



## HUMBLE ISD HEALTH SERVICES

### THROAT DROP PRODUCT INFORMATION

Throat drop products will no longer be accepted or administered by Humble ISD staff. As a reminder students will not be allowed to carry them.

#### **RATIONAL:**

**BOARD OF NURSING 217.11(C)** Know the rationale for and the effects of medications and treatment and shall correctly administer the same;

#### **16-17 STUDENT HANDBOOK – PAGE 82**

Herbal or dietary supplements provided by the parent only if required by the student IEP or 504 plan for a student with disabilities.

#### **INGREDIENTS**

Menthol, ascorbic acid eucalyptus oil, glucose, sucrose, caramel, various dyes, pectin, corn syrup, honey, soybean oil, isomalt, capsicum, licorice, zinc to name only a very few ingredients. An examination of 5 of the most common cough drops products revealed 27 different ingredients with one listed as herb mixture containing 10 herbs and 3 other ingredients.

#### **FDA APPROVED**

Not approved. All throat drops are considered a dietary supplement. Dietary ingredients are defined as vitamin, mineral, herb or other botanical; amino acids or enzymes. Non FDA approved products can add/remove ingredients and change the amount of ingredient without notification to any entity.

#### **SAFETY**

It is unsafe for students walking or participating in any motion activities to use cough drops. If required to remain in the clinic while cough drop dissolves, it causes loss of classroom seat time.

#### **SUGGESTIONS FOR MANAGEMENT OF COUGH**

- Warm salt water gargles. Be sure the student understands not to swallow and can manage a gargle.
- Drink plain warm water.
- Determine the degree of discomfort of the cough
  - o Is the cough constant, occasional, productive?
  - o Interrupts classroom continuously?
- Check temperature of students
- Allow time in clinic to assess the degree of the cough
  - o Productive cough suggests the need for parent notification for treatment. The student may be sent home so that adequate rest can be attained and to decreased communicability to other students and staff.
  - o Dry persistent cough could indicate Reactive Airway Disease, Asthma or other inflammatory process which requires a conversation with the parent

