

MINNESOTA
INDEPENDENCE
COLLEGE &
COMMUNITY



MICCC

Learn Skills. Experience Life.

Medications 101

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Advisory Program Manager

2020-2021



Medication Basics

Why do medications matter?

Goal: Independence with medication management

- Long-term health and self-advocacy require:
 - Knowing medication names, dosages, purposes, and times
 - Knowing possible side effects and how to handle medication errors
 - Remembering to take medications on time without being reminded
 - Ordering and picking up refills before running out of medications

Medication Monitoring Levels

	Supervision	Time Reminders	Independent
Storage of Medications	Locked medication office	Safe in student's bedroom	Safe in student's bedroom
Staff Involvement	Student takes meds directly in front of staff during med window	Student must join Google Meet during med window to report taking meds	Student reports on med adherence weekly to advisor
Pillbox Refill	Fill pillbox with staff support weekly	Fill pillbox with staff observation weekly	Show filled pillbox to staff weekly

Medication Windows

	Morning	Afternoon	Evening
Monday-Thursday	8 – 8:45 am	12 – 12:30 pm 5 – 5:30 pm	8:30 – 9:15 pm
Friday	8 – 8:45 am	12 – 12:30 pm 5 – 5:30 pm	8:30 – 9:30 pm
Saturday	8:30 – 9:30 am	12 – 12:30 pm 5 – 5:30 pm	8:30 – 9:30 pm
Sunday	8:30 – 9:30 am	12 – 12:30 pm 5 – 5:30 pm	8:30 – 9:15 pm

MICC Medication Requirements

- All students must have a daily pillbox



- Students must be able to take medications with support from trained staff and NOT need medical personnel
- Students must comply with their doctor's prescribed medication regimen (**MICC does not require meds)



Medication Communication

MICC Medication Records

MICC keeps secure electronic records of medications that a student takes, as well as records of date/time/medications taken for students on Supervision and Time Reminders

At the Beginning of the Year

MICC collects the following:

- Signed doctor's orders for each medication
- MICC-specific Medication Forms
- For supervised meds: original prescription bottle with correct label, name of student, dosage, name of doctor, pharmacy, and date

Medication Changes

- Any changes in medication **MUST** be communicated immediately to advisor in writing
- Name of updated medication and correct dosage must be provided
- Send to advisor:
 1. updated doctor prescription forms
 2. Medication Change Form

Over-The-Counter Medications

- Beginning of year Medication Form includes list of approved OTC medications
- Students must provide their own OTC medications
 - Pain relievers
 - Cold medicine
 - Allergy medicine
 - Etc
- MICC staff will NOT provide OTC meds to students
- MICC staff will support students in taking OTC meds or contacting resources to identify how to manage symptoms



Medication Progression

Medication Monitoring Levels Changes

When can a student move from Supervision to Time Reminders? Or from Time Reminders to Independent?

1. Take meds on time without staff prompting at current level
2. Take meds accurately (correct pill, correct dose) without staff prompting at current level
3. Students, guardians, advisor, and medication supervisor agree that a student is ready to progress
4. Medication Change Form is properly completed

What if a student is struggling with meds?

Options to support a student could include:

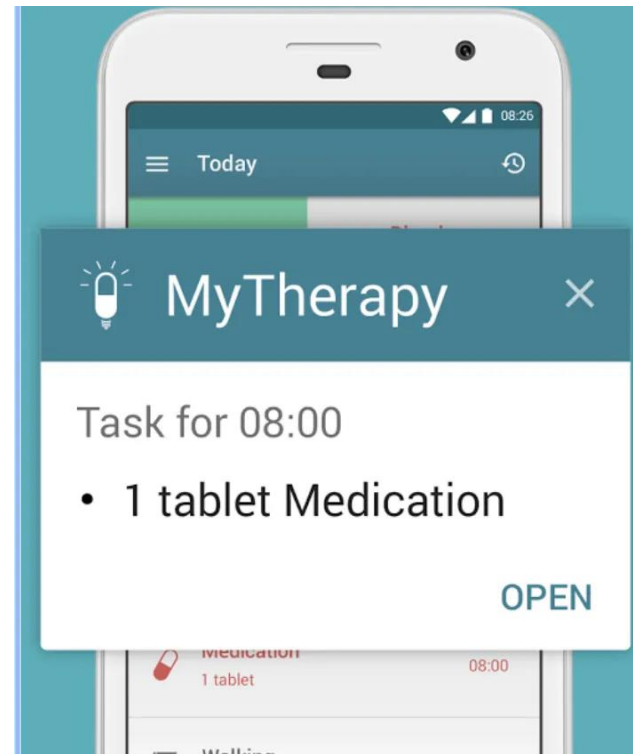
1. Moving to a different medication monitoring level (back to Supervision or Time Reminders)
2. Using phone apps to track medications
3. Working with family and medical providers to examine current dosages and schedules
4. Alarms, visual schedules, or other time management strategies
5. Social story or video model to better understand pillbox and/or medication details

What if a student is struggling with meds?

Signs a student may be having difficulties with medication routine could include:

1. Student does not take meds on time
2. Student does not take correct dosage of meds
3. Student mixes up AM and PM meds
4. Student mixes up the days in their pillbox
5. Student refuses to take meds

Medication App Examples





Medication Refills

Important Next Steps

1. Determine how student will refill medications on campus
2. Select a local pharmacy
3. Ensure medications are already transferred and set for automatic refills
4. Begin practicing independent medication taking and tracking

Options for Med Refills

- 1. Multi-dose packs** – Useful if a student takes a lot of medications
 - Available at some CVS
 - PillPack (online pharmacy) – pillpack.com
 - Ready Meds (online pharmacy) – readymedspharmacy.com
- 2. Medication delivery** – Useful if a student has limited mobility or is not able to travel to pharmacy independently
 - Available at CVS, Walgreens, Walmart, PillPack, Ready Meds
 - Not always available for controlled substances (many ADHD medications)
- 3. Local Pharmacy** – Useful to have an in-person, local pharmacy
 - Many have apps to make medication reordering easy

Local Pharmacies

<u>Walgreens</u>	<u>CVS (Target)</u>	<u>Cub Pharmacy</u>
7940 Penn Ave S, Bloomington, MN 55431	2555 W 79th St, Bloomington, MN 55431	6775 York Ave S, Minneapolis, MN 55435
952-252-1154	952-888-4677	952-929-9330
Mon-Fri 9am-9pm Sat 9am-6pm Sun 11am-4pm	Mon, Thurs, Fri 9am-8pm Tues, Wed 7am-7pm Sat -Sun 9am-6pm	Call to confirm hours



Questions?

Contact Chrissy Cleveland:
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