

2/23/2024 Testimony S 187 – Addendum

Current best practice recommends the following guidelines for all over-the-counter (OTC) medications administered in school:

1. Annual written parent permission,
2. Medication is delivered by parent/guardian in original store-labeled bottle or container
3. Proper storage,
4. Administration of the medication as required,
5. Medication must be documented in student health record with day and time medicine is administered, the dose given, reason for medication and outcome or results of medication and
6. Written **OR** verbal parent/guardian notification each time an OTC medication is administered. Sunscreen falls into this category due to the active ingredient(s).

The FDA definition of OTC drugs:

- Drugs that do NOT require a doctor's prescription
- Bought off-the-shelf in stores
- Regulated by FDA through OTC Drug monographs. OTC drug monographs are kind of "recipe book" covering acceptable ingredients, doses, formulations, and labeling
- Examples: Aquaphor/Vaseline - petrolatum; Neosporin - bacitracin zinc/polymyxin B sulfate; Caladryl Clear (calamine lotion) - pramoxine HCl/zinc acetate; Ricola Swiss Alpine Cough Drops - menthol 1.1

If enacted, this S 187 would eliminate the need for the school nurse to store, apply and/or the need to notify parent/guardian of sunscreen application. Many Vermont schools / school districts / supervisory unions collect student health information annually. This typically includes a section for "stock" OTC medications such as ibuprofen (Motrin), acetaminophen (Tylenol), diphenhydramine (Benadryl), cetirizine (Zyrtec) and calcium carbonate (Tums). Parent/guardian permission for a student to self carry and apply sunscreen could be added to this section. These documents are reviewed annually by the school nurse so the OTC permission is included in the individual student health record (either electronic or written/hard copy). Enacting S 187 will provide students with increased protection to sun-exposure as it removes the barrier for them to bring, possess and apply sunscreen without restriction (with parent/guardian permission) and this process is done in accordance with school nursing best practice.

Respectfully submitted,

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VSSNA Treasurer, Immediate Past Vermont-Director to the National Association of School Nurses (NASN), 2017-18 Vermont School Nurse of the Year