

HORTON HAVEN CHRISTIAN CAMP STANDING ORDERS MEDICATION LIST

ACETAMINOPHEN

Administer every 4-6 hours for fever or mild pain, when the patient is not toxic and cause of symptoms has been determined. Dosage is determined by age and weight.

<u>Age</u>	<u>Weight (lbs)</u>	<u>Dose (mg)</u>
2-3	24-35	160
4-5	36-47	240
6-8	48-59	320
9-10	60-71	400
11	72-92	480
12 & up	93+	650 - 1000

Maximum pediatric dosage 5 times in 24 hours. Maximum adult dose 2500 mg per 24 hours. If adult takes 1000 mg, give every 6-8 hours.

ALBUTEROL / VENTOLIN

Administer to temporarily treat symptoms of asthma or bronchospasm as with reactive airway disease (RAD). Symptoms include persistent dry, tight cough, shortness of breath, inability to exhale fully, auscultated or audible wheezing, feelings of “tightness in the chest”, inability to converse, and signs of hypoxia.

For campers with undiagnosed asthma having all or some of the symptoms listed above:

1. For mild symptoms with loud wheezes and good air movement treat first with rest, position of comfort, and observation of symptoms. If symptoms persist, administer **1-2 puffs every 4 – 6 hours of albuterol inhaler using spacer or aerochamber**. Observe in health center after inhaler usage while contacting parents and camper’s physician for further treatment instructions.
2. If symptoms worsen **OR** if there is poor air movement with severe symptoms on initial exam, begin **albuterol nebulizer treatment**. Administer 1 premixed vial (2.5 mg Albuterol per 3cc saline) per nebulizer every 4 – 6 hours. During treatment monitor patient continuously for improvement or worsening symptoms. Call patient physician and parent for further treatment instructions. If symptoms worsen or no improvement is seen or felt by patient during nebulizer treatment, notify EMS (911) for transport to hospital.

DO NOT TRANSPORT BY CAR UNLESS EMS UNAVAILABLE. DO NOT ADMINISTER AT ALL OR USE EXTREME CAUTION IN PATIENTS WITH HISTORY OF CARDIAC PROBLEMS. NOTIFY PHYSICIAN IMMEDIATELY.

ALOE VERA GEL & ALOE VERA GEL WITH LIDOCAINE

Apply to sunburned or irritated skin as needed. Provides relief from sunburn, minor burns, windburn, insect bites, chafing, and minor skin irritations. Do not use on serious, extensive or deep burns. Severe sunburn or other severe burns should probably be sent home.

AMMONIA INHALENTS

Use as inhalation only to prevent or treat fainting. Crush covered ampule between fingers and hold to nostrils to inhale vapor. Do not use if face is flushed.

ANTACIDS TABLETS (Calcium Carbonate)

Administer for the temporary relief of heartburn, sour stomach, and upset stomach associated with these symptoms. Chew 1 or 2 tablets as symptoms occur. May be repeated hourly if symptoms reoccur to a maximum of 16 tablets in 24 hours. One tablet = 550 mg Calcium Carbonate. Ensure no abdominal tenderness before treatment.

AURO-DRY / SWIM EAR/ISOPROPYL ALCOHOL

Administer to help prevent otitis externa. Dries excess water and retards the growth of fungus and bacteria. Apply 4-6 drops in each ear canal after swimming or bathing. Ensure no perforated tympanic membrane before administering. Isopropyl Alcohol 75% + Boric Acid

BACITRACIN/ZINC CREAM

To help prevent infection of minor cuts and abrasions, apply a thin layer 3 times a day to cleansed, affected area.

BENADRYL/DIPHENHYDRAMINE

Administer as an antihistamine for temporary relief of allergy symptoms such as itchy, watery eyes, runny nose and sneezing. For children 6-12 years (48-95 lbs) give 12.5-25 mg every 4-6 hours. For children over 12 and adults (greater than 96 lbs) give 25 mg every 4-6 hours.

Benadryl frequently causes drowsiness, make the camper or staff aware.

For severe allergic reactions in adults, 50 mg may be given. Give dose appropriate liquid dye-free benadryl after EpiPen administered. This is kept in first aid kits that have an EpiPen.

BISMUTH SUBSALICYLATE

Treatment for diarrhea, heartburn, nausea, and upset stomach. Over the counter product, use per packaging directions.

CALAMINE

Apply liberally as needed to itchy rash such as poison ivy. May be applied several times a day.

CETIRIZINE HYDROCHLORIDE

Administer for 24 hour relief of symptoms of indoor and outdoor allergies including runny nose,

itchy, watery eyes, or itching of the nose or throat. Adults and children over 6 years of age: 5mg tablets Liquid/ chewables/melts 1 to 2 tablets once daily. Do not exceed 2 tablets (10 mg) in 24 hours.

CHLORASEPTIC SORE THROAT LOZENGES

Administer for the temporary relief of minor sore throat or mouth pain. For children over 2 years and adults allow 1 lozenge to dissolve slowly in mouth. May be repeated every 2 hours.

DERMOPLAST SPRAY/BENZOCAINE, MENTHOL SWABS

For the temporary relief of pain and itching associated with minor sunburn, insect bites, minor cuts, scrapes, minor burns, minor skin irritations. Adults and children over 2 years, apply to affected area 3-4 times a day. Do not use for more than 7 days. 20% Benzocaine, 0.5% Menthol. Severe sunburn or other severe burns should probably be sent home.

DIPHENHYDRAMINE HCL CREAM/DIPHENHYDRAMINE/ZINC ACETATE SPRAY/
DIPHENHYDRAMINE/CAMPHOR GEL

For the temporary relief of itching associated with minor allergic skin rashes, irritations, insect bites. For adults and children over 2 years – apply to affected area no more than 3-4 times a day.

DOCUSATE SODIUM

Treatment of occasional constipation. Over the counter product, use per packaging directions.

EPINEPHRINE (Epi-Pen, epinephrine 1:1000 0.3 mg / 0.3ml)

Intramuscular/subcutaneous injection per syringe or per autoinjector administered for the immediate treatment of anaphylactic shock resulting from severe allergic reactions to insect stings, food, medication, and other allergens. **For suspected systemic allergic reactions treat early and notify EMS. Do not “watch and wait”.**

Children: Less than 66lbs., give 0.15 mg. (Epi Jr)

Children greater than 66 lbs. and adults: 0.2 - 0.5 mg, may be repeated every 10 - 15 minutes. **Not to exceed 1 mg/ dose.**

Doses are to be given SQ or IM. If epinephrine is used, EMS needs to be contacted for camper/ staff transport to hospital for further observation and treatment.

<u>Weight lbs</u>	<u>Weight kg</u>	<u>0.01 mg/kg Dose</u>	<u>0.03mg/kg Dose</u>
20 lbs	9.1 kg	0.09 mg / 0.09 ml	0.27 mg / 0.27 ml
25 lbs	11.4 kg	0.11mg / 0.11 ml	0.34 mg / 0.34 ml
30 lbs	13.6 kg	0.14 mg / 0.14 ml	0.40 mg / 0.40 ml
40 lbs	18.2 kg	0.18 mg / 0.18 ml	0.55 mg / 0.55 ml * too high
50 lbs	22.7 kg	0.23 mg / 0.23 ml	0.68 mg / 0.68 ml * too high
60 lbs	27.3 kg	0.27 mg / 0.27 ml	0.81 mg / 0.81 ml * too high
70 lbs	31.8 kg	0.32 mg / 0.32 ml	0.95 mg / 0.95 ml * too high

The Epi Pen stocked at camp is the appropriate dosage for children or adults at camp.

All campers with known anaphylactic history are urged to bring a dose appropriate EpiPen to camp with them. General Precautions: Epinephrine injection should be protected from exposure to light. Do not remove container from carton until ready to use. The solution should not be used if it is pinkish or darker than slightly yellow or if it contains a precipitate. Do not administer unless solution is clear and container is intact. Discard unused portion.

FEXOFENADINE

Anti-histamine to treat hay fever symptoms, chronic skin hives, itching, allergic asthma, seasonal allergies, allergy to mold. Dosage per package instructions - 6 months to 2 years: 15 mg orally 2 times a day; 2 years to 11 years: 30 mg orally 2 times a day; 12 years and older: 180 mg orally once a day OR 60 mg orally 2 times a day

GUAIFENESIN

Expectorant used to thin mucus for the treatment of common viral infections of the nose and throat. Over the counter product, use for packaging instructions.

HYDROCORTISONE 1%

Administer for the temporary relief of itching associated with minor skin irritations and rashes. For adults and children over 2 years apply to affected area no more than 4 times a day. Avoid the eyes, face, axilla, and scrotum.

HYDROGEN PEROXIDE

To help prevent infection of minor cuts and abrasions, apply liberally as often as needed.

IBUPROFEN

Administer for fever, mild pain or inflammation if patient is not toxic and cause of symptoms has been determined. Dosage adjusted by age and weight.

Pediatric dose: 10 mg/kg every 6 to 8 hours, not to exceed 40 mg/kg in 24 hours.

<u>Age</u>	<u>Weight</u>	<u>Dose (mg)</u>
2-3	24-35	100 (1 teaspoon/5mL)
4-5	36-47	150
6-8	48-59	200
9-10	60-71	250
11+	72-95	300

Ages 12 and over and adult may be given 200 mg tablet. If symptoms do not respond and camper/staff does not have adverse effects, may increase dose to 400mg, if needed.

IVAREST CREAM-14% Calamine, 2% Diphenhydramine

Helps relieve itching and pain from poison ivy, oak, sumac, insect bites, minor burns, and scrapes. Apply liberally to cleansed, affected area immediately after exposure to help dry rash. Adults and children over 2 years apply to affected area up to 4 times daily. Do not use for more than 7 days.

LAMISIL-1% Terbinafine HCl

Cures athlete's foot, jock itch, and ringworm; relieves itching, burning, cracking, and scaling associated with these conditions. Do not use on nails, scalp, in or near mouth and eyes, or for vaginal yeast infections. For adults and children over 12 years, wash affected skin and dry completely. Between toes: apply 2 times a day for 1 week. On bottom and sides of foot: apply 2 times a day for 2 weeks. For jock itch and ringworm: apply 1 time a day for 1 week.

LORATADINE

Antihistamine that relieves allergy symptoms such as sneezing, itchy, watery eyes, runny nose. Adults and children over 6 years: 10 mg every 24 hours

MEDICATED CHEST RUB 4.7% Camphor, 1.2% Eucalyptus oil, 2.6 % Menthol.

Temporarily relieves nasal congestion and cough due to a cold. Do not use with a cough that occurs with increased amount of phlegm, with chronic cough, or with symptoms that last more than 7 days. Do not place in nostrils or mouth. For adults and children over 2 years, rub on throat and chest in a thick layer, cover with warm dry cloth. Repeat up to 3 days.

MENTHOL COUGH DROPS

Administer for the temporary relief of cough or mild sore throat. Dissolve 1 drop in mouth every 1-2 hours.

MILK OF MAGNESIUM

As a laxative to relieve occasional constipation: For children 2-5 years give 5-15 mL. For children 6-11 years give 15-30 mL. For children 12 and older, and adults give 30-60 mL. Give dose upon arising or at bedtime and follow with 8 ounces of water. Produces bowel movement in ½ to 6 hours. Do not use if nausea, vomiting, or abdominal tenderness present. Counsel camper or staff on diet as well.

As an antacid to relieve acid indigestion, sour stomach, and heartburn: For children and adults over 12 years give 5-15 mL followed by a little water, up to 4 times a day. Ensure no abdominal tenderness before treatment.

5 mL=400 mg Magnesium Hydroxide.

MOISTURIZING EYE DROPS (ARTIFICIAL TEARS, MURINE)

Administer for the temporary relief or prevention of eye discomforts due to minor eye irritations and symptoms related to dry eyes. Instill 1-2 drops in affected eye(s) as needed. 0.5% Polyvinyl

alcohol, 0.6% Povidone.

MYLANTA tablets Magnesium Hydroxide 200 mg, Aluminum Hydroxide-dried 200 mg, Simethicone 20 mg

Relieves bloating, pressure and discomfort of gas pains which can be caused by certain foods, or swallowing air. Chew 1-2 tablets after meals and at bedtime. Do not exceed 6 tablets in 24 hours.

NAPHCON A EYE DROPS

For temporary relief of redness and itching of the eye associated with ragweed, pollen, grass, and animal hair and dander. Instill 1-2 drops in affected eye not more than 4 times a day. 0.025% Naphazoline, 0.3% Pheniramine Maleate.

ORAJEL ORAL PAIN RELIEVER

Apply small amount of gel on affected area of gums or mucous membranes as needed for pain. In the case of toothache, use only as a temporary measure until a dentist is consulted. Do not use for extensive abrasion of mucous membranes. May use 3-4 times daily.

PERMETHRIN 1% (NIX, ELIMITE)

Due to the camp's "No Nits" policy, campers found to have nits/head lice or scabies like rash will be sent home for treatment.

PHENYLEPHRINE/SUDAFED PE

Administer for the temporary relief of nasal congestion. Dosages/recommended by age: 10 mg tabs; 0.5 mg-10 mg/ml. May give doses every 4-6 hours.

POVIDONE-IODINE SOLUTION

To help prevent infection of minor cuts and abrasions.

RHULIGEL—RHULISPRAY

Administer for fast, cooling relief from itching and pain associated with poison ivy, insect bites, and minor sunburn. Apply to affected area no more than 4 times a day. Spray=13.8 % Camphor, 5% Benzocaine, 0.7% Camphor.

ROBITUSSIN DM

Administer as an expectorant and for the temporary relief of cough. For children 2-6 years give 2.5 mL (50 mg guaifenesin / 5 mg dextromethorphan). For children 6-12 years give 5 mL (100

mg / 10mg). For children over 12 and adults give 10 mL (200 mg / 20 mg). May give doses every 4-6 hours.

2ND SKIN MOIST BURN PADS

Provides a moist comfortable barrier to help keep the burn clean and help protect the burn. Cool and soothes on contact. Will not stick to burn wound. For mild burns only. Place burn pad over the burn and cover with a dry non adhesive pad. Use on mild burns only. Made from pure sterile water.

STING-EZ, Sting Relief (Lidocaine 1%, Menthol 1%)

Administer for the temporary relief of the pain and itching associated with insect stings and bites. Apply to affected areas as often as needed, but not more than 4 times a day. Remove stinger before treatment. Do not use on broken skin or around eyes, on face, axilla, and scrotum. Camphor, Phenol, Benzocaine, Diphenhydramine.

TRIPLE & DOUBLE ANTIBIOTIC OINTMENT

To help prevent infection of minor cuts and abrasions, apply a thin layer 3 times a day to cleansed, affected area.

TINACTIN--MICATIN ANTIFUNGAL

Cures athletes foot and ringworm. Wash area and dry completely. Spray a thin layer over affected area 2 times a day. Use daily for 4 weeks, but not more than 4 weeks. 1% Tolnaftate.

WATER JEL BURN GEL (Lidocaine HCL 2%)

Administer for the temporary relief of pain associated with minor burns and sunburn. For adults and children over 2 years of age, spread an even generous layer of gel over affected area. Do not use more than 3-4 times daily. Not for serious burns or for prolonged use, or over raw areas. Severe sunburn or other severe burns should probably be sent home.

HORTON HAVEN CHRISTIAN CAMP STANDING ORDERS

Generic brands may be substituted for any of the medications listed in the Standing Orders, provided that the drug and concentration for dosages are the same.

Always ensure the patient has no known allergy nor prior adverse reaction to any medication that will be administered.

The camp nurse, or other health care provider working under the direction of the nurse,

HORTON HAVEN STANDING ORDERS

may administer first aid for minor cuts, scrapes, rashes, burns, strains, sprains, and any other minor illnesses or injuries.

The camp nurse/health care provider may initiate emergency procedures as needed, within the scope of his or her practice, before contacting a physician or EMS.