



Session 1 Resource Packet

Definitions

Medications: substances intended for use in the diagnosis, cure, treatment or prevention of conditions and diseases. These substances are approved for use in the USA by the Federal Drug Administration.

Prescription Medications: drugs which are not safe to use except under the supervision of a practitioner licensed by law to direct the use of such drugs. A practitioner is defined as a physician, physician's assistant, nurse practitioner, psychiatrist, dentist, or other person licensed to prescribe drugs. The drug is dispensed only by a verbal or written prescription.

Non-prescription medications: over-the-counter drugs that can be purchased without a written prescription. However, a written order (such as a standing order form for Tylenol) needs to be signed by the person's doctor before he/she can take over-the-counter drugs. This will include herbal and homeopathic preparations.

Controlled Substances: drugs/substances that can be habit forming (addictive) and abused. They are listed in the Controlled Substances Act.

Sustained Release Formulations: drugs that are designed to release active ingredients slowly into the body.

Metabolism: the chemical processes or internal activities that occur within a living organism in order to maintain life

Gastrointestinal system: relating to the stomach and intestines.

Nebulizer: a device that produces an extremely fine mist to inhale deeply into the lungs.

Enteric-coated: allows a medication to be released in the intestine instead of the stomach.

Central Nervous System: consists of the brain and spinal cord.

Pro Re Nada (PRN) medications: prescription or non-prescription drugs that are only taken on an "as needed" basis, depending upon specific signs and symptoms (such as pain, fever, shortness of breath, chest pain, blood glucose levels, etc.).