

First Aid and Medication

STANDARDS AND REGULATIONS

Fostering Services National Minimum Standards (England) 2011:

- [Standard 6 - Promoting Good Health and Wellbeing.](#)

Training, Support and Development Standards for Foster Care:

- [Standard 2 - Understand your role as a foster carer.](#)
- [Standard 3 - Understand health and safety, and healthy care.](#)
- [Standard 5 - Understand the development of children and young people.](#)

This guidance aims to establish the correct management of medicines within foster homes, in compliance with the National Minimum Care Standards.

Legal Requirements

The Fostering Services (England) Regulations 2011, regulation 35 and schedule 6 mandate Fostering Managers to monitor medication, medical treatment, and first aid provided to foster children. The Fostering Services National Minimum Standards 2011, Standard 6.7 to 6.11, outline the expectations for Foster Carers regarding training, guidance, storage, administration, and recording of medicines for children in their care. The NICE guidelines (NG 67), published in March 2017, provide good practice guidance on managing medicines for adults in social care, which can be translated to working with children in foster care. When children are placed in public care, there is a dual responsibility to ensure their safety and well-being, while providing clear guidance to foster carers that allows them to provide care within a safe environment.

Foster carers may only administer medication to children with written consent from the individuals holding parental responsibility. This is incorporated in the placement plan that includes arrangements for delegated authority.

Medication should be strictly administered according to the prescriber's instructions.

The label on the medication container provided by the pharmacist must not be altered under any circumstances.

Medication should only be used for the person it is prescribed to and should not be used for social control or punishment.

Liquid medications should not be mixed together in one container.

When over-the-counter medication is required, it should be obtained under the direction of a pharmacist.

A list of medication required by the child should be included in the child's placement plan and referred to by the foster carer.

Unwanted medication should be disposed of safely, following the manufacturer's guidance.

Disguising or hiding medication in food or drink (covert administration) should be avoided unless there is an agreed, documented decision made in consultation with a pharmacist and the care team, when the risk of not taking medication outweighs the alternative.

A GP must be consulted prior to giving a child looked after vitamins.

Approved foster carers may be required to seek medical intervention, store, administer, and record medication for children in their care.

One of BFFC's IFA's mandatory training is the "Administration of Medication". This training must be attended as soon as possible when the application process has started and repeated every three years.

Child-specific Safe Care Plans will include details on managing regular medication or ongoing health conditions.

Foster carers may be asked to carry out nursing care interventions after receiving training from qualified nursing professionals and with consent from the parent/guardian or individuals with parental responsibility.

Controlled drugs should be treated like any other medication but require extra vigilance.

Some controlled drugs have street value and must be stored and managed carefully to prevent theft or misuse.

Risk assessments and Safer Care Plans will address the specific risks associated with controlled drugs.

All foster carers' homes undergo an annual home and safety check that includes the safe storage of medication.

Medication must be kept in a safe place out of reach of children and in accordance with the manufacturer's guidance.

Ideally, medication should be stored in a locked cupboard, but this may not always be possible or appropriate in a family home.

Foster carers should read the labels and instructions provided by the drug manufacturer to determine how the medication should be stored.

Medication should be stored as directed, in its original packaging with the pharmacy label intact and legible and out of reach for children and young people.

Disposal of Medication

Foster carers should dispose of unwanted or expired medication safely and promptly.

The pharmacist can advise on appropriate disposal methods, which may include returning medication to the pharmacy or using a designated disposal service.

This revised version provides a clearer and more organized presentation of the original information while maintaining its key points.

First Aid

If a child requires first aid, administer first aid if it is safe to do so, and contact emergency services if the required first aid goes beyond basic care. It is crucial not to delay seeking medical assistance. Your social worker will need to be updated at the earliest opportunity to do so.

If you need to call Emergency Services, follow these guidelines before help arrives:

Only move the person if they are in immediate danger or place them in the recovery position.

- Try to gather information about what has happened.
- Collect any drugs or spills (e.g., vomit) for analysis.
- Do not induce vomiting.
- Observe the child or young person, keeping them calm, warm, and quiet.

If the person is unconscious:

- Ensure they can breathe and place them in the recovery position.
- Do not move them if there might be a spinal or other serious injury that may not be obvious.
- Do not give anything by mouth.
- Do not attempt to make them sit or stand.
- Do not leave them alone.
- When medical help arrives, provide them with any available information, including samples of vomit and any drugs.

If a child placed with you has specific health needs, the child's social worker should provide information and advice on specialist advisory or support groups.

If you accept responsibility for administering medications through injections, rectal administration, tube feeding, etc., the following criteria must be met:

The child's parent has given written consent.

You have received instructions from a qualified nurse or doctor on the technique and are deemed competent to perform it.

In summary

Health-related issues should always be discussed and recorded in supervision meetings.

Training will be provided regarding the management and administration of medication, as well as first aid which has to be repeated 2-yearly.

BfFC's IFA requires foster carers to complete a medication form when medication including vitamins have been given to children. This form also needs to be completed for ongoing medication but only once unless there are changes in which instance, the record needs to be updated with the date that the medication changed. The completed form then needs to be shared with the supervising social worker.

When children looked after have had an illness, accident or injury or have required first aid, medical treatments and visits to A&E, foster carers need to complete an incident form where details about the event are shared. This form then needs to be shared with the supervising social worker.