

Vermont Pharmacist Prescribing Protocol – Dietary Fluoride Supplements

Background

A pharmacist may prescribe dietary fluoride supplements in a manner consistent with a valid State protocol approved by the Commissioner of Health, after consultation with the Director of Professional Regulation and the Board of Pharmacy (BOP). 26 V.S.A. § 2023(b)(2)(A)(i).

A pharmacist who independently prescribes dietary fluoride supplements must follow this protocol. When prescribing per this protocol, the pharmacist is the prescriber-of-record.

General Considerations

Prescribing dietary fluoride supplements under this protocol requires the pharmacist to:

1. Have training and education in that area sufficient to perform the duties involved;
2. Document prescribing, including notifying the patient's primary care provider within 5 business days;
3. Keep a written copy of the protocol at each location from where prescriptions are issued for dietary fluoride supplements.

Procedures

When an individual requests a prescription for dietary fluoride supplements, or when a pharmacist in his or her professional judgement offers to prescribe them, the pharmacist shall complete the following steps:

1. Determine if the patient has a dental practitioner and encourage them to seek routine dental care. If the patient does not have a dental practitioner, provide referral to patient for finding primary care services, such as [VT-211](#) or, for Medicaid beneficiaries, the [Vermont Medicaid Provider lookup](#).
2. To accurately prescribe fluoride supplementation, the pharmacist shall ascertain the patient's drinking water source for determination of fluoride content and shall follow the guidelines in [Vermont Department of Health's Dental Periodicity Schedule](#).
3. Provide oral or written counsel to the recipient, or their representative, on the product dispensed to include:
 - a. administration;
 - b. effectiveness;
 - c. adverse effects;
 - d. storage conditions and shelf-life; and
 - e. any other information deemed necessary in the professional judgment of the pharmacist.

Authorized Drugs

1. Prescribing and dispensing done pursuant to this protocol is limited to FDA-approved dietary fluoride supplements. A pharmacist may not prescribe a compounded version of a dietary fluoride supplement.
2. Selection of a product for which a prescription will be issued shall involve collection of information from the recipient regarding:
 - a. products available;
 - b. recipient or patient preference;
 - c. limitations in ability to administer a particular dosage form;

- d. insurance coverage and other cost factors; and
- e. any other pertinent factor

Prescribing Records

The pharmacist must generate a written or electronic prescription for dietary fluoride supplements dispensed. The prescription must include all the information required by Administrative Rule 10.1. The prescription must be processed in the same manner that any other prescription is processed, pursuant to the applicable statutes and rules for the dispensing of prescription drugs. The prescription shall be kept on file and maintained for a minimum of three years, as required by the rules of the Vermont BOP. Pharmacists are reminded to adhere to record-keeping requirements for prescriptions paid for by Medicare and Medicaid, which may differ from those required by BOP.

Resources

Vermont’s Guide to Fluoride Levels in the Public Water Systems

https://www.healthvermont.gov/sites/default/files/documents/pdf/guide_to_fluoride_levels_in_public_water_systems.pdf

VDH Health Care and Screening Guidelines <https://www.healthvermont.gov/children-youth-families/health-care-children-youth/health-care-and-screening-guidelines>

VDH Fluoride in Vermont, includes information on well water testing

<https://www.healthvermont.gov/wellness/oral-health/fluoride#:~:text=Testing%20is%20available%20through%20the,to%20get%20your%20test%20kit.>

Vermont Preventive Pediatric Oral Health Care Recommendations for Pediatric and General Dental Health Care Providers

<https://www.healthvermont.gov/sites/default/files/documents/pdf/Vermont%20Dental%20Periodicity%20Schedule.pdf>

Centers for Disease Control and Prevention (CDC) Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>

American Dental Association (ADA) Fluoride: Topical and Systemic Supplements

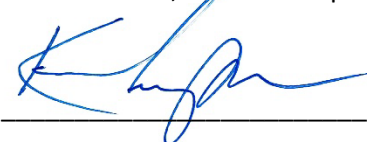
<https://www.ada.org/resources/research/science-and-research-institute/oral-health-topics/fluoride-topical-and-systemic-supplements>

APPROVED:



Date: 8/15/23

Commissioner, Vermont Department of Health



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Director, Office of Professional Regulation