

Certified Residential Medication Aide (CRMA) 24-hour course worksheet

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webpage: <https://prohealthtrain.com/crma-24-hour-course>



Unit 1

CRMA "Scope of practice", the tasks a CRMA is expected and allowed to do as part of the job:

Tasks allowed	Tasks not allowed

In what month and year will your new Maine CRMA certificate expire? \_\_\_\_\_

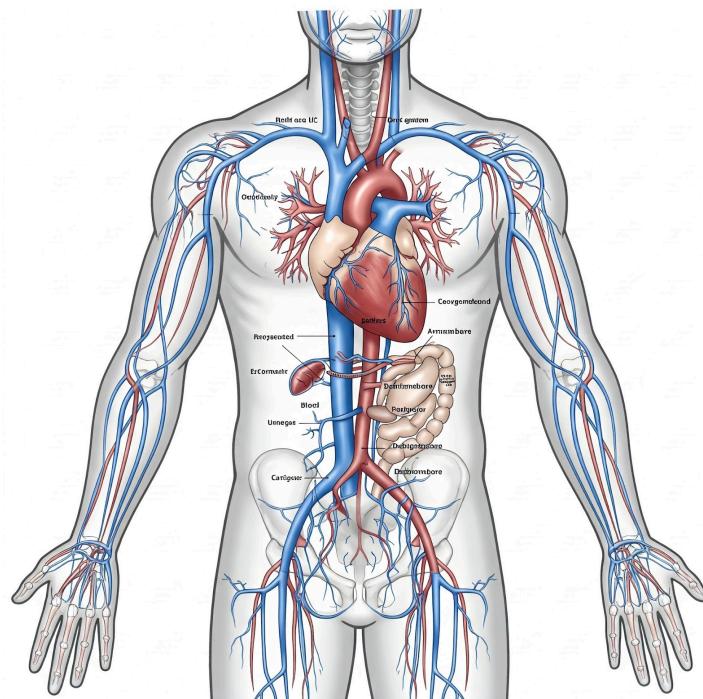
Injectable meds a CRMA can give, with additional RN training \_\_\_\_\_

Who do you report concerns of client abuse or neglect to? \_\_\_\_\_

Best way to prevent the spread of infection \_\_\_\_\_

**vital signs (V/S)**- clinical measurements of core body functions- heart-pulse and B/P, lungs-respirations

Vital sign	Average reading	location/purpose
PULSE	60-100 BEATS PER MINUTE	NECK, HEART, WRIST
BLOOD PRESSURE	120/80 systolic/diastolic	HEART, BLOOD FLOW PRESSURE
RESPIRATION/BREATHING	12-20	LUNGS
TEMPERATURE	98.6 F / 37C	MOUTH, FOREHEAD, EAR, ARMPIT



## Unit 2

CRMAs can give **non-injectable** medications: pills/tablets/capsules, liquids, inhalers (through nose/ mouth), nasal spray, eye drops, ear drops, topical creams/ointments/lotions, vaginal/rectal creams or suppositories.

Why are meds ordered? \_\_\_\_\_

How are meds organized? \_\_\_\_\_

Variables that impact med effects \_\_\_\_\_

### Describe the med effects to observe, document and report:

Good effect- \_\_\_\_\_

Bad effect- \_\_\_\_\_

no effect- \_\_\_\_\_

C2 meds- orders expire in ____ month	Psych meds- orders expire in ____ months	Non-controlled med- orders expire in ____ months

The DEA classifies all meds into a drug "schedule", based on potential danger of abuse/addiction

1- illegal street drugs	2- C2/narcotics	3- for pain, sleep	4- for anxiety	5- general comfort
highest danger	high danger	moderate danger	moderate danger	low danger

### Types of medication orders, based on type and timing:

Routine- daily, QD	PRN- as needed	Standing order- templated list	One-time dose	stat-emergent
Chronic care, health maintenance	When discomfort arises for specific/general care	When discomfort arises for general care	Breakthrough discomfort	Allergic reaction, seizure

### Strength vs. dose

Strength- how much med in each individual unit	Unit of measurement	Dose- how much total med to give
Solid pills/tablets/capsules		
Liquid eye/ear drops, cough syrup		

## The 8 “rights of med administration

1	name
2	medication
3	dose
4	route
5	time
6	reason/know
7	refuse
8	documentation

classification	purpose/ reason/use	Med example
Amphetamine (C2)	Cerebral stimulant	concerta/methylphenidate
Analgesic	Relieves pain	acetaminophen/ <b>Tylenol</b> , oxycodone
Antianxiety (PSY)	Prevents or relieves anxiety	lorazepam/Ativan
antibiotic	Cure infection	ciprofloxacin/Cipro
Anticonvulsant (Antiepileptics)	Prevents or controls seizures	Divalproex sodium/depakote
Antidepressant (PSY)	relieves depression	Aripiprazole/abilify, escitalopram/lexapro
antidiabetic	Controls diabetes, lowers blood sugar	Metformin, insulin
Antihypertensive ❤️	Reduces HTN/high blood pressure	metoprolol/Lopressor
anti-inflammatory	Steroid or NSAID, decreases inflammation	aspirin, ibuprofen
anti ovulate	Prevents ovulation and pregnancy	contraceptives/birth control medication
antipyretic	Reduces fever	acetaminophen/Tylenol
Antitussive expectorant	Suppresses a dry cough Helps clear mucus from the airways	<b>Robitussin</b> Mucinex
Psychotropic (PSY)	For mind, mood, behavior	Antipsychotics, antidepressants, sedatives
Sedative (PSY)	Induces sleep	zolpidem/Ambien
Stool softener	Relieves constipation	Docusate sodium/ Colace
TIME	ROUTES (NON-INJECTABLE)	MEASUREMENTS
EVERY- Q	BY MOUTH- PO	<b>SOLID WEIGHTS</b> for tablets, capsules, pills
EVERY DAY-QD	UNDER THE TONGUE- SL	mcg- microgram
TWICE DAILY-BID	INHALED- INHALED	mg- milligram
THREE TIMES DAILY- TID	EAR- OTIC, “A” FOR AUDIO	gm- gram
FOUR TIMEs DAILY- QID	EYE- OPHTHALMIC, “O” FOR EYES	<b>LIQUID VOLUMES</b> for liquids      ml=cc
BEDTIME- HS	RIGHT SIDE/DOMINANT- D	ml= milliliter      gtt/GTT= drop
AS NEEDED- PRN	LEFT SIDE/SECONDARY- S	teaspoon= tsp.    1 tsp= 5ml
NOW- STAT	OD= R EYE OS= L EYE OU= BOTH	tablespoon= tbsp.    1 tbsp. = 15ml
BEFORE/ MEALS- AC	EAR, AS= L EAR, AU=BOTH	OUNCE= oz.    1 oz.=30ml
DISCONTINUE- D/C	SKIN-TOPICAL/ EXTERNAL	Liter=L    1Lr= 1000ml
Over the counter- OTC	RECTAL-PR, VAGINAL- VAG	

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Patient name: Ryan Lambert DOB: 2/14/80

Diagnosis: depression, hypertension

allergies: penicillin

1. Aripiprazole/ Abilify 5 mg 1 tab by mouth daily for Depression
2. Methylphenidate/ Concerta 20mg take 1 tab by mouth daily for Attention Deficit Disorder
3. Metoprolol/ Lopressor 50 mg 1 tab by mouth daily,  
hold if apical pulse is below 60 BPM for Hypertension
4. Ciprofloxacin/Cipro 250 mg 1 tab by mouth daily , twice daily for 3 days for Urinary tract infection
5. Acetaminophen /Tylenol 325mg tab, 2 tabs for total dose of 650 mg, by mouth every 6 hours  
as needed, not to exceed 4 doses in 24 hours, for fever/ pain

*Dr. John Donuts*

Date: / / 2026

1st CRMA staff check \_\_\_\_\_ date \_\_\_\_\_

2nd CRMA staff check \_\_\_\_\_ date \_\_\_\_\_

all staff using MAR must print/sign and initial here:

All staff who document on the MAR must be identified by listing their initials, printed name and signature in the boxes below