



Family Reunion Food and Fun Tip sheet:

Family reunions are a time of enjoyment and laughter with all of your loved ones. It's also a great time to instill healthy living activities, ideas, and traditions that your family can continue for years to come. CDC suggests family reunion health and safety tips to live by this summer. A family reunion is also a good opportunity to talk about your family's medical history.

To learn more visit: www.cdc.gov/media/subtopic/story.htm



Parent Errors in Measuring Children's Doses

The Institute for Safe Medication Practices (ISMP) recently reported on a study of the errors parents make when measuring children's doses of oral medications. In the study, 300 parents were observed as they attempted to measure liquid doses using dosing cups, droppers, dosing spoons and oral syringes.

Parents using dosing cups made many more errors than those using the other methods. The cups were also associated with large dosing errors, where the measured dose differed from the prescribed dose by more than 40 percent. Parents with low health literacy scores were more likely to make errors.

The authors of the study speculate that the higher failure rate with the dosing cups might be due to legibility difficulties, or to parents assuming that a full cup is the unit of measure, or to confusion between teaspoon "tsp" and tablespoon "tbsp" markings, especially with the abbreviations.

When using the dosing cups, parents should always verify the dose at eye level. But whichever dosing device you provide for your patients, ISMP recommends using the "teachback method." That is where the parent or caregiver demonstrates they understand how to use the device before it's dispensed.

We would like to hear from you and encourage your suggestions for newsletter content.

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