



Medication Questionnaire

To the applicant: Please fill out the information on the first page and forward this questionnaire to your prescribing physician/psychiatrist. Return with your enrollment materials or have the Health Care Professional return them directly. Outward Bound requires medication to be brought in ORIGINAL PRESCRIPTION BOTTLES with the physician's dosage directions. If possible, bring a double supply.

Activities: (Please INDICATE all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Rock Climbing |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Sailing |
| <input type="checkbox"/> White water boating | <input type="checkbox"/> Snowboarding |
| <input type="checkbox"/> Canyoneering | <input type="checkbox"/> Solo _____ days |
| <input type="checkbox"/> Mountaineering | |

To the Health Care Professional

Outward Bound is reviewing this applicant for participation in one of our courses. This student has indicated that you are the prescribing health care provider for the medication that is part of their treatment plan. We request your input to determine if an Outward Bound experience is appropriate for your patient at this time.

Outward Bound is an exercise in experiential education during which students are exposed to very challenging physical, mental, and emotional situations that are intended to promote personal growth by helping students to recognize and reach beyond self-imposed limitations.

The classroom is a wilderness setting and may include a variety of activities such as river rafting, kayaking, backpacking, mountain climbing, rock climbing, community service, and a solo experience. The typical group consists of two instructors and 6 to 12 students from diverse backgrounds. Skills are taught from a beginner level, and expeditions are conducted in all weather conditions in varying environments. Solo is a 3 to 72 hour experience that offers time for introspection, quiet, rest and journal writing. Students are given specific boundaries, a shelter, sleeping bag, water supply and a small amount of food. They are checked daily by instructors and have a means of communicating distress if the need arises.

Outward Bound courses often contain many wonderful high points, but due to an unpredictable wilderness setting, students are often cold, wet, tired, hungry or hot. They may be confronting personal fears (heights, water, being alone, interacting/trusting others) which may create frustration and possible anger while dealing with others within the group who may be experiencing similar emotions. Opportunities exist for processing events through informal group discussions, but we do not endeavor to control the outcomes in any prescribed fashion. As stress is experienced, the potential exists that students may perceive failure or peer rejections.

While our staff are well qualified wilderness instructors, they are not therapists and our courses are not designed to address the behaviors and symptoms that their medications are designed to treat, such as depression, anxiety, ADHD etc. We need to determine that your client's present level of functioning (while on the medication) will not deteriorate significantly when they are exposed to the various stresses of the course.

Your assistance in helping us determine if this applicant is likely to have successful and productive Outward Bound® experience is invaluable. The final acceptance of this applicant to the program is made by Outward Bound® and is contingent upon receiving this information. Thank You.

STATEMENT OF CONFIDENTIALITY: All information provided to Outward Bound will remain confidential and not be released to any outside organization or agency without a written release from your client or their parent/guardian if they are under 18.

Medication Questionnaire *(continued)*

Student Name: _____ Course # _____

Health Care Provider Information

Physicians Name:	Emergency Contact #:
Phone Number:	Best times to reach you?
<p>Note: Outward Bound generally requires a minimum 4 week adjustment period for starting/stopping treatment with psychotropic medications, followed by an evaluation by the prescribing physician prior to participating. Outward Bound requires medication to be brought in double sets in separate, non-breakable, waterproof containers along with dosage instructions. Exceptions: Lithium and neuroleptic medications require a 3 month adjustment period. Stimulants do not require a time frame.</p>	

Student Medication Information

Name of Medication	Dosage	Dosage Taken Since	Medication Taken Since

- Have you read page 1 describing Outward Bound and the “Note” above? No Yes
- What symptom(s)/behavior(s) are being addressed by the medication?
- How has the medication improved your client’s condition?
- Is your client currently stable on their medications? No Yes
- Do you recommend that your client attends Outward Bound at this time? No Yes
If you answered “No” on questions 4 or 5, please explain.
- Do you have any reason to believe the medications will stop treating these conditions effectively under the conditions listed on page 1? No Yes If yes, please describe.
- Could abrupt changes in activity level, exposure to sun, sleep patterns, fluid intake, diet, altitudes, or extreme cold or heat decrease the effectiveness of the medication(s) your client is taking? If yes, please describe.
- Does your client experience any side effects including dizziness, dehydration, sun sensitivity or stomach sensitivity?
 No Yes If yes, please describe.
- What do you recommend if a medication becomes lost/damaged and cannot be replaced in less than 72 hours?
- What if your client misses a dose?
- What symptoms would your client experience if their medication routine was disrupted by loss on course?

Medication Questionnaire *(continued)*

12. On Outward Bound expeditions, Instructors may administer over the counter medications such as Suphedrine, Ibuprofen, Tylenol, Nutrolox and Imodium to participants if necessary based on their condition. If one or a combination of these over the counter medications are administered, will your patient experience side effects from the combination of their current medications and any of the above over the counter medications? If yes, please explain the potential side effects.

Physician's Signature

Date