

## Over the Counter (OTC) Medication and Distribution

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### Scope

This policy applies to all university offices, departments, and employees, including student workers, volunteers, and contracted personnel at the University of Nebraska at Omaha. It is intended for any university personnel who may interact with students in an official capacity.

### Policy Statement

University personnel acting in their official capacity are strictly prohibited from storing, distributing, dispensing, or providing over the counter (OTC) medications to students. Students seeking OTC medications should be directed to appropriate external resources, such as licensed pharmacies or healthcare providers. Exceptions to this policy include:

- Nebraska Medicine UNO Student Health Center in accordance with applicable laws and regulations.
- Approved research projects that are under medical supervision by a trained physician.
- Certified athletic trainers only under the direction of the supervising/team physician through written standing orders, individual physician orders, or physician-approved medication protocols.
- Individuals providing Naloxone for a suspected opioid related overdose in accordance with Nebraska Revised Statute 28-470.

### Reason for Policy

This policy is established to:

- Safeguard student health and wellbeing by ensuring that qualified healthcare professionals only provide medication.
- Minimize health risks and potential adverse reactions associated with unsupervised medication use.
- Minimize legal and institutional risk for the university and its employees.
- Ensure compliance with relevant state and federal regulations regarding medication distribution.
- Minimize risk of cross-contamination of medications or providing expired medications.

### Procedures

When a student requests an OTC medication from university personnel acting in their official university role, the response should include one or all these actions:

- **Inform:** State that the office does not carry or distribute medication for safety and liability reasons.
- **Refer:** Direct the students to an area store or pharmacy where they can purchase OTCs for their use.
- **Emergency response:** If the student appears to be in medical distress, individuals should contact emergency medical services (911).

## Definitions

**Over the Counter (OTC) Medications:** Medications that can be purchased without a prescription, including but not limited to pain relievers, cold and allergy medications, and antacids.

**Distribution:** The act of giving, dispensing, or otherwise providing medication to another individual.

**University Personnel:** All individuals employed by the university, including faculty, staff, student workers, contracted personnel, and volunteers.

## Related Information

[Nebraska Revised Statute 71-6739](#)

[Nebraska Revised Statute 28-470](#)

## History

New Draft Policy