

Musculoskeletal Topical Over-The-Counter Medications

OVERVIEW

Most drugs can only be administered by unlicensed direct service personnel (DSP) who have a current DODD Medication Administration Certification 1 **AND** a prescription to administer the drug.

- ◀ DODD Category 1 Medication Administration Certification does allow for certified DSP to administer **topical OTC medications for musculoskeletal comfort** without a prescription.
- ◀ DSP must have current Category 1 Medication Administration Certification.
- ◀ **Other OTC topical medications** for comfort, cleansing and protection of intact skin, hair, nails, teeth, and oral surfaces **require other DODD specialized training.**

ORAL OTC MEDICATIONS ALWAYS REQUIRE A PRESCRIPTION FOR CERTIFIED DSP TO ADMINISTER

Products that contain medications that the FDA calls “drugs” will list “Drug Facts” on the label and may include:

- | | | |
|-------------|------------------|--------------|
| ◀ Icy Hot® | ◀ Aspercreme® | ◀ Biofreeze® |
| ◀ Blue Emu® | ◀ Penetran Plus® | ◀ BenGay® |

What DSP **MAY DO**:

DSP who have current **Category 1 Certification** are allowed to administer topical OTC (over-the-counter) products for muscular skeletal comfort without a prescription **ONLY** when:

- ◀ Applying on intact skin
- ◀ Using for sore muscles and joints such as backache or soreness after exercise
 - Not for new swelling
 - Not to replace evaluation or treatment by a licensed healthcare professional (HCP) due to injury
- ◀ Treating on-going muscle and joint conditions that have already been diagnosed by a licensed healthcare professional. Examples can include:
 - arthritis •bursitis •muscle strain •muscle sprains

What DSP **MAY NOT DO**:

- ◀ Apply to open wounds
- ◀ Use longer than the package recommends unless otherwise directed by a HCP
- ◀ Use for a new condition that needs to be checked by a HCP

Terminology

Over-the-Counter (OTC) medication: Any drug (medication) that can be purchased without a prescription.

Intact skin: No breaks, scrapes, cuts or openings are present.

Diagnosis: Refers to a disease or condition that must be identified based on an assessment by a physician or nurse practitioner. By assessing and analyzing the combination of symptoms, a nurse practitioner or physician can identify (make a diagnosis) the disease the person is experiencing. Examples can include arthritis, bursitis, chronic musculoskeletal pain, muscle strain and muscle sprain.

Symptom: What the person experiences; what the condition feels like. Examples of symptoms include such things as swelling, decreased range of motion, redness, ache, discomfort, not wanting to move or bear weight on a leg.

Active ingredient: The functional part or component of the drug that produces the desired outcome. For example, in Icy Hot Pain Relieving Cream®: menthol 10% and methyl salicylate 30% are the active parts of the product that provide temporary pain relief.

Analgesic: Something that relieves pain.

As needed: Using an OTC topical medication only when there is a reason for using it.

Brand Name: Products with a registered trademark ® name. The name represents the active ingredient or combination of active ingredients in the product by that particular manufacturer.

Drug: A product defined and classified by the US Food and Drug Administration (FDA). On every OTC product that contains a "drug" the word "drug" and the drug's name will be on the label. **For example:** menthol 10% and methyl salicylate 30% are the "drugs" in Icy Hot Pain Relieving Cream®.

Generic products: Have the same active ingredient as a brand product. Some brand products also have additional inactive ingredients. Generic products cost less for the same amount of active ingredient(s). Example: CVS® brand EXTRA Strength Cold and Hot Pain Relieving Cream also has menthol 10% and methyl salicylate 30%. It would be the generic equivalent for Icy Hot Pain Relieving Cream®.

Manufacturer's label and instructions: Information found on the topical OTC product packaging. It will always include the name and strength of the "drug" that is in the product.

Prescription: A written order from a doctor or nurse practitioner for a drug / medication.

Storage: The protection and proper handling of a medication to assure it retains its ability to do what it is supposed to do. Be sure to follow manufacturer's instructions. Always store topical medications separately from oral medications.

Requirements for Use of OTC Topical Medications

- ✓ **Person-Centered Purchasing:** Products *should be chosen by the individual* with assistance from staff as needed to choose the right product for the right use. The individual's personal preferences must be considered when assisting with choices. This includes preferences of scent / smell, texture, price, packaging, etc. A pharmacist can also help the person with product choices.
- ✓ **Documentation:** OTC topical medication documentation must include the person's name and allergies, product name, date, time and reason used, where applied, and staff name. See sample documentation form on DODD's Medication Administration page.

Allergy: When a person has an undesirable reaction to any product or substance. Examples of undesirable reactions include such things as sneezing, itching, rash, hives, swelling of the face, tongue, lips, or throat.

◆ **Before using any OTC product, personnel must know what the individual's allergies are and be certain that the OTC product does not contain ANY of the substances the person is allergic to. DSP must check each person's allergies every time before a product is used.**

If not absolutely certain that an OTC is safe for the person, staff must ask a licensed healthcare professional (HCP) before using the product. Examples of a HCP include: pharmacist, nurse, or doctor.



On page 4 is an example of information found on the label of Icy Hot®, an over-the-counter (OTC) musculoskeletal pain reliever.

You will notice that information about this product, gives no manufacturer contact phone number. Any questions you have about any product that does not contain a manufacturer's contact number, must be referred to a pharmacist or the person's physician or other appropriate licensed healthcare professional.

Understanding the Label on OTC Drug Products

Products that contain drugs have the specific heading “Drug Facts” on their label. Special attention must be given to all information under “Drug Facts”. Over the Counter products that do not list “Drug Facts” may be used as the label directs.

Always keep the original box or bag of the purchased product. The label must be available at all times when the product is being used. **✓ To assure the product is used correctly and safely, the label must be read by anyone using the product before every use.** **✓ Check the expiration date before each use – do NOT use products after the expiration date.** **✓ Compare individual’s allergy list to ingredients on the label.** **✓ Keep all medications out of reach of children or others who might swallow them.**

Example: ICY HOT® Pain Relieving Cream

Drug Facts	Drug Facts Continued
<p>Active Ingredient Purpose Menthol 10%Topical analgesic Methyl salicylate 30%.....Topical analgesic</p>	<p>If pregnant or breast feeding. ask a health professional before use. Keep out of reach of children. In case of accidental ingestion, get medical help or contact a Poison Control Center right away.</p>
<p>Uses Temporarily relieves minor pain associated with: •arthritis •simple backache •muscle strains •sprains •bruises</p>	<p>Directions Adults and children over 12 years: ■ apply generously to the affected area ■ massage into painful area until thoroughly absorbed into skin ■ repeat as necessary, but no more than 4 times daily children 12 years or younger: ask a doctor</p>
<p>Warnings: For external use only</p> <hr/> <p>Allergy alert: If prone to allergic reaction from aspirin or salicylates, consult a doctor before use</p> <p>When using this product ■ Use only as directed ■ do not bandage tightly or use with a heating pad ■ avoid contact with eyes or mucous membranes ■ do not apply to wounds or damaged, broken or irritated skin</p> <hr/> <p>Stop use and ask doctor if ■ condition worsens ■ Symptoms last more than 7 days or clear up and occur again within a few days ■ redness is present ■ irritation develops</p>	<p>Inactive ingredients: carbomer, cetyl esters, emulsifying wax, oleth-3 phosphate, stearic acid, triethanolamine, water (245-110)</p>

ACTIVE INGREDIENT(S): is the drug in the product and is listed on the drug facts label. For each active ingredient there is a purpose listed. The purpose of all active ingredients is the reason the drug is being used.

USES: Make sure to use the product only for the right purpose as listed on the label and allowed by law.

WARNINGS: Follow all warnings exactly, (such as “Do not get in eyes.”) Pay attention to warnings about when to stop using the product and when to ask a doctor about using the product. You MUST stop using the product and contact the doctor as instructed on the label.

DIRECTIONS: These tell you where, when, how much, and how often to use the product. Directions also state when you can use the product again if still needed. **DO NOT USE MORE of the product than recommended OR MORE OFTEN THAN THE LABEL STATES.**

OTHER INFORMATION: Includes instructions such as proper storage.

INACTIVE INGREDIENTS: These are things in the product that contribute to the delivery, stability, texture, and smell of the product. **It is very important to make sure that NONE of the inactive ingredients are things the person is allergic to.**

QUESTIONS? There is often a number on the label for calling the manufacturer for questions about the product. Questions about an individual’s health or condition must always be directed to their personal licensed health care professional such as a doctor, nurse, pharmacist, specialist, etc.

OTC Topical Musculoskeletal Drug Administration: Return Demonstration Skills Checklist

Knowledge and Skills Demonstrated	<div style="text-align: center;">✓</div> Demonstrated	Comments
1. Explains how to involve the individual in the choice of OTC product(s) to be used		
2. States how to confirm allergies before every use, with every person, every time		
3. Demonstrates from a product label how to know: <ul style="list-style-type: none"> ◀ when to use ▶ where to use ◀ how to use ▶ how much to use ◀ when to repeat use 		
4. Demonstrates reading label for warning(s)		
5. Demonstrates checking for the expiration date		
6. Demonstrates reading the label for manufacturer phone number		
7. Can explain and give an example of the requirement to report a problem to the individual's licensed healthcare professional (HCP)		
8. Washes hands and puts on gloves before applying OTC medication		
9. Demonstrates application by using a sample of a non-drug lotion on another person following manufacturer instructions		
10. Demonstrates removing gloves and washing hands after applying the sample non-drug lotion		
11. Demonstrates documentation on a sample form		
12. States that Category 1 Certification must be current to use OTC musculoskeletal medication(s)		
13. States that Category 1 Certification does not authorize use of any other OTC medication without a prescription		

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Trainee name: _____ **Date:** _____
 _____ **Instructor initials** **Instructor Name** _____

Comments:

Individual Specific Training Form for Use of OTC Topical Musculoskeletal Medications:

Individual's Name: _____

Person's allergies: _____

Person's preferred product(s):

Product: _____ Reason for use: _____

Person's ability to:

recognize need for product(s) (describe) _____

apply product (describe) _____

report problems with use of the product (describe) _____

Other individual specific information:

Where to document use of product: _____

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IST provided by _____ to _____ on _____

IST provided by _____ to _____ on _____