define “medication” for their facility. Knowing how your camp defines “medication” will provide guidance in making some of these decisions. For all medications, camps must follow the directions of a licensed prescriber. Many camps consider OTCs, vitamins and supplements a medication as well, and treat their storage and administration the same as they would a prescription medication.

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## How should camper medications be stored? What about staff?

Per the Health and Wellness standards set by the American Camp Association (HW.7, HW.13), camp staff should review all camper health information and collect any medication to be given. Medications should be stored in their original containers, and all prescription and over-the-counter medications for campers and staff must be stored under lock except when in the controlled possession of the individual administering the medication.

3



## Are the rules different for controlled substance medications?

You should treat all medications, their storage, and their administration with the same care. While we encourage camps to keep counts of all medications, many states require that camps track the counts of controlled substance medications with greater care. This means you should keep a running count of every controlled substance medication you have at camp, and every time you administer a controlled substance medication, you should update the quantity accordingly.

4



## Do I need a licensed healthcare professional to dispense medications?

Medication administration is one of the highest risk areas at camp, and it is essential that your camp follows the “five rights” of medication administration – right patient, right drug, right dose, right time and right route. Operating under the guidance of a licensed healthcare prescriber will help make sure your camp has safeguards in place to reduce medication errors. Many camps train staff members as Unlicensed Assistive Personnel (UAP) to help with medication administration and tasks as delegated by the camp nurse.

5



## What do I need to document after I give a medication?

After a medication is administered, you should always document who gave the medication and the day and time it was given. This documentation becomes a permanent part of the camper’s health record and should be stored securely as well. Using an Electronic Medication Administration Record, or eMAR, can help your camp with documentation, avoid the need to rely on handwritten instructions, allow access to medication administration history, and reduce the risk of medication errors.

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