



# interRAI Long-Term Care Facilities (LTCF): Medication Guidelines for N3 and N4

Include in N3 (Total Number of Medications)	Do not include in N3 (Total Number of Medications)
<ul style="list-style-type: none"> <li>• A total count of the number of different prescribed and over-the-counter medications that were taken in the last 3 days</li> <li>• Prescribed medications that have been discontinued but were taken in the last 3 days</li> <li>• All PRN and STAT doses that were taken in the last 3 days</li> <li>• Medications taken by all routes</li> <li>• Topicals, creams, ointments, eye drops, artificial tears and patches</li> <li>• Maintenance medications prescribed on a regular schedule (such as antipsychotic medications, chemotherapeutic agents and injectable vitamin B12), given outside the 3-day observation period</li> <li>• All medications added to IV and CADD pumps, such as ampicillin, morphine, iron and potassium chloride</li> <li>• Therapeutic doses of heparin</li> <li>• Injectable vitamins such as vitamin B1 (thiamine), vitamin B6 (pyridoxine), vitamin B12 and vitamin C</li> <li>• <b>Prescription-required</b> oral vitamins such as vitamin D2, vitamin D3, calcitriol and a combination of vitamin A and vitamin E</li> <li>• Fleet enemas, suppositories, mineral oil and bowel preps, such as GoLYTELY and Citro-Mag</li> <li>• Vaccinations and allergy serums</li> <li>• Compounded medications composed of 2 or more chemical/ active ingredients or medications (they are counted as 1 medication)</li> </ul>	<ul style="list-style-type: none"> <li>• Natural health products, including herbal and nutritional supplements</li> <li>• Medications ordered but not taken in the last 3 days (except long-acting medications)</li> <li>• The same medication with a different trade name</li> <li>• <b>Non-prescribed</b> 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</li> <li>• IV solutions and TPN solutions, including additives (such as trace elements)</li> <li>• Oxygen and alcohol</li> <li>• Heparin as part of a heparin lock system to keep a vein open</li> <li>• Topical preparations used for preventive skin care, such as moisturizers, moisture barriers and disinfectants</li> <li>• Medicated dressings</li> <li>• E-cigarettes</li> <li>• Illicit drugs</li> </ul>

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# Job Aid

Include in N4 (Total Number of Herbal/ Nutritional Supplements)	Do not include in N4 (Total Number of Herbal/ Nutritional Supplements)
<ul style="list-style-type: none"> <li>• A total count of the number of different natural health products, including herbal and nutritional supplements, that were taken in the last 3 days</li> <li>• Minerals, vitamins, herbs, meal supplements, sports nutrition products and natural food supplements</li> <li>• <b>Non-prescribed</b> 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</li> <li>• 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</li> <li>• 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</li> <li>• Sports nutrition products such as protein powders and amino acid supplements</li> <li>• TPN solutions, including additives (such as trace elements)</li> <li>• Natural food supplements such as apple cider vinegar capsules, cranberry capsules and fish oil capsules</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed and over-the-counter medications included in N3</li> <li>• Prescription-required oral vitamins included in N3</li> </ul>

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