



EMS COMMISSION GUIDANCE ON EMTS AND AEMTS ADMINISTERING OVER THE COUNTER MEDICATIONS AND HYPERGLYCEMIC AGENTS

Nov. 30, 2022

To: EMS Commission

From: Kraig Kinney, State EMS Director
Dr. Eric Yazel, State EMS Medical Director

Re: EMTs administering Over the Counter Medications and
Hyperglycemic agents

BACKGROUND

MODIFICATION #1: Over the counter (OTC) medications are available to the public without prescription. However, EMS may only administer such medications outside EMS work as it remains a medication so it must be within the approved scope of practice.

Medical directors can approve OTC medication administration for paramedics. Currently, EMTs are approved for OTC analgesics for pain or fever in Section V of the 2020 Scope of Practice. Aspirin (ASA) is approved for administration at the EMT level and has been in the BLS protocols for decades without any negative repercussions. Because OTC medications are approved for purchase and administration by the public, it is reasonable to allow EMS providers trained in medication administration to administer OTC medications given in a route in which they are currently approved to administer within the approved scope of practice.

MODIFICATION #2: Currently, the use of pre-measured unit dose (metered dose) intra-nasal medication administration for the EMT is approved for opioid overdose (e.g. Naloxone). However, glucagon is not one of the approved medications for administration but there is a pre-measured intra-nasal glucagon formulation (baqsimi) that can be utilized for hyperglycemic patients. Currently, oral glucose is the only medication that an EMT can administer, and this would be contra-indicated in someone with an altered mental state. Unlike naloxone, glucagon administration may carry some side effects like nausea and vomiting but could be very valuable in the BLS setting in the absence of paramedic availability.

STAFF RECOMMENDATION:

That the approved 2020 EMT scope of practice be amended to include:

EMTs, AEMTs and paramedics are permitted to administer OTC medications that are administered in a route authorized in Section IV Skill-Medication Administration-Routes of the Scope of Practice with medical director approval and oversight, training and written medical protocols.

EMTs, AEMTS and paramedics are permitted to administer hypoglycemic agents that are administered intranasally with medical director approval and oversight, training and written medical protocols.

1. **SECTION V MEDICAL DIRECTOR APPROVED MEDICATIONS** be modified for “OTC medications, oral and topical” to:
 - a. new description of “OTC medications given in a route authorized in Section IV above for the applicable certification level”
 - b. include EMT and AEMT level with an “X” as approved and a clarifying comment that EMTs and AEMTS may administer OTC medications with medical director approval and oversight, training and written medical protocols.

2. **SECTION V MEDICAL DIRECTOR APPROVED MEDICATIONS** be modified to add a line “Intranasal – hypoglycemic agent” below “Intranasal - opioid antagonist for suspected opioid overdose.”
 - a. include EMT and AEMT level with an “X” as approved and a clarifying comment that EMTs and AEMTS may administer OTC medications with medical director approval and oversight, training and written medical protocols.

APPROVED by the Indiana EMS Commission on Nov. 30, 2022.