

**TRUE FRIENDS**  
**PHYSICIAN'S STANDING ORDERS**

Name: Bernt Helgaas, MD  
Program: Respite, Camp, Travel

- (respite care, resident camp, or both)
- Pain or fever: Tylenol tabs (acetaminophen) 500 mg. 1-2 tabs every 4-6 hr. or acetaminophen liq. 10-15mg/kg every 4-6 hr.
  - Inflammation / pain: Ibuprofen 200 mg. 1-2 tabs every 4-6 hours or Children's Ibuprofen Oral Suspension administered per package directions Do not give if history of ulcer or other stomach problems. Discontinue use and see physician if black-colored stools.
  - Pain: Aspercreme or topical analgesic equivalent. Apply to affected area per package directions.
  - Mouth/tooth Pain: Orajel. Apply to affected area per package instructions.
  - Sore throat / Cough: Cough drop if unable to gargle with warm salt water.  
Tussin DM cough syrup or equivalent as directed for non-diabetic. Not to be given to anyone under the age of 6 (six).
  - Nasal congestion: Sudafed PE 30 mg., Sudafed PE liquid or Claritin 10 mg. or equivalent of loratadine.
  - Abdominal distress: Maalox (liquid antacid) or Tums administered per package directions; do not use for more than 24-48 hours without Consulting a physician
  - Diarrhea: Clear liquid diet; avoid dairy products X24 hrs. Bland diet first day after symptoms subside.  
If no response: Imodium(loperamide) or equivalent administered per package directions if no blood in stools and no fever.  
May hold routine prescribed bowel medication during episodes of loose stools.
  - Constipation: Day 2 with no BM: 8 oz. prune juice and/or 1 Tbsp Metamucil, at breakfast and supper, encourage fluids  
Day 3: continue giving prune juice and/or Metamucil; also give 30mL Milk of Magnesia, encourage fluids  
Day 4 (12-24 hours after MOM): Bisacodyl 10 mg suppository or equivalent (*resident camp only*)*encourage fluids*  
Day 5 (12 hours after suppository): Fleets enema (*resident camp only*)*encourage fluids*  
If bowel sounds are absent or constipation continues after administration of an enema, contact M.D.
  - Itching due to insect bites or rash: Anti- itch lotion or gel or Hydrocortisone 1% cream (with application of cold compress for insect bites)  
Benadryl tabs (Diphenhydramine) or Liquid Benadryl or Claritin (loratadine) administered per package directions  
May apply Meat Tenderizer paste for bee sting.
  - Anaphylaxis: EpiPen: Jr. and Adult dose Auto-Injector located in dining hall and health center.  
Personal supply to be carried with individual at all times.  
After administration immediately dial 911 for emergency transport.
  - Athlete's feet: Lotrimin cream or equivalent applied per package directions
  - Irritated eyes: Artificial Tears or lubricating eye drops instilled per package directions. May administer one dose of loratadine or equivalent.
  - Probable conjunctivitis: Flush affected eye with Artificial Tears and apply warm compress for 5-10min. Repeat as needed for comfort. If no improvement after 4hrs contact caregiver and advise to see MD.
  - Minor cuts and scrapes: cleanse with soap and water or half-strength Hydrogen Peroxide. Apply Bacitracin or equivalent, topically then apply dressing.
  - Chapped lips: Lip Balm or equivalent applied to topically per package directions
  - Mosquito/insect bite prevention: Mosquito Repellent cream/lotion to skin or spray to clothing per package directions
  - Sunburn prevention: Sunscreen SPF 15 or greater applied topically per package directions
  - Sunburn discomfort: Aloe gel applied to skin per package directions.
  - Dry skin: A & D Cream or moisturizing lotion applied topically as needed
  - Head Lice: Lice Free, Lice Sol Kit or equivalent used topically per package directions
  - Hypoglycemia: Glucose 15 grams to responsive client who has symptoms of hypoglycemia or dramatic drop from usual glucose level..
  - Qualified staff may initiate CPR and use of AED when warranted.
  - For medication error to wrong camper or accidental poisoning call Poison Control at 1-800-222-1222 and FOLLOW INSTRUCTIONS.
  - Possible MI: administer 162mg chewable ASA (81mg x2) if over the age of **18**, person is able to swallow, and EMS more than 20 min away.

**\*\*\*All tablets, capsules, and liquids given PO unless otherwise stated in camper/staff/volunteer personal profile\*\*\***

**Health screening will occur within 24 hours of staff / individual's participation in a Friendship Ventures service. The following items will be reviewed/checked:**

- Individual will be screened for any observable evidence of illness, mental health issue, communicable disease, or injury.
- Any evidence of illness, communicable disease, or injury will be referred to appropriate licensed personnel for evaluation and treatment.

Physician's Signature: B Helg MD

Date:  
2/26/24

Last updated 3/11/24