

## Medication Storage

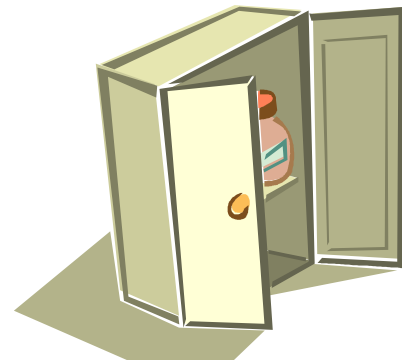
Administrative rule 15A NCAC 18A .2820(d) requires all medications to be stored in a locked cabinet or container. There have been requests to keep specific emergency medications unlocked as an exception to this rule. Dr. Dale Newton at East Carolina University and his pediatrician colleagues were consulted on this issue and concluded that emergency medications (where a delay of minutes could result in a serious negative outcome) should remain unlocked. (List 1)

Also provided is a list of medications (List 2) that are often used by children in the treatment of asthma and may be left unlocked if stored out of the reach of children.

1. Emergency Medication Exceptions to 15A NCAC 18A .2820(d)  
 Epi-Pen  
 Glucagon  
 Diazepam suppositories
2. The following medications, which may be administered by a metered dose inhaler (or ampoules for use in an aerosol machine), are also exempt. The list of metered dose inhalers is not inclusive and other brands or generic equivalents may be available. Note that some of these inhalers\* should not be used for "rescue" in acute asthma.

Albuterol (Proventil, Ventolin, Volmax)  
 Terbutaline (Brethine, Bricanyl)  
 Combivent (Albuterol/Ipratropium)  
 DuoNeb (Albuterol/Ipratropium)  
 Foradil (formoterol) \*  
 Ipratropium \*  
 Maxair (Pirbuterol)  
 Metaprotererol  
 Salmeterol (Serevent) \*  
 Xoprenex

North Carolina Department of Environment and Natural Resources, Division of Environmental Health



### What about Benadryl?

Dr. Dale Newton, the pediatric advisor to environmental health, states that Benadryl should continue to be locked. His rationale is as follows:

“Benadryl (diphenhydramine) should still be *locked*. While it is useful in emergent allergic reactions, it has a slow onset of action (20-30 minutes) such that the few minutes necessary to unlock a medication box to get access should not be a major factor. Having it more readily available might also lead a child care provider to give it preferentially over the Epi-Pen (or similar) to avoid an injection, but with a potentially disastrous outcome! And Benadryl, if consumed to access (e.g., drinking a bottle), is toxic and deaths from overdose have been reported. Hence keeping it locked and unavailable for accidental ingestion seems appropriate.”

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## Is it just “child’s play”?



**Play used to be more of a spontaneous activity for children** rather than something they do with toys or participate in during classes or sports events.

Many times, parents discover that a child opens a carefully chosen gift only to play more with the box than with the toy inside. There is more and more evidence to show the box might be the better choice for some types of play.

With time, the way children play has changed. They spend less time in self-directed, creative play and more time with electronic devices or adult organized activities such as classes and sports.

While children playing may not appear important from an adult’s perspective, developmental experts know that creative play helps children develop some very important skills they will use throughout their lives.

There is a critical part of brain development that happens when children rely on themselves to create their own play. Called executive function, this brain development has several important parts: memory skills, mental flexibility and self-regulation.

Memory skills and mental flexibility enable humans to remember things and change their thinking as a situation changes. Self-regulation is the ability to have some basic self-control and self-discipline, as well as to resist impulses and control emotions.

Developing self-regulation will allow children to have more patience later in life and delay gratification when the need arises. Children who develop emotional control are better able to resist urges to hit or throw things as they grow up.

Creative play also helps children develop private speech. At first, children talk out loud as they direct their own play and sometimes the play of another child. Later, the “talk” becomes a more refined thought process. Just listen to your child as she plays and tells each doll where to sit at the table or when he fusses at a block that just won’t stay on the stack and then makes design adjustments.

As a child plays in a make-believe setting and the storyline changes, self-talk leads to creative solutions, reasoning and problem solving. Structured play, especially play directed by adults, just doesn’t allow for much private speech.

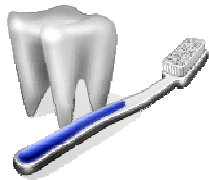
As parents, we all want our children to have as many advantages as possible to get ahead. However, growing up has become a competitive sport for some parents. They want videos for their babies and computer classes in preschools. There also is increased concern about safe environments – something sports and classes ensure.

Even in this fast-paced, get ahead, electronics-dominated, safety-minded world we live in, there should always be some time set aside for “child’s play”.

Your children don’t have to know how good it is for them and, if you’re lucky, they might ask you to join them.

Source: Is it just “child’s play”? (2009, Spring). Moses Cone Health System, health & you, page 11.

## Fast Dental Facts



Healthy teeth improve our:

Appearance – by giving form and shape to our face

Health – by allowing us to eat a variety of nutritious foods

Speech – by helping us make proper sounds to speak clearly

Smiles – to enable us to feel confident and self-assured

Remember: A clean tooth is a happy, healthy tooth. Brush your teeth in the morning and at night plus floss. This keeps the sugar and plaque from sticking to your teeth. No plaque means fewer cavities and fewer cavities means a healthier mouth and brighter smile.

Please call our dental hygienist to arrange a visit and presentation of our dental health education program for your children. The High Point area should call Anitra Briggs at 336-641-6716 and the Greensboro area should call Penn Gruehn at 336-641-4071.

Remember to brush, floss and smile!

Penn Gruehn, PHRDH, CCHC

## ODE TO CHILD CARE PROVIDERS

By Judy Coleman, RN, CCHC

I go to child care every day  
It is a great place to learn and play  
I don't always get my way  
Others sometimes have their say

There are lots of fun things to do  
Sometimes we may even go to the zoo  
I learn the things you need to know in life  
Even things that help you be a good husband or wife

I learn to share  
And that life is not fair  
I learn of toys and books to take care  
And not to pull anyone's hair

I learn to eat what is there  
But food on your plate you do not share  
I learn how and when to wash my hands  
And how in a line one stands

I learn to take turns  
Something one of my friends never learns  
I learn that playing outside everyday is good for you  
And that it will not give you the flu

I learn oh so much more  
But I don't want to be a bore  
There is someone very special it is true  
Whom I wish to introduce to you

It is the person who teaches me  
A person who is very dear to me  
Thank-you, thank-you, thank-you is what I wish to convey  
To my child care provider on National Provider Appreciation Day

Happy National Provider Appreciation Day on May 8, 2009 to all providers in Guilford County from the Guilford County Department of Public Health Child Care Nurses and Dental Hygienists.

## Child Care Nurse Resigns

Carla Council is no longer a child care nurse with the Guilford County Department of Public Health.

The child care facilities that were on her assignment will be serviced by all of the child care nurses.

Our goal is to continue to provide quality services to all child care facilities. Please call Avis Wright, Child Care Nursing Supervisor at 641-6635 with any of your questions or concerns.

## **Saturday Morning Workshop**

Do you remember when the child care nurses and dental hygienists offered a Saturday morning workshop every spring and fall? Well, on May 16<sup>th</sup>, we are bringing it back! This is a good opportunity to get 4 hours of training credit in one morning. Registration forms have been mailed out. Please call and register today to secure your spot! If you did not receive a registration form or if you need additional information, please call Jennifer at 641-6818.

## **How to Contact the Child Care Nurses**

If you need general information or you do not know who your child care nurse is, you may call the supervisor, Avis Wright, at 641-6635 or the secretary, Jennifer Hohn at 641-6818. However, if you know your nurse's name you may call her directly at the following numbers:

Anitra Bell – 641-6655

Sandi Brooks – 641-5791

Judy Coleman – 641-6057

Majena Groomes – 641-3860

Shelley Mason – 641-6654

**210145**

**Child Care/Preschool Unit**

**Guilford County Department of Public Health**

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**Greensboro, NC 27405**