



Randolph-Macon  
College  
Ashland, Virginia

## R-MC STUDENT HEALTH SERVICE PSYCHOTROPIC MEDICATION POLICY

### POLICY:

- R-MC's Student Health Service offers a limited range of minor medical services, seeking to help evaluate, diagnose and treat acute and episodic medical conditions.
- Student Health, per the discretion of the Student Health staff (**and with proper documentation from a diagnosing health care provider**) is willing to treat a limited range of conditions (see below), and prescribe a limited range of (class/classes of) psychotropic medications (see below), and follow these students accordingly.
  - **Conditions/diagnoses and medications** (e.g.):
    - **ADD/ADHD** (Adderall, Concerta, etc.)
    - **Mood Disorders:** Specifically Depressive Disorders only (SSRI meds-Zoloft, Paxil, Wellbutrin, etc.)
    - **Anxiety Disorders:** Specifically General Anxiety Disorder, Panic Disorder, PTSD, and Acute Stress Disorder ( SSRI meds, Benzodiazepines: Xanax, Valium)
    - **Sleep Disorders** (Benzodiazepines, Ambien, Lunesta, etc.)
- Student Health is also willing to follow students on psychotropic medications in coordinated care with the prescribing MD, per the discretion of the Student Health staff.

Students will be strongly encouraged to follow with counseling services at least once per semester or as deemed appropriate by counseling services.

Students choosing not to adhere to the medication agreement will forfeit the privilege of having the Student Health Center refill their medication.

**\*Students should be aware that sharing, lending, or selling prescription drugs is illegal and can be prosecuted by the law.** Students should understand if they engage in this type of behavior, they will forfeit their privilege to have medication refilled in the Student Health Center and can be charged with distribution of prescription medications without a license by local authorities.

### PROCEDURE:

- Students should be followed on a regular basis (at least once per year) by the prescribing health care professional to monitor for side-effects, determine changes in the medication, and determine continued appropriateness of the medication.

- Students are required to have a face to face consultation with a prescribing student health care provider each time they need a refill; this makes for good medicine and is in the best interest of the student.
- Students are also encouraged to make good use of appropriate support services on campus, particularly the **HAC** (Academic Support and Disability Services) and **Counseling Services** (located in Panill House). Medication alone is often not sufficient; whereas **medication and support** tends to be the most successful strategy.
- The Student Health Center does not perform initial diagnostic testing for diagnoses such as ADD and ADHD. Therefore, no prescriptions for stimulant medications will be written unless there is a previous diagnosis by a physician or psychologist. In addition, once the testing is performed by the outside agency, a copy of the results must be given to the Health Center before prescriptions will be given. Students being treated by Student Health for ADD/ADHD will have to sign a Stimulant Medication Agreement (See Attached agreement) that reviews the in-house protocol regarding these medications.
- Medications for ADD/ADHD, including Adderall and Ritalin, are controlled substances; federal law limits prescriptions to 30 day allotments (a 3 month supply of 3 separate prescriptions, however, can be post-dated and provided by the prescribing physician). Families are strongly encouraged **not** to send any kind of medication through the mail. More so, sending controlled substances through the mail is illegal. Rather, students are strongly encouraged to regularly consult with the prescribing MD and to fill/refill their prescriptions at one of the four nearby Ashland pharmacies (CVS, Rite Aid, Martins, & Wal-Mart).
- Pharmacies need an **original hard copy** of the prescription from the prescribing health care professional (faxes or electronics versions are not acceptable, per Federal Law). If they need to, families are encouraged to send the scripts through the mail (and **not** the medications).
- Medications should be kept in a secure lock box in the student's room. Students are responsible for communicating with roommates, suitemates, and RAs about special concerns with regard to storing or accessing medications.

### **ACCOMMODATIONS:**

- For academic accommodations (for students with learning disorders and other disabilities), students need to be registered with the **Office of Disability Support Services**. The DSS office is located in Thomas Branch, and is staffed during normal college business hours.

### **OTHER RESOURCES:**

- The greater Richmond area has a large medical community and several large hospitals (including both HCA and Bon Secours affiliated hospitals, and a large teaching hospital at VCU/MCV). Referrals can/will be made as needed. See the Student Health webpage for area hospitals.
- See the Student Health webpage of Ashland area pharmacies.
- See the Student Health webpage of Ashland area private physicians/healthcare providers.
- Consult with either **R-MC Disability Services** and/or **Counseling Services** for Richmond area psychiatrists and psychologists.





### Medication Agreement

I, \_\_\_\_\_, understand and have read the College policy on medication prescription refills with regard to my diagnosis. I understand that should I choose not to fulfill the items requested in the policy, that I may forfeit my opportunity to receive medication refills for my diagnosis in the future.

I have been given the opportunity to ask questions and understand the importance of compliance with my medication and follow up visits with my providers.

\_\_\_\_\_  
Student

\_\_\_\_\_  
Health Center Director or Provider

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date