



NMDOH Standing Order for Over-the-Counter Medication Administration for 2023-2024 School Year: Headache

Authority: Although the safety profile of non-prescription Over the Counter (OTC) medications is generally good, they are medications to be used with caution, in limited amounts, and only when other options or interventions are not practical. NMDOH recommends that OTC's not be given more than three consecutive school days or more than three times a month without physician consultation.

In New Mexico, a healthcare medical order/provider authorization is required before a nurse may administer any medication, including OTC medications. Additionally, in the educational setting, parental/guardian written consent is required. The medical authorization is usually valid for the full school year. It is ideal to obtain the healthcare provider order at the beginning of the school year but may be provided or amended at any time. Nurses are to contact the student's healthcare provider as needed for orders (preferably faxed).

If barriers exist in obtaining a medical order/authorization from the student's healthcare provider, schools and school districts may choose to implement an OTC medication policy that includes the use of the NM DOH OTC standing orders. Schools should have an approved school policy for the use of the DOH standing order prior to implementation. Schools should follow internal procedure to acquire approval and update policy

It is recommended that OTC medications be student specific and provided to the school in an unopened container by the parent/guardian. If a school or district chooses to purchase stock OTC medications, the NMDOH recommends the use of unit dose (i.e., individually packaged) medications.

For students who cannot tolerate swallowing pills/tablets, and for ease of administration of small dosages, liquid medication is a consideration. It is best for parents/guardians to purchase or provide patient-specific liquid medications in small amounts and stored in the Health Office at the manufacturer's recommended temperature.



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NMDOH Standing Order for Headache

Purpose: To provide relief for minor headache for students.

Policy: Licensed school nurses (RN), with a School Board-approved policy permitting the use of a NMDOH OTC Standing Order, may manage and treat students greater than four years of age with mild headache according to this NMDOH Standing Order.

Procedure:

Review the New Mexico School Health Manual section on headache in Chapter 8.

Perform and document an assessment of the student to include:

- Presenting complaint
- Signs/symptoms (character, onset, location, duration, severity, pattern, and associated factors)
- Vital signs (temperature, pulse, and respiration)
- Associated symptoms, such as body aches, shivering, chills, or sweats
- Fluid intake
- Stressful situations
- Recent medication intake, especially antipyretics such as acetaminophen, ibuprofen, and antibiotics/antivirals

Contact parent if items below are noted. Assess for the probable cause of the discomfort, including history of conditions that may cause headache (e.g., migraines, diabetes/hypoglycemia). Assess for Red Flags that indicate need for urgent medical evaluation:

- New, sudden onset, severe, incapacitating headache
- Progressively worse headache
- Persistent headache for days limiting activity, sleep
- Recent head trauma
- Vomiting, fever, blurred vision, dizziness, confusion, behavioral changes, disorientation
- Stiff neck - the inability to flex neck so that chin is on chest
- Temperature $>103.1^{\circ}\text{F}$
- Temperature $>100.0^{\circ}\text{F}$ and a weak immune system or a chronic condition such as diabetes, HIV, or organ transplant



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Young age, other health conditions, and/or developmental disabilities may affect ability to identify Red Flags and should be considered.

If a Red Flag is identified, notify the parent/guardian of concerns and need for urgent medical evaluation and activate EMS if student appears unstable.

If a student is stable and no Red Flags are identified, use non-pharmacologic or comfort measures such as:

- Rest
- Hydration
- Apply cold cloth or compress to head
- Light snack/juice if last intake of food suggests hunger as cause
- Reassurance

COVID-19 should be considered in students who develop an acute headache. Please see the New Mexico School Health Manual for guidance and recommendations for management of suspected Covid 19 cases.

If after 15 minutes it is determined that comfort measures are not providing relief from symptoms, an OTC may be indicated.

Confirm Parent or guardian permission for the specific OTC medication that is to be administered. Either written permission, or telephone permission received by the RN, must be documented.

No OTC medications are to be given without assessment by a school nurse (RN); if an LPN does the initial assessment, a supervising RN must review the assessment before the medication is administered.

IF, in the school nurse's professional opinion, an OTC medication is indicated in the treatment of a student at school AND the medication meets ALL the following:

- Student is four years of age or older
- Approved for use by the FDA for the indicated age group
- Is approved by the student's parent or guardian
- The school nurse has knowledge and requisite skill to administer
- The medication is allowed under school district policy
- Is available in the original package that specifies dosage and contraindication information
- Is indicated for the student's condition



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- Is likely to alleviate the student's discomfort and allow him/her to return to class and participate in the educational process
- The student has no known allergies to the OTC medication
- The student has taken the OTC medication previously

The school nurse may administer either acetaminophen or ibuprofen per NMDOH Standing Order for Headache on dose charts:

Dose Chart for Acetaminophen for Headache

Acetaminophen 10-15 mg/kg or by age dosing table below by mouth once a day at school as needed. Note: a student should not exceed 5 doses in 24 hours. The dosing chart below may be used, or the manufacture's dose provided in/on the package. Use measuring device provided in package for accuracy.

Providing a dose range for body weight is not meant to imply a therapeutic decision but enables use of common medication formulations or practical dosing of pills or liquids, as well as developing a single dose for a range of body weights.

If body weight is known, then dosing by weight is preferred. If weight is not known or not readily available, dosing by age is appropriate.

Acetaminophen				Acetaminophen Dose
	Weight-Based Dosing (Preferred)		Age-Based Dosing (Alternative)	Oral: tablet/caplet/capsule/liquid
Brand names include Tylenol	Range of weight (lb)	Range of weight (kg)	Age group	
Recommended dose is 10-15 mg/kg body weight every 4 hours – max dose 1,000 mg	36.1-47.8 lb	16.4-21.7 kg	4-5 years	250 mg orally once
	47.9-60.0 lb	21.8-27.2 kg	6-8 years	250 mg orally once OR 325 mg orally once*
	60.1-71.9 lb	27.3-32.6 kg	9-10 years	325 mg orally once
	72.0-95.2 lb	32.7-43.2 kg	11-12 years	325 mg orally once OR 500 mg orally once*
	>95.3 lb	>43.2 kg	12+ years	500 mg orally once OR 650 mg orally once*

*May select depending on formulation available



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Dose Chart for Ibuprofen for Headache

Ibuprofen by mouth 5-10 mg/kg or by using age dosing table below once a day at school as needed. A student should not exceed 4 doses in 24 hours. The dosing chart below may be used, or the manufacture’s dose provided in/on the package. Use measuring device provided in package for accuracy.

Providing a dose range for body weight is not meant to imply a therapeutic decision but enables use of common medication formulations or practical dosing of pills or liquids, as well as developing a single dose for a range of body weights.

If body weight is known, then dosing by weight is preferred. If weight is not known or not readily available, dosing by age is appropriate

Ibuprofen				Ibuprofen Dose
	Weight-Based Dosing (Preferred)		Age-Based Dosing (Alternative)	Oral: tablet/caplet/capsule/liquid
Brand names include Advil	Range of weight (lb)	Range of weight (kg)	Age group	
Recommended dose is 5-10 mg/kg body weight every 6 hours – max dose 1,200 mg	36.1-47.8 lb	16.4-21.7 kg	4-5 years	100 mg orally once
	47.9-60.0 lb	21.8-27.2 kg	6-8 years	200 mg orally once
	60.1-71.9 lb	27.3-32.6 kg	9-10 years	200 mg orally once
	72.0-95.2 lb	32.7-43.2 kg	11-12 years	300 mg orally once
	>95.3 lb	>43.2 kg	12+ years	400 mg orally once

Evaluate in the health office 30 minutes after administration of medication. If no improvement, contact parent/guardian again or consider EMS if severity of symptoms is increasing. Please follow PED Toolkit guidance in determining whether or not student may return to class. If improved and not suspected for Covid 19, student may return to class with instructions to return if headache worsens or additional symptoms develop.

Contact parent/guardian to indicate when dose given/how much provided (to reduce the risk of excess medication dosing).



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Advise parent/guardian to monitor for additional symptoms, as well as drinking, eating, and sleeping patterns.

Consider medical care if headache of prolonged duration, the student develops Red Flags or additional symptoms, or the student is uncomfortable.

Document the administration in the school health record as well as on the individual student medication administration record. Supervising physician (Regional Health Officer) review/signature is not required. Contact the supervising physician as needed.



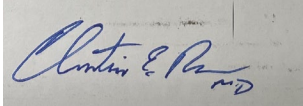




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This OTC standing order may not be used for more than three consecutive days. If additional treatment is needed, an order from a primary care provider (MD, DO, CNP, PA) must be provided.

This NMDOH standing order for Over the Counter Medication Administration: Headache, shall remain in effect until rescinded or until July 1, 2024.

Signature of ordering provider(s)

Licensed Prescriber	NPI	Signature	Date
Christine Ross NE Region RHO	1891715470		7/24/23
Christopher Novak SE Region RHO (Acting)	1508834110		7/11/23
Christopher Novak SW Region RHO (Acting)	1508834110		7/11/23
Savanna Bustos NW Region RHO	1447516612		7/25/23
Savanna Bustos Metro Region RHO	1447516612		7/25/23