Medications
101
Savannah Sisk
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

<table>
<thead>
<tr>
<th></th>
<th>Supervision</th>
<th>Time Reminders</th>
<th>Independent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Storage of Medications</strong></td>
<td>Locked medication office</td>
<td>Safe in student’s bedroom</td>
<td>Safe in student’s bedroom</td>
</tr>
<tr>
<td><strong>Staff Involvement</strong></td>
<td>Student takes meds directly in front of staff during med window</td>
<td>Student must join Google Meet during med window to report taking meds</td>
<td>Student reports on med adherence weekly to advisor</td>
</tr>
<tr>
<td><strong>Pillbox Refill</strong></td>
<td>Fill pillbox with staff support weekly</td>
<td>Fill pillbox with staff observation weekly</td>
<td>Show filled pillbox to staff weekly</td>
</tr>
</tbody>
</table>
## Medication Windows

<table>
<thead>
<tr>
<th></th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Thursday</td>
<td>8 – 8:45 am</td>
<td>12 – 12:30 pm</td>
<td>8:30 – 9:15 pm</td>
</tr>
<tr>
<td></td>
<td>5 – 5:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>8 – 8:45 am</td>
<td>12 – 12:30 pm</td>
<td>8:30 – 9:30 pm</td>
</tr>
<tr>
<td></td>
<td>5 – 5:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>8:30 – 9:30 am</td>
<td>12 – 12:30 pm</td>
<td>8:30 – 9:30 pm</td>
</tr>
<tr>
<td></td>
<td>5 – 5:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>8:30 – 9:30 am</td>
<td>12 – 12:30 pm</td>
<td>8:30 – 9:15 pm</td>
</tr>
<tr>
<td></td>
<td>5 – 5:30 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

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

Contact Chrissy Cleveland: ccleveland@miccommunity.org