

# NURSES RECOMMENDING AND ADMINISTERING OVER THE COUNTER MEDICATIONS OR DEVICES

*The Nova Scotia College of Nursing (NSCN) is the regulatory body for licensed practical nurses (LPNs), registered nurses (RNs) and nurse practitioners (NPs) in Nova Scotia. Our mandate is to protect the public by promoting the provision of safe, competent, ethical and compassionate nursing services by our registrants. The term nurse in this document refers to LPNs, RNs and NPs unless otherwise stated.*

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Our practice support tools are developed using current reference material. The source of this material is available upon request.

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## INTRODUCTION

Nurses<sup>1</sup> provide care to clients in clinical settings where clients may have questions about or benefit from the use of over-the-counter (OTC) medications or devices<sup>2</sup>. This guideline will provide nurses with the information that they require to safely recommend or administer OTC medications or devices.

## SCOPE OF PRACTICE

Over the counter medications including herbal medications and OTC devices (e.g. wound care supplies, diabetic supplies) do not require a prescription and are not part of the act of prescribing. [Prescribing](#) is an act in which an authorization, in writing or otherwise, is communicated directly to a pharmacist, certified dispenser or other person authorized by regulations, by a person authorized by law to prescribe drugs or devices. Nurse practitioners and registered nurse authorized to prescribe or RN prescriber (RN-AP) are the only nurse in Nova Scotia authorized to prescribe.

Nurses may recommend and administer OTC medications or devices as long as they have the knowledge, skill and judgement (competence) to do so and there is an employer policy supporting this practice. The nurse must ensure the OTC medication or device they are recommending is treating an already diagnosed condition and not new symptoms which would require further assessment by a nurse or medical practitioner.

Registered nurse scope of practice includes:

- Independent and autonomous practice with all clients regardless of how defined the clients' needs are.
- Accountability to ensure every client's plan of care has a nursing component.

Licensed practical nurse scope of practice includes:

- Independent and autonomous practice when clients' needs are well defined as outlined in a nursing plan of care and the clients' responses to interventions are predictable and consistent over time.
- Collaborative practice when the client's condition has changed and the required OTC dose has changed or they require a new OTC medication or device the LPN will collaborate with the RN or other appropriate health professional to collaboratively determine the OTC medication or change in dose and make changes in the nursing portion of the plan of care.

## EMPLOYER POLICY

An employer [policy](#) must be in place authorizing the nurse to recommend or administer OTC medications or devices. Without a policy, recommending or administering OTC medications or devices **is not** within the [scope of employment](#) of the nurse. Nurses should work with their employer to implement a policy enabling this practice if there is evidence clients would benefit from it.

## THIRD PARTY INSURANCE

Third party insurance companies may not compensate clients for OTC medications or devices recommended by a nurse. Nurses must ensure clients are aware of this so they can make informed decisions about their health care.

## NON-INSURED HEALTH BENEFITS PROGRAM

The department of Indigenous Services Canada's [Non-Insured Health Benefits \(NIHB\) program](#) provides eligible First Nations people and Inuit with a range of medically necessary health related items and services that are not covered by other insurance plans.

1 LPNs, RNs and NPs unless otherwise stated.

2 Devices are defined as any article or healthcare product intended for use in the care, treatment or prevention of disease, which does not achieve any of its primary intended purposes by chemical action or by being metabolized. This could include but is not limited to; wound care and ostomy supplies, diabetic supplies, etc.

The NIHB Program provides coverage for OTC medication, medical supplies and equipment (MSE) and a range of other services. As of December 17, 2018, RNs<sup>3</sup> working with eligible client populations may make recommendations for OTC medical supplies and equipment falling under the program mandate.

For more information please see the Q&A [Nurses Recommending Medical Supplies and Equipment under the Non-insured Health Benefits Program](#).

## ROLES AND ACCOUNTABILITIES

Nurses are accountable to meet their [standards of practice](#) and for their decisions, actions and the outcomes of those actions at all times. To recommend or administer an OTC medication or device, the nurse must:

- follow employer policies;
- perform a nursing assessment to determine if the client's condition warrants an OTC medication or device;
- use current evidence (e.g., research, other credible sources) to support the decision to recommend or administer an OTC medication or device;
- be knowledgeable about the potential side effects and drug interactions that could result from the use of an OTC medication or device;
- be knowledgeable about which medications are classified as OTC. OTC medications are in schedule III (Appendix A) of the [National Association of Pharmacy Regulatory Authorities: NAPRA](#)
- only recommend or administer an OTC medication or device for which they have competence and authority;
- Do not recommend medications for which they have no authority (medications in schedules I or II of the Drug Schedules Regulations made under Nova Scotia's [Pharmacy Act](#));
- educate clients on all aspects of OTC medication or devices;
- document recommendation for, or administration of, an OTC medication or device according to employer policy;
- complete any insurance or program forms as required;
- use regulatory and other related documents to support safe practice (e.g., [Medication Guidelines for Registered Nurses](#), [Medication Administration Guidelines for Licensed Practical Nurses](#), [Documentation Guidelines for Nurses](#));
- collaborate or consult with an authorized prescriber when clients' needs change or if these needs can no longer be managed by an OTC medication or device;
- collaborate or consult with a pharmacist as required (e.g., possible interaction with other prescribed and/or non-prescribed drug therapies); and,
- collaborate with an appropriate member of the health care team when specific expertise is required related to an OTC medication or device (e.g. occupational therapist for assistive devices).

## NEED SUPPORT OR HAVE A QUESTION?

Contact a Practice Consultant at [practice@nscn.ca](mailto:practice@nscn.ca) if you need support or if you have questions about this or any other topic.