



Effects of Caregiving

Preservice

Learner Guide

October 2022

Version 1.0

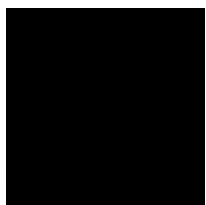




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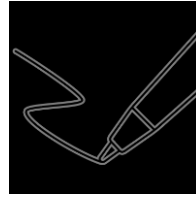
Notes:

- Identify some of the **major stressors** of foster care and adoption
- Describe the need to **watch for signs** of stress, burnout, and secondary traumatic stress in self and other family members
- Explain the importance of self-care

What is your “why”? Your expected rewards from fostering or adoption.

What are **typical stresses** you experience in life?

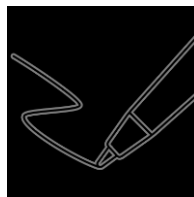
Stress is normal, individual, and temporary.



This image shows a vertical rectangular sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

- ☐ I have ambitious goals with my career.
- ☐ I have a lot of energy.
- ☐ I have a lot of ideas.

To the left of the family type, write the number and letter that corresponds to that family type's challenges and benefits.



Notes:

Family Type

Challenges

Benefits

Kinship Families

1. Differing levels of motivation

a. Autonomy

Two Parent Families

2. Sole provider & decision maker

b. Has relationship with family/child

Single Parent Families

3. Little time to prepare

c. Support each other

Just like parents, children may have unrealistic expectations and feel protective or jealous.

As you are preparing for a new child, make sure to **prepare your children** as well.

Challenging Events

SAYING GOODBYE

The very nature of foster care means you will be saying goodbye. Each time a child leaves, your family must address the grief and loss you feel. Self-care is an important way to help get through the grief when a child leaves.



What **dynamics** will make saying goodbye challenging for you? **Why?**

ALLEGATIONS

The longer you foster, the greater the chance of an allegation.

What have you learned about **toxic stress** that makes it more likely that a child who has experienced trauma may make allegations?

Foster caregivers who have experienced allegations report the following:

- Feeling like your **name has been tarnished**
- **Loss of the child** and fear of losing permanent children
- Feeling **betrayed, blindsided** by the child
- Feeling **frustrated, insulted, isolated, and confused**

During the investigation, you have the right to be informed of the **process, the support, and resources** available to you, what to anticipate, and how the outcome may affect your relationship with the agency.

It is important you prepare yourself and your family for this event. Know your agency's process and talk to families who have been through an allegation.

Notes:

Burnout, Secondary Traumatic Stress



Burnout happens because of:

- Agency-related:
- Resource-related:
- Personal:

Indicators of burnout include:

Secondary traumatic stress is the emotional duress that results when a person hears about the firsthand trauma experiences of another. Symptoms are like PTSD.

Caregivers are at greater risk for secondary traumatic stress because:

Self-Care

Developing a Self-Care Plan

1. How do you currently cope with stress, especially in times of high stress or even crisis? Which coping strategies are healthy and which do you need to change?

Notes:

2. On a scale of 1 (poorly) to 5 (very good), rate yourself on **how well you are doing** in each of the six domains of self-care.

Write down the specific things you do in each domain to **support well-being**. Think about what you can do to build up self-care in those areas where you are lacking.

1. Physical_____

2. Professional_____

3. Relational

4. Emotional _____

5. Psychological _____

6. Spiritual _____

Notes:

[illegible]

3. What are possible barriers to completing the activities you identified in step two? Plan to reassess how you are doing on an ongoing basis.

4. Make a commitment to engage in self-care.
What family member or friend can you share your plan with who can help you stay accountable?

Application

Write down one or two **new ideas** you gained during the training.

Notes:

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Resources

Avoiding Foster Parent Burnout: <https://jri.org/blog/foster-care/foster-care-avoiding-foster-parent-burnout>

Dealing with Allegations as a Resource Parent: <http://ofcaonline.org/foster-care-dealing-with-allegations/>

How Foster Parenting will Change Your Life:
<https://fosterandadopt.jfs.ohio.gov/foster-care/becoming-a-foster-parent/how-foster-parenting-will-change-your-life>

Ohio's investigation process:
<https://emanuals.jfs.ohio.gov/FamChild/FCASM/SocialServices/5101-2-36-04.stm>

Secondary Traumatic Stress symptom rating:
<https://resilienteducator.com/classroom-resources/secondary-traumatic-stress-signs/>

Self-Care for the Caregiver: <https://chass.usu.edu/social-work/news/pdfs/self-care-for-the-caregiver-camp-egbert-2021.pdf>

How to Read a 'Drug Facts' Label

Every over-the-counter (OTC) medicine you can buy at the store must include a 'drug facts' label. This label has information about what the medicine does and how to use it safely. See Picture 1 below.

Drug facts

Active ingredients (A)

This section tells you the part of the medicine that makes it work. This is called the active ingredient, or the 'generic' name for the medicine. The 'brand name' is the more common name for the medicine. For the medicine shown, 'calcium carbonate' is the generic name, and the brand name is 'Children's Pepto®'.

Purpose (B)

This section is found next to the Active ingredient section. This tells you what the active ingredient will do when you take the medicine. If you do not know this word, look under 'Uses' (C) to see what symptoms the medicine treats.

Either of these sections will help you

decide if the medicine is the right thing to give your children based on how they are feeling.

Uses (C)

This part of the label tells you the symptoms the medicine treats. The medicine in the picture treats a sour stomach, heartburn, or upset stomach caused by eating too much.



Drug Facts

Active ingredient (in each tablet) Purpose
Calcium carbonate 400 mg Antacid

Uses
relieves: • heartburn • sour stomach • acid indigestion
upset stomach due to these symptoms or overindulgence in food and drink

Warnings
Ask a doctor or pharmacist before use if the child is
• presently taking a prescription drug. Antacids may interact with certain prescription drugs.
Stop use and ask a doctor if symptoms last more than two weeks.
Keep this and all drugs out of the reach of children.

Drug Facts (continued) **Drug Facts (continued)**

Directions
• find the right dose on chart below based on weight (preferred), otherwise use age
• repeat dose as needed
• do not take more than 3 tablets (ages 2-5) or 6 tablets (ages 6-11) in a 24-hour period, or use the maximum dosage for more than two weeks, except under the advice and supervision of a doctor.

Dosing Chart

Weight (lbs.)	Age	Dose
under 24	under 2 yrs	ask a doctor
24-47	2-5 yrs	1 tablet
48-95	6-11 yrs	2 tablets

Other information
• each tablet contains: calcium 160 mg
• sodium free
• store at room temperature, avoid excessive humidity

Inactive ingredients
D&C Red No. 27 aluminum lake, flavor, magnesium stearate, mannitol, povidone, sorbitol, sugar, talc

Questions? 1-800-944-9606

Picture 1 This is a label from a container of medicine.

Drug facts, continued

Warnings (D)

This section tells you about certain diseases or other drugs that make this medicine unsafe to use. If your child has a disease or takes a medicine listed in this section, talk to the doctor before giving this medicine to your child.

Directions (E)

This section tells you how to give your child the medicine. It tells you how much to give, how often to give it, and how long it can be used. Many medicines for children are given based on the child's **weight**. Make sure you know how much your child weighs so that you can pick the right dose. Other medicines are given based on **age**. For these medicines, you can figure out how much to give by following the directions for your child's age range. Some medicines are not safe to be given to children unless a doctor says so. For example, the medicine in the picture should not be given to children under 2 years old.

Other information (F)

This tells you how the medicine should be stored so that it does not go bad. It also tells you more information on what the medicine does and does not contain.

Inactive ingredients (G)

This section tells you the parts of the medicine that are not active in your body. These ingredients do not make the medicine work, but some may cause an allergic reaction. Check this section to see if your child is allergic to any of the ingredients, like lactose or red dye. If so, do not give the medicine to your child.

Ask your doctor or pharmacist

- The drug facts label may look a bit different on every medicine. It may be printed larger or smaller. It also may wrap around several sides of the box or bottle.
- If you ever have trouble reading a drug facts label or do not understand part of it, make sure to ask your doctor or pharmacist. They can help explain the information on the label so you can make sure you give your child medicine that is safe and effective.



Medication Management

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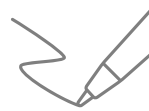
Learning Objectives

- Can properly manage the child's medication
- Can support the child's rights regarding medication

Introduction

Given the prevalence of medication prescriptions for youth in care, you can **expect** to care for children who are taking medications, including psychotropics. **Psychotropic medication** includes medications like antidepressants, stimulants, antianxiety medications, mood stabilizers, and antipsychotics.

What are **your responsibilities** regarding medication management?



Notes:

Administration

The **five “rights”** of medication administration include:



1. Right child

Tip: Say aloud the child’s name and the medication.

2. Right medication

Tip: Fill all prescriptions at the same pharmacy so there is one record of all medications.

3. Right dose

Tip: Track how much is left of a medication so you can request refills in a timely manner.

4. Right frequency/time

Tip: When possible, schedule activities so the child is home when medication is due.

5. Right way/route

Tip: Give fluids with medication unless instructed not to. Water is best.

It is important to **document** the “rights” on a medication log. Your agency will have specific policies on documentation.

How should you **store** the medication?

Report side effects immediately to the prescribing physician and the recommending agency.

Notes:

Resources

PCSAO Psychotropic Medication Toolkit

<https://jfs.ohio.gov/ocf/2018-APSR-AppendixB2.stm>

Ohio Minds Matter

<http://ohiomindsmatter.org/youth-families>

Best Practice in Medication Management

<https://www.ncdhhs.gov/media/12749/download?attachment>

Multiple Medication Guide

<https://childmind.org/guide/parents-guide-to-children-and-multiple-medications/>

Why You Need to Take Your Medications as Prescribed or Instructed

8 Tips to Sticking to Your Medication Routine

Sticking to your medication routine (or medication adherence) means taking your medications as prescribed – the right dose, at the right time, in the right way and frequency. Why is doing these things important? Simply put, not taking your medicine as prescribed by a doctor or instructed by a pharmacist could lead to your disease getting worse, hospitalization, even death.

The High Cost of Not Taking Your Medicines as Prescribed

The Centers for Disease Control and Prevention (CDC) estimates that non-adherence causes 30 to 50 percent of chronic disease treatment failures and 125,000 deaths per year in this country. Twenty five to 50 percent of patients being treated with statins (cholesterol lowering medications) who stop their therapy within one year have up to a 25 percent increased risk for dying.

Statistically speaking: The problem of not taking medicine as prescribed

- 20 to 30 percent of new prescriptions are never filled at the pharmacy.
- Medication is not taken as prescribed 50 percent of the time.
- For patients prescribed medications for chronic diseases, after six months, the majority take less medication than prescribed or stop the medication altogether.
- Only 51 percent of patients taking medications for high blood pressure continue taking their medication during their long-term treatment.

Source: Centers for Disease Control and Prevention (CDC)

Why Some Don't Take Medications as Prescribed

Many patients do not follow health-care provider instructions on how to take medications for various reasons. Such as, not understanding the directions, forgetfulness, multiple medications with different regimens, unpleasant side effects or the medication doesn't seem to be working. Cost can also be a factor causing medication non-adherence -- patients can't afford to fill their prescriptions or decide to take less than the prescribed dose to make the prescription last longer. "However, to help you get the best results from your medications taking your medicine as instructed is very important," says Kimberly DeFronzo, R.Ph., M.S., M.B.A., a Consumer Safety Officer in FDA's Center for Drug Evaluation and Research.

Tips to Help You Take Your Medicine

Taking your medicine as prescribed or medication adherence is important for controlling chronic conditions, treating temporary conditions, and overall long-term health and well-being. A personal connection with your health-care provider or pharmacist is an important part of medication adherence. "Because your pharmacist is an expert in medications, they can help suggest how best to take your medications," says DeFronzo. However, you play the most important part by taking all of your medications as directed.

Here are 8 tips that may help:

- Take your medication at the same time every day.

- Tie taking your medications with a daily routine like brushing your teeth or getting ready for bed. Before choosing mealtime for your routine, check if your medication should be taken on a full or empty stomach.
- Keep a “medicine calendar” with your pill bottles and note each time you take a dose.
- Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- When using a pill container, refill it at the same time each week. For example, every Sunday morning after breakfast.
- Purchase timer caps for your pill bottles and set them to go off when your next dose is due. Some pill boxes also have timer functions.
- When travelling, be certain to bring enough of your medication, plus a few days extra, in case your return is delayed.
- If you’re flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.

Here are two very useful FDA websites with more tips and tools to help you take your medication as prescribed: “[Are You Taking Your Medication as Prescribed? \(/consumers/consumer-updates/are-you-taking-medication-prescribed\)](/consumers/consumer-updates/are-you-taking-medication-prescribed)” and “[Updates and Information for Consumers \(http://www.fda.gov/ForConsumers/default.htm\)](http://www.fda.gov/ForConsumers/default.htm).”

If you have questions about your medication, don’t be shy -- ask your health-care provider or pharmacist and don’t delay. Remember, the life you save may be your own!

ResourcesForYou

- [Stop -- Learn -- Go -- Tips for Talking with Your Pharmacist to Learn How to Use Medicines Safely \(/drugs/resources-you/stop-learn-go-tips-talking-your-pharmacist-learn-how-use-medicines-safely\)](/drugs/resources-you/stop-learn-go-tips-talking-your-pharmacist-learn-how-use-medicines-safely)
- [Taking Medication Safely \(http://nihseniorhealth.gov/takingmedicines/takingmedicinessafely/01.html\)](http://nihseniorhealth.gov/takingmedicines/takingmedicinessafely/01.html)
- [Your Medicine: Be Smart, Be Safe \(http://www.ahrq.gov/patients-consumers/diagnosis-treatment/treatments/safemeds/yourmeds.html\)](http://www.ahrq.gov/patients-consumers/diagnosis-treatment/treatments/safemeds/yourmeds.html)
- [Medication Guides \(/drugs/drug-safety-and-availability/medication-guides\)](/drugs/drug-safety-and-availability/medication-guides)
- [Medication Adherence \(October 2015\) \(/drugs/information-healthcare-professionals-drugs/medication-adherence-october-2015\)](/drugs/information-healthcare-professionals-drugs/medication-adherence-october-2015)