

# RANDOLPH COLLEGE HEALTH CENTER

## PSYCHOTROPIC MEDICATION POLICY/AGREEMENT

### POLICY:

Randolph College's Health Center offers a limited range of minor medical services seeking to help evaluate, diagnose, and treat acute and episodic medical conditions. The Health Center, per the discretion of the Director and Nurse Practitioner (and with proper documentation from a prescribing health care provider), is willing to treat a limited range of conditions (see below), and prescribe a limited range of (class/classes of) psychotropic medications (see below), and follow these students accordingly.

### Conditions/diagnoses:

- o ADD/ADHD
- o Mood Disorders: specifically, Depressive Disorders only
- o Anxiety Disorders: specifically, Generalized Anxiety Disorder, Panic Disorder, PTSD, and Acute Stress Disorder
- o Sleep Disorders

The Health Center is also willing to follow students on psychotropic medications in coordinated care with the prescribing MD, per the discretion of the Health Center staff.

Students will be strongly encouraged to follow with counseling services at least once per semester or as deemed appropriate by counseling services.

Students choosing not to adhere to the medication agreement will forfeit the privilege of having the Health Center refill their medication.

\*Students should be aware that sharing, lending, or selling prescription drugs is illegal, and that it can lead to prosecution by the law. Students should understand if they engage in this type of behavior, they will forfeit their privilege to have medication refilled in the Health Center and can be charged with distribution of prescription medications without a license by local authorities.

## PROCEDURE:

Students should be followed on a regular basis (at least once annually) by the prescribing health care professional to monitor for side-effects, determine changes in the medication, and determine continued appropriateness of the medication.

Students are required to have a face-to-face consultation with a prescribing Health Center provider each time they need a refill.

Students are also encouraged to make good use of appropriate support services on campus, particularly the Counseling Center and the Office of Disability Services and Learning Strategies Program. Medication alone is not sufficient; whereas medication and support tends to be the most successful strategy.

The Health Center does not perform initial diagnostic testing for diagnoses such as ADD and ADHD. Therefore, no prescriptions for stimulant medications will be written unless there is a previous diagnosis by a physician or psychologist. In addition, once the testing is performed by the outside agency, a copy of the results must be given to the Health Center before prescriptions will be given. Students being treated by the Health Center for ADD/ADHD will have to sign a Medication Agreement (See attached Agreement) that reviews the in-house protocol regarding these medications.

Medications for ADD/ADHD are controlled substances; federal law limits prescriptions to 30day allotments. Families are strongly encouraged not to send any kind of medication through the mail. More so, sending controlled substances through the mail is illegal. Rather, students are strongly encouraged to regularly consult with the prescribing MD and to fill/refill their prescriptions at one of the nearby pharmacies (CVS, Kroger, Walgreens, or Wal-Mart).

Pharmacies need an original hard copy of the prescription from the prescribing health care professional (faxes or electronics versions are not acceptable, per Federal Law). If they need to, families are encouraged to send the written prescriptions through the mail (and not the medications).

Medications should be kept in a secure lock-box in the student's room. Students are responsible for communicating with roommates, suitemates, and RAs about special concerns with regard to storing or accessing medications.

## ACCOMMODATIONS:

For academic accommodations (for students with learning disorders and other disabilities), students need to be registered with the Office of Disability Services. The Disability Services office is located in the library and is staffed during normal college business hours.

## MEDICATION AGREEMENT

I, \_\_\_\_\_, understand and have read Randolph College Health Center's policy on medication prescription refills with regard to my diagnosis. I understand that should I choose not to fulfill the items requested in the policy, that I may forfeit my opportunity to receive medication refills for my diagnosis in the future.

I have been given the opportunity to ask questions and understand the importance of compliance with my medication and follow-up visits with my providers.

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Student

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Health Center Director or Provider

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Date

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Date

Revised October 2017