



# Medication Management

Over the past decade, there has been a documented increase in use of medication among foster children, specifically with psychotropic medication to manage emotional and behavioral problems. St. Louis PARTNERS is committed to ensuring our children are on the fewest number of medications necessary. In order to better monitor the number, type and administration of medication given to the children we serve, we are asking all foster parents to complete a medication log for each child placed in their home. The medication log will be viewed at each home visit by the case manager and collected for placement in the child's record at least monthly. The log should also be brought to all doctor's appointments and Family Support Team meetings to ensure everyone working with the child understands all medications given and prescribed.

As a foster parent administering medications your responsibilities include:

- Knowing the purpose and side effects of all medications given to a foster child.
- Know the proper dosage (or strength) of the medication prescribed
- Know how to administer the medication (i.e. once a day, at bedtime, two pills, etc)
- Documenting on the medication log each time medication is given to a foster child (including prescription and over the counter medications)

Foster parents should be mindful of the following:

- Monitoring the quantity of the medication and any restrictions on refills so there is not a gap in medication for a child.
- Any change in the child's behavior, response to the medication or any adverse reaction and making note of this on the medication log.
- Making a note of any change in the administration of the medication from the instructions on the label or notation about each missed dose.
- Try and request an additional, labeled prescription container from the pharmacy for each prescription for use at school, on a home pass, or during respite.
- **If a child absolutely refuses to take medication discuss immediately with the child's worker and the prescribing physician**

For children of any age, if age/developmentally appropriate, a child should understand what medications are prescribed to them and why they are taking the medication. Whether or not a child can self-administer medication depends on several factors, including the child's:

- Age/Development
- Ability to prepare and self-administer medication
- Willingness to do so
- **If a child is allowed to take his/her own medication, it should be discussed and agreed upon with the child's worker and prescribing physician**



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Medication Storage

Storage and disposal of medication:

- Medication should be locked in a cool dry area
- All medications should be kept in a safe place, out of the reach or sight of children
- Always store medication in the container in which it was dispensed by the pharmacist
- When disposing of medication which has been discontinued, it should be mixed with a “yucky” substance such as cat litter and put in the trash to prevent anyone from taking it out of the trash and using the medication. It should not be flushed down the toilet, as this contaminates the water. You can also request a free disposal bag from NCADA – St. Louis on their website: <http://ncada-stl.org/get-involved/safe-use-storage-and-disposal-of-prescriptions/disposal-bags/>
- When a child leaves your home, all medication must be returned to the child’s case manager.

Have the National Poison Control posted as an emergency number **1-800-222-1222**