



Patient Safety Checklist®

Prevention of Pharming Among Teens

What: A Checklist to prevent or reduce the abuse of prescription and over-the-counter (OTC) medicines.

Why: “Pharming” is the illegal access to and the use of prescription medicine for a non-medical purpose. It is a growing epidemic of drug abuse among teenagers and adults.

When: Use this Checklist to prevent “pharming” and to alert parents, family members and friends of the possible harm to teenagers.

How: Check the boxes and follow the recommendations below. (CMFFORM0087)

- Carefully monitor any significant changes in usual behavior or personality.
 - Carefully monitor decline in grades; loss of interest in hobbies and usual activities.
 - Watch for changes in friends, physical appearance, hygiene, and eating habits.
 - Be aware of any disrupted eating or sleeping patterns.
 - Look for cough or cold, prescription, or OTC medicines among personal effects if there is no reason to have them.
 - Watch for unexplained disappearance of medicines from medicine cabinet or other places where medicine is stored.
 - Regularly check home computers for evidence of drug-related Internet sites devoted to “how to” get and abuse prescription and over-the-counter medicines.
 - Look for evidence of using unauthorized credit cards, unexpected credit card charges, or stolen cash.
 - Regularly check any loss of medicine from medicine cabinet, kitchen cabinets, or anywhere in the home or other locations where medicine may be stored.
 - Regularly count the number of pills and monitor medicine levels in prescription and over-the-counter medicines at home. Note any changes in the numbers.
 - Store medicines in a place that teenagers cannot get or are unlikely to get them. It may be necessary to change the location on a regular basis and lock your medicines in a safe place.
 - Take your medicines privately, out of sight of your teenagers.
 - If possible, do not order and store large quantity of medicines at home. Ask your doctor to prescribe smaller amounts.
 - Talk to your local law enforcement officers and doctors, get more information about “pharming”, and be aware of the kinds of medicines teenagers in your area abuse.
 - Talk to other concerned teachers and parents of teenagers’ friends and share this Checklist with them.
 - Contact your family doctor and/or authorities immediately if you suspect your teenager or anyone abusing medicines.
-