



interRAI Home Care (HC): Medication Guidelines for M4 and M5

Include in M4 (Total Number of Medications)	Do not include in M4 (Total Number of Medications)
<ul style="list-style-type: none"> • A total count of the number of different prescribed and over-the-counter medications that were taken in the last 3 days • Prescribed medications that have been discontinued but were taken in the last 3 days • All PRN and STAT doses that were taken in the last 3 days • Medications taken by all routes • Topicals, creams, ointments, eye drops, artificial tears and patches • Maintenance medications prescribed on a regular schedule (such as antipsychotic medications, chemotherapeutic agents and injectable vitamin B12), given outside the 3-day observation period • All medications added to IV and CADD pumps, such as ampicillin, morphine, iron and potassium chloride • Therapeutic doses of heparin • Injectable vitamins such as vitamin B1 (thiamine), vitamin B6 (pyridoxine), vitamin B12 and vitamin C • Prescription-required oral vitamins such as vitamin D2, vitamin D3, calcitriol and a combination of vitamin A and vitamin E • Fleet enemas, suppositories, mineral oil and bowel preps such as GoLYTELY and Citro-Mag • Vaccinations and allergy serums • Compounded medications composed of 2 or more chemical/ active ingredients or medications (they are counted as 1 medication) 	<ul style="list-style-type: none"> • Natural health products, including herbal and nutritional supplements • Medications ordered but not taken in the last 3 days (except long-acting medications) • The same medication with a different trade name • Non-prescribed over-the-counter oral vitamins, such as vitamin D, vitamin C and vitamin B12, and minerals, such as potassium chloride (Slow-K), calcium chloride and calcium carbonate • IV solutions and TPN solutions including additives (such as trace elements) • Oxygen and alcohol • Heparin as part of a heparin lock system to keep a vein open • Topical preparations used for preventive skin care, such as moisturizers, moisture barriers and disinfectants • Medicated dressings • E-cigarettes • Illicit drugs

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Job Aid

Include in M5 (Total Number of Herbal/ Nutritional Supplements)	Do not include in M5 (Total Number of Herbal/ Nutritional Supplements)
<ul style="list-style-type: none">• A total count of the number of different natural health products, including herbal and nutritional supplements, that were taken in the last 3 days• Minerals, vitamins, herbs, meal supplements, sports nutrition products and natural food supplements• Non-prescribed over-the-counter oral vitamins, such as vitamin D, vitamin C and vitamin B12, and minerals, such as potassium chloride (Slow-K), calcium chloride and calcium carbonate• Herbal products such as echinacea, elderberry, fenugreek, ginger, ginkgo biloba, grapeseed, melatonin, milk thistle, oregano oil, rhodiola, St. John's wort, turmeric and valerian root• Nutritional or meal supplements and digestive aids such as Ensure, Boost, Sustacal, RESOURCE 2.0, biotin, chromium, coenzyme Q-10, glucosamine, L-arginine, lycopene, omega-3 fatty acids and probiotics• Sports nutrition products such as protein powders and amino acid supplements• TPN solutions, including additives (such as trace elements)• Natural food supplements such as apple cider vinegar capsules, cranberry capsules and fish oil capsules	<ul style="list-style-type: none">• Prescribed and over-the-counter medications included in M4• Prescription-required oral vitamins included in M4

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