Self Care:

Over The Counter (OTC) Drug Therapy

William Beaumont Army Medical Center

Self Care Program

Objective of the Self-Care Course

- Encourage and provide the Fort Bliss community with information to "take care of themselves" while promoting good health
- Identify the use of common medications that are available through the Self-Care Program at WBAMC
- Understand the procedure to obtain Over The Counter (OTC) medications
- Identify safe practices in the disposal of medications

Instructions

- Please review all the slides
- This is an hour long presentation
- Suggest making copies of the slides using the "handout" selection with 6 slides per sheet
  - Handout will be a reference tool for treatment
  - Helpful during registration for exam
  - Helps answer the questions on the post test
- The post test has 10 questions with no time limit
- Passing grade is 70%
- Be sure to make a copy of your passing test results for your OTC medication card and books

What is Health?

- Health is more than the absence of disease. It is a state of physical, mental, emotional, social, and spiritual well-being.
- When you are healthy, you feel good. You have achieved a balance of the competing demands of personal desires, family, work, friends, and community.
- Health is a positive state of well-being.

What Affects Health?

- You are a synthesis of nature and nurture. You have inherited your genetics and can not change this. But you create your health by the choices you make each day.
- Two-thirds of illness can be prevented by making healthy choices every day. Choosing a low fat, balanced diet, daily exercise, and maintaining recommended body weight promotes good health. Avoiding tobacco, alcohol, illegal drugs, and high risk behaviors prevents illness and injury.

Introduction To Health And Self-Care

- Over 80 percent of all medical appointments and Emergency Room visits for new problems may be unnecessary. These visits are often for minor health problems.

What Is Self-Care?

- Self care is about becoming an active participant in your own health care.
- Self care is about recognizing and taking care of the small problems before they become big.
- It is about learning what you can do to take care of yourself and when you need to see your doctor.

Self-Care Program at WBAMC

- Once the class is completed, patients may obtain up to 4 different items per two weeks per person in their family
- Patients obtaining medications for their family MUST present a valid military ID card.
- Patients may select items for themselves or family members as long as they meet the age requirement

Medication Usage

- OTC medications are used for minor and temporary conditions
- Use OTCs as directed/when indicated
- Use fewest possible medications for shortest possible time
- Take medication correctly
- If no relief of symptoms in 24/48 hours, contact your healthcare provider
- **Always consult your child's doctor if under 2 years of age**

Medication Storage

- Store as directed on package
- Protect from light and moisture
- Always keep in original container
- Keep lid tightly closed
- **Keep all medications out of reach of children**

Commonly Available OTC Medications at Medical Treatment Facilities(MTFs)

- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Diphenhydramine (Benadryl)
- Actifed
- Cepacol
- Sudafed
- Maalox
- Mylicon infant drops
- Guaifenesin (Robitussin)
- Pepto Bismol
- Afrin nasal spray
- AYR nasal drops
- Hydrocortisone 1% cream
- Bacitracin Ointment
- Lotrimin 1% cream
- Gyne Lotrimin
- Foot Powder

Patients must fill out the front and back of the form completely and clearly!

FRONT:

NON-PRESCRIPTION DRUG SELF-CARE PROGRAM

I am aware that I am participating in a self-care program. I understand that in order to properly perform self-care and safely treat any symptom(s) of condition(s) that I may have, I must read the information provided by the WBAMC Pharmacy and "Taking Care of Yourself" book or Soldier Health Maintenance Manual Course. I also understand that I am responsible for carefully following the directions for use of any medication received through this program. I also verify that I am requesting treatment option(s) voluntarily. I agree that I will not share medication with anyone and that I will be the sole user.

Print Name of Patient	Date of Birth	Last 4 of Sponsor SS
Signature of Patient or Parent/Guardian	Date	

BACK

Evaluation is important, so that we can continue to improve and offer this service!

: SELF-CARE PROGRAM EVALUATION

Instructions

Please circle one response for each of the following questions. If not sure, leave that question blank.

Active Duty Dependent Child Dependent Spouse Reservist Retiree

1. I used Self-care instead of an Emergency Room visit.	YES	NO	NA
2. I used Self-care instead of making a Tricare Same Day Appointment.	YES	NO	NA
3. I avoided missing training time by using Self-care.	YES	NO	NA
4. I used Self-care instead of Sick Call.	YES	NO	NA
5. The Self-care class and manual helped me decide to use Self-care Or seek medical care via Sick Call, Same Day Appointment or Emergency Room.	YES	NO	NA
6. Have you used Self-care within the last 30 days or the same illness?	YES	NO	NA
7. The Self Care Program is a benefit to my health.	YES	NO	NA

Administering Medication Guidelines

- Read and Understand the instructions
- Double check strength of medication
- Does the patient have any medication allergies to the medication?
- Use product medication measuring device OR a very accurate equivalent measuring device
- Don’t use medications that have expired
- For children, do not refer to medication as “candy”
- Before crushing or splitting a tablet, double check that product can be altered

Medication Checklist-
Things to think about before dosing!

- What is medication name (is it a generic brand for another product I already have?)
- What does the medication do?
- How much of the medication do I give?
- How often do I give the medication? (NEVER) give more often than recommended
- How long do I need to continue giving the medication?
- Are there special instructions (refrigerate, shake, etc.)?
- What are the common side effects?
- What other medications am I taking? (Can this with my other medications?)
- Can I take or use this medication with my medical condition?(for example high blood pressure)

What are my symptoms?

- The symptoms that you or your child are experiencing should guide your selection of OTC products
- Certain "classes" of medications are used to treat symptoms:
  - Runny nose, itchy eyes = antihistamine
  - Dry hacking cough = cough suppressant
  - Chest congestion = expectorant
  - Nasal congestion = decongestant
  - Pain and fever = pain reliever

Examples of OTC Products

- Antihistamine products
  - Diphenhydramine (Benadryl), chlorpheniramine (CTM)
- Decongestant products
  - Pseudoephedrine (Sudafed)
- Cough suppressant
  - Guaifenesin/Dextromethorphan (Robitussin DM)

Examples

- Expectorants
  - Guaifenesin (Robitussin)
- Pain reliever
  - Acetaminophen (Tylenol)
  - Ibuprofen (Advil) also helps with swelling
- Fever
  - Acetaminophen (Tylenol)
  - Ibuprofen (Advil) in children greater than 6 months old

Fever

- ***If your child is less than 3 months old and has a fever greater than 100.5^{o}F, seek medical care as soon as possible***.
- If your child is ages 3 months to 3 years has a fever of 103 degrees or higher for 24 hours, seek medical care
- Seek medical care for fevers lasting 3 days that require the repeated use of fever reducer
- If symptoms persist, worsen, or if new symptoms develop, contact a physician.

Dosing Medications

- Disclaimer: Read all over-the- counter (OTC) package for proper directions and precautions. A pharmacist is available on duty to answer any of your questions.
- **“Know your MEDICINE, Know Your Pharmacist”**

Acetaminophen (APAP) Tylenol

- Treatment of pain and fever.
- Do not exceed a <u>total dose of 4000 mg per day</u> of Acetaminophen.
- It is important to read the ingredients on the label!! APAP is a common abbreviation for acetaminophen and the brand name is Tylenol. Be aware of other OTC and Prescription drugs that contain this.
- **Talk to your doctor about giving to children less than 2 years and ask for the correct dose!**
- Avoid alcohol consumption and aspirin while taking this drug.

Ibuprofen(Advil)

- Pain reliever and fever reducer
- Helps reduce inflammation and pain due to inflamed muscles
- Do not give to children less than 2 years of age without consulting a physician

Pseudephedrine (Sudafed)

- Nasal Decongestant
- Should consult with provider before using if you have heart disease, high blood pressure, diabetes, thyroid disease, or problems with enlarged prostate.

Pseudephedrine (Sudafed)

- Can cause increased blood pressure
- Stop taking if causes dizziness, anxiety, or sleepiness
- Do not use if taking a medication called an monoamine oxidase inhibitor (MAO-I). If you don't know if you medication contains an MAO-I, please ask your pharmacist or doctor

Hydrocortisone 1% Cream

- Relief of inflammatory and pruritic (itchy) manifestations of minor skin irritations, inflammation, and rashes.
- For external use only.
- Apply sparingly in a light film; rub in gently. Washing or soaking the area before application may increase drug penetration.

Hydrocortisone 1% Cream

- Use only as directed. Do not put bandages, dressing, cosmetics, or other skin products over the treated area unless directed by a physician.
- Notify a physician if the condition being treated worsens, or if burning, swelling, or redness develops.

Hydrocortisone 1% Cream

- Avoid prolonged use around the eyes, genital and rectal areas, on the face, armpits, unless directed by your physician. Avoid contact with the eyes.
- Pediatric patients should consult a physician. Do not use topical steroids to treat diaper rash.

Triple Antibiotic Ointment

- Help prevent infection in minor cuts, burns, wounds, and scrapes.
- Consider referral to a physician in the following situations:
  - Uncertainty over cause of infection.
  - Top layer of skin is missing from a large area.

Triple Antibiotic Ointment

- Consider contacting a physician if the following situations apply:
  - Draining and pain of the lancing.
  - Infection is widespread.
  - Deep lesions cover a wide area of skin.
  - Underlying illness, which may predispose patients to serious abrasions.
  - Unsuccessful initial attempt at treatment, or worsened condition.

Triple Antibiotic Ointment

- Clean the affected area prior to applying the drug.
- May be covered with sterile bandage if desired.
- For external use only.
- Do not use in or near the eyes.

Maalox(Aluminum Hydroxide and Magnesium Hydroxide)

- Symptomatic relief of heartburn, gastroesophageal reflux, acid indigestion, sour stomach, gastritis, and peptic ulcers.
- If symptoms worsen or persist for longer than 7 days, consult a physician.

Maalox

- Consult your physician if you have kidney disease.
- Maalox may interact with certain prescription drugs. Consult with your physician or pharmacist.

Maalox Dosage and Administration

- Shake well before using.
- Children under 12 years of age: consult a physician.

Guaifenesin (Robitussin)

- Facilitate the removal of mucus from the respiratory tract.
- Not for persistent, nonproductive cough.
- If cough persists for more than 7 days, tends to recur, or is accompanied by fever, rash, or persistent headache, consult a physician.

Guaifenesin (Robitussin)

- Drink a glass of water or other fluid with each dose of guaifenesin.
- Most medical professionals believe that fluid intake is responsible for thinning respiratory tract mucus and may be as valuable or more so than guaifenesin itself.

Guaifenesin DM (Robitussin DM)

- Guaifenesin DM is a combination product that contains guaifenesin and dextromethorphan (DM). This is an expectorant and cough suppressant

- DM is indicated for the control of a dry, nonproductive cough.

Guaifenesin DM (Robitussin DM)

- Do not use Guaifenesin DM for persistent or chronic cough.
- Do not use Guaifenesin DM when cough is accompanied by excessive secretions.
  - You could be suppressing a cough and not allowing the secretions to get out of the lungs

Guaifenesin DM (Robitussin DM)

- Patients with the following conditions should use Guaifenesin DM only under medical supervision:
  - High fever
  - Rash
  - Persistent headache
  - Nausea
  - Vomiting

Guaifenesin DM (Robitussin DM)

- If a cough continues beyond 7 days, consult a physician.

Saline Nasal Mist

- To provide moisture to inflamed nasal passages and facilitate drainage of thickened nasal secretions.

- Do not share intranasal containers with other patients.

Diphenhydramine HCL (Benadryl)

- Antihistamine
- For the relief of mild, uncomplicated allergic skin manifestations.
- May cause drowsiness.
- Keep out of reach of children

Diphenhydramine HCL (Benadryl)

- May cause nervousness.
- Avoid alcohol and other CNS depressants.
- May cause dry mouth.

Diphenhydramine (Benadryl)

- Avoid prolonged exposure to sunlight.
- Consult a physician if you have the following conditions:
  - Glaucoma
  - Peptic ulcer
  - Asthma
  - Urinary retention
  - Pregnancy

Disposal of medications that are expired or not needed

- For several years, many people thought that the best way to dispose of medications was to flush them down the toilet or to dissolve them in the sink.
- We know now that this is not good routine practice as these unwanted medications can get into our drinking water.

Disposal of medications that are expired or not needed

- In order to protect our environment, the Federal Government has put together some guidelines:
  - Unused, unwanted, or expired prescription drugs should be taken out of their original containers and thrown in the trash
  - They can be mixed in an empty can with coffee grounds or kitty litter and sealed shut and then discarded. The can should not be labeled. This will reduce the risk of someone removing from trash.

Disposal of medications that are expired or not needed

- Medications should be flushed down the toilet only if the label or accompanying patient information instructs to do so.
- See the following policy letter for the official guidance from the FDA and a list of medications that should still be flushed down the toilet.

www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf

Now you're ready for the quiz

- Go to
  - http://quizstar.4teachers.org/indexs.jsp
- Follow the next Slides so to Register, Enroll and Take the Quiz

Please Read Before Registering and Taking Quiz

Never should you submit Personally Identifiable Information (PII) or Protected Health Information (PHI) over the Internet.

By utilizing this program, you agree that the Department of Defense, the United States Government and its Medical Providers are not responsible, and shall have no liability to you, with respect to any information or materials posted by either yourself or others, including defamatory, offensive or illicit material, even material that violates this Agreement.

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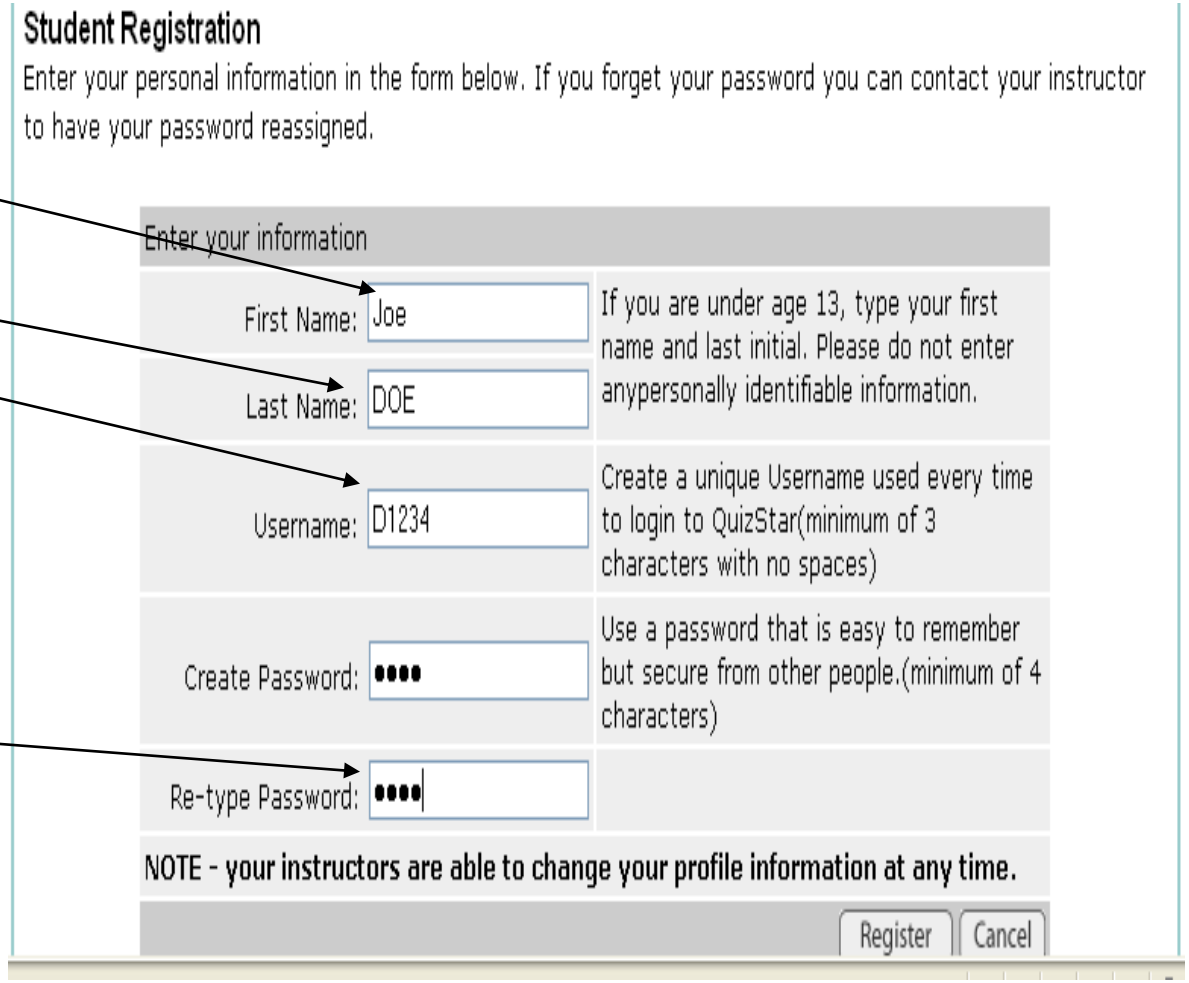
Click Sign Up

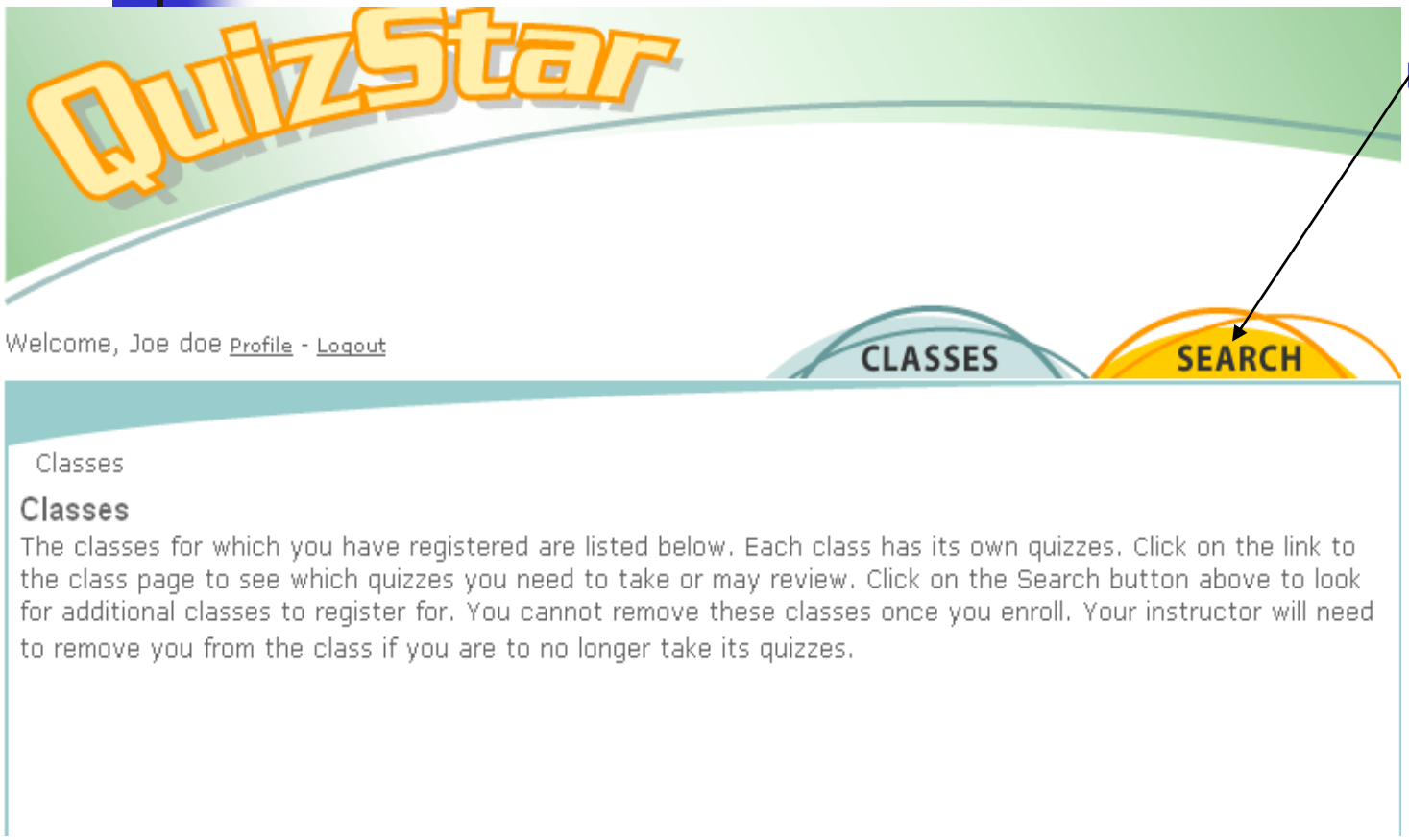
- Click Sign Up

Registering

- Enter
  - First Name
  - Last Name
  - Username (example first initial of last name then sponsors last four) or your choice
  - Password of your choice



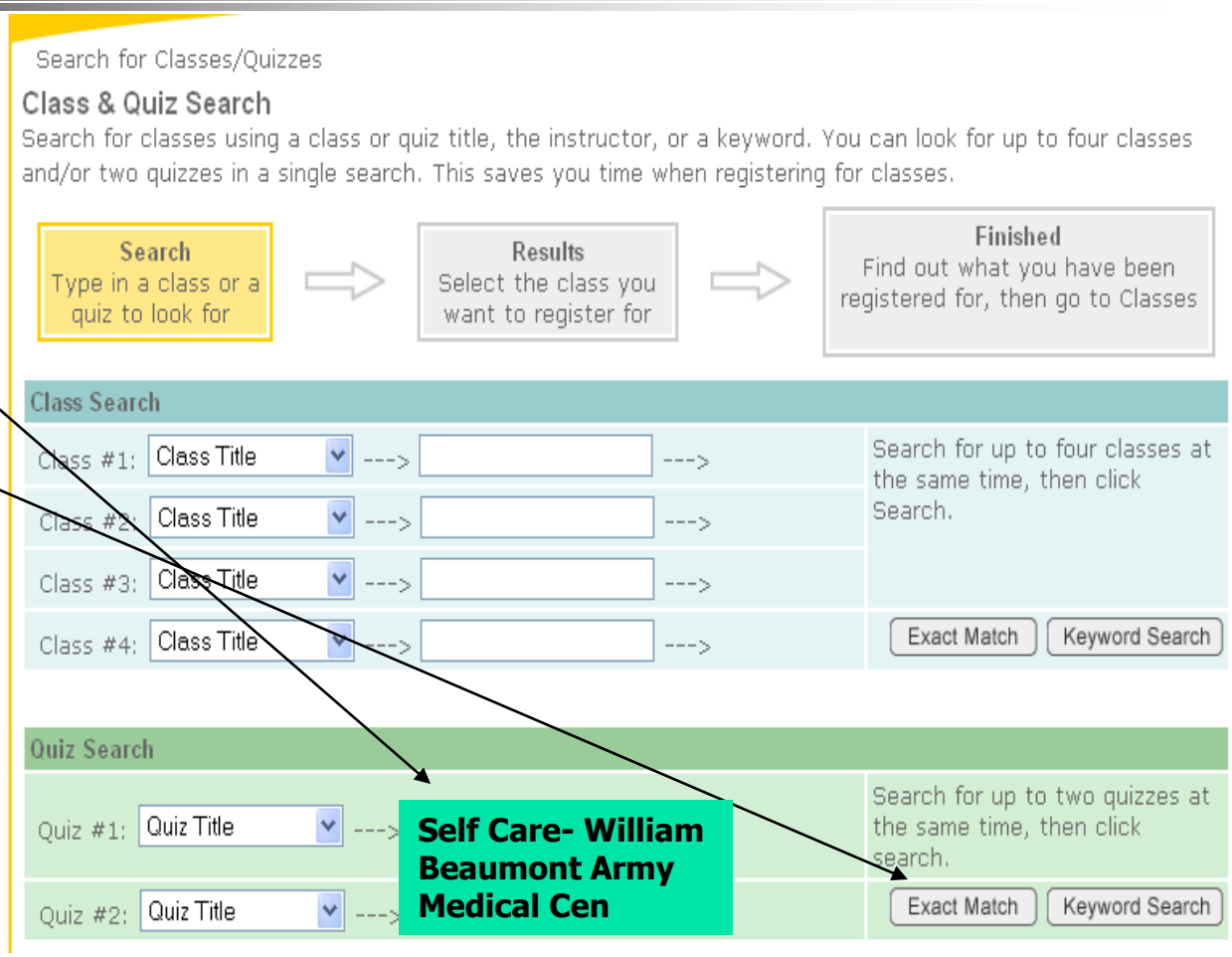
Finding the Quiz



- Click Search

Finding the Quiz

- Look under "Quiz Search"
- Enter "Self Care- William Beaumont Army Medical Cen"
- Then Click Exact Match
- **It is Important to use exact spelling and spacing as above**



Registering for the Quiz

- Check Box beside "SELF CARE- WILLIAM BEAUMONT ARMY MEDICAL CEN "
- Click Register

_results.jsp

QuizStar students

Welcome, michael ludwig profile - logout

CLASSES SEARCH

Search for Classes/Quizzes > Results

Search Results

Select the classes you wish to register for then click the Register button. The next screen will confirm your registration status for those classes. If you are not satisfied with these results, click the New Search button to perform a new search.

Search	Results	Finished
Type in a class or a quiz to look for	Select the class you want to register for	Find out what you have been registered for, then go to Classes

New Search | Select the class, then click Register | Register | Cancel

Class #1 Results

Searched: **SELF CARE- WILLIAM BEAUMONT ARMY MEDICAL CEN**

☑	Class Title	Instructor Name Email	Class Time	Class Type
☑	Self Care- William Beaumont Army Medical Cen	QS_RESEARVED_NULL_VALUE QS_RESEARVED_NULL_VALUE		Public

1 result(s)

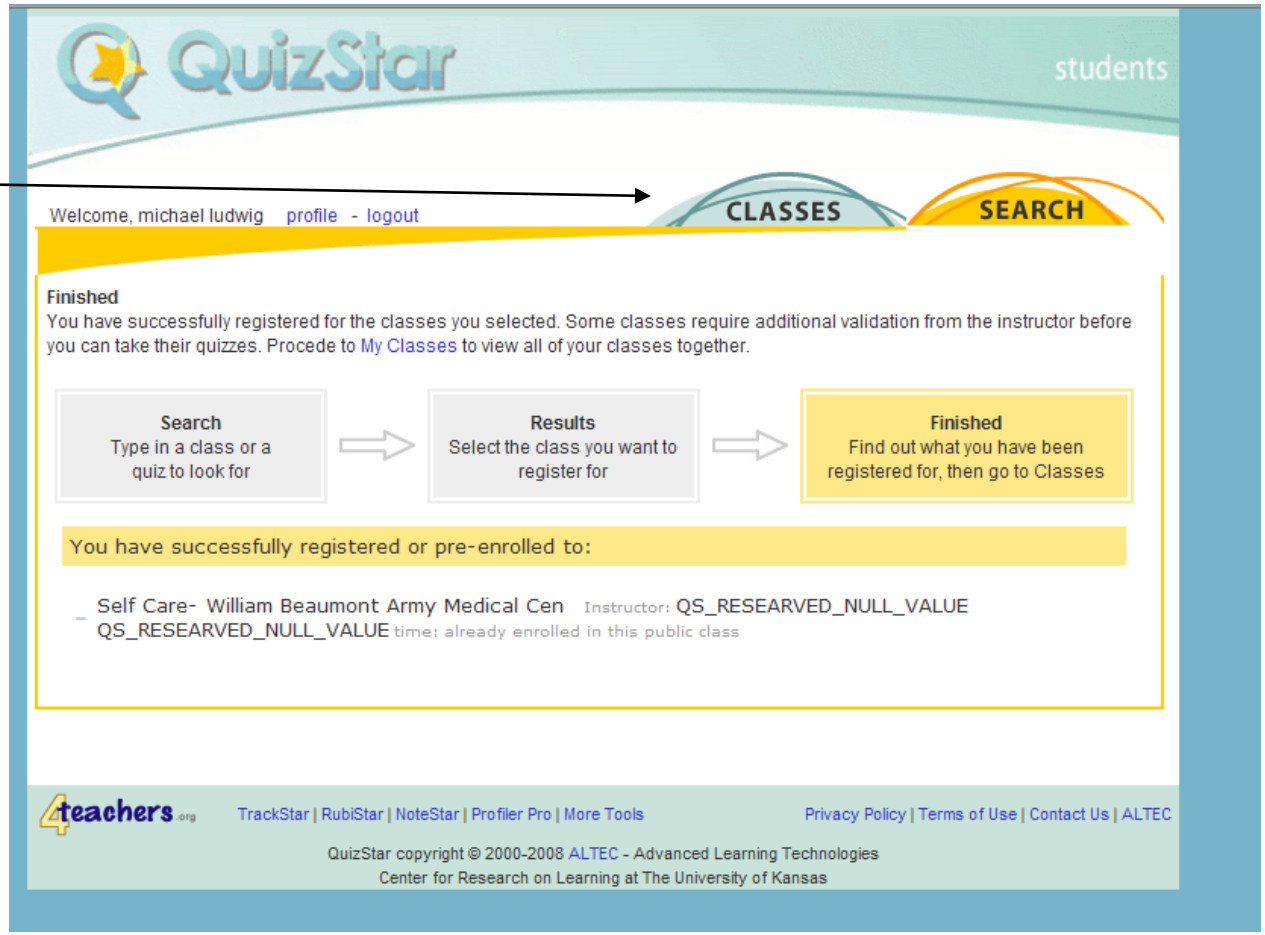
Register (to top)

New Search | Select the class, then click Register | Register | Cancel

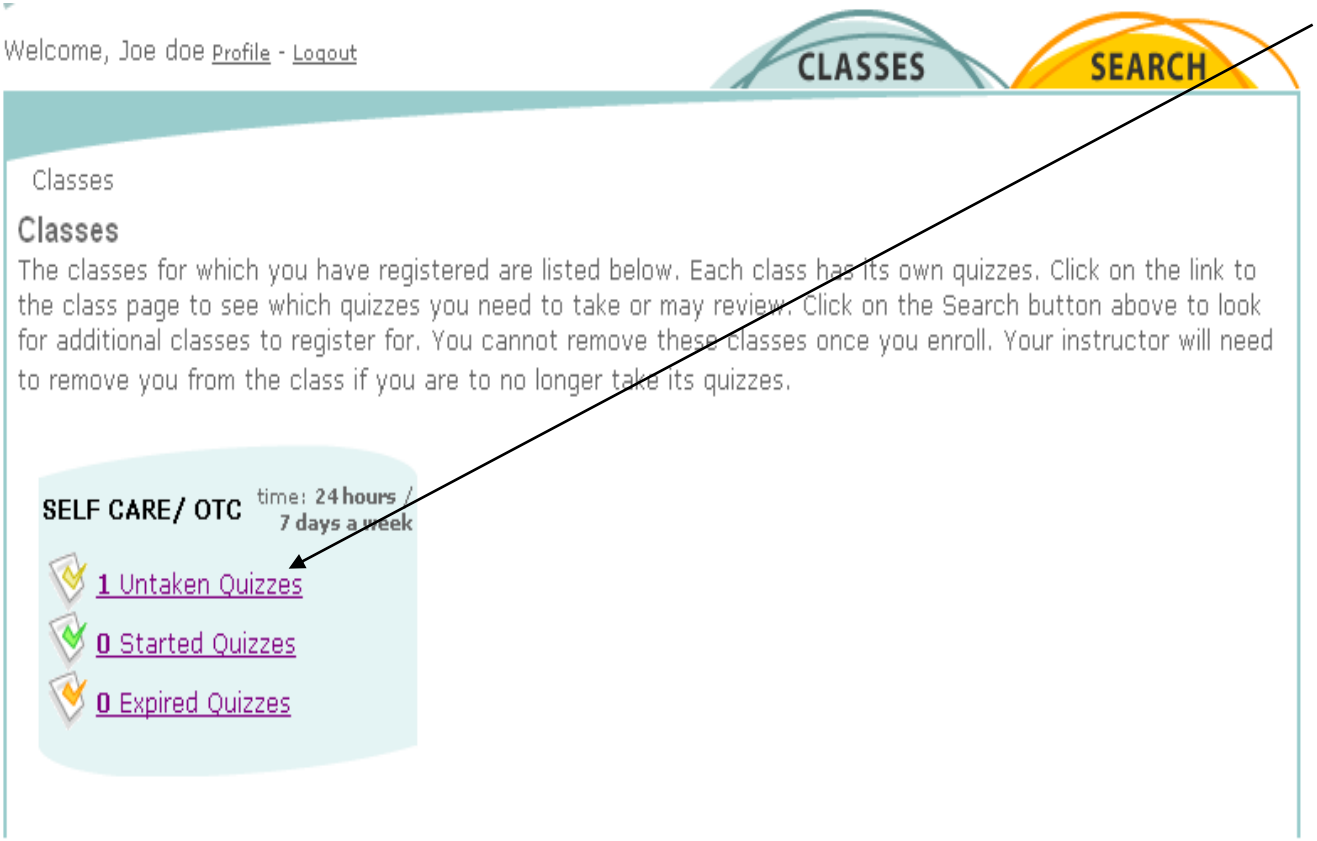
Register to selected classes

Now your Registered

- Click Classes

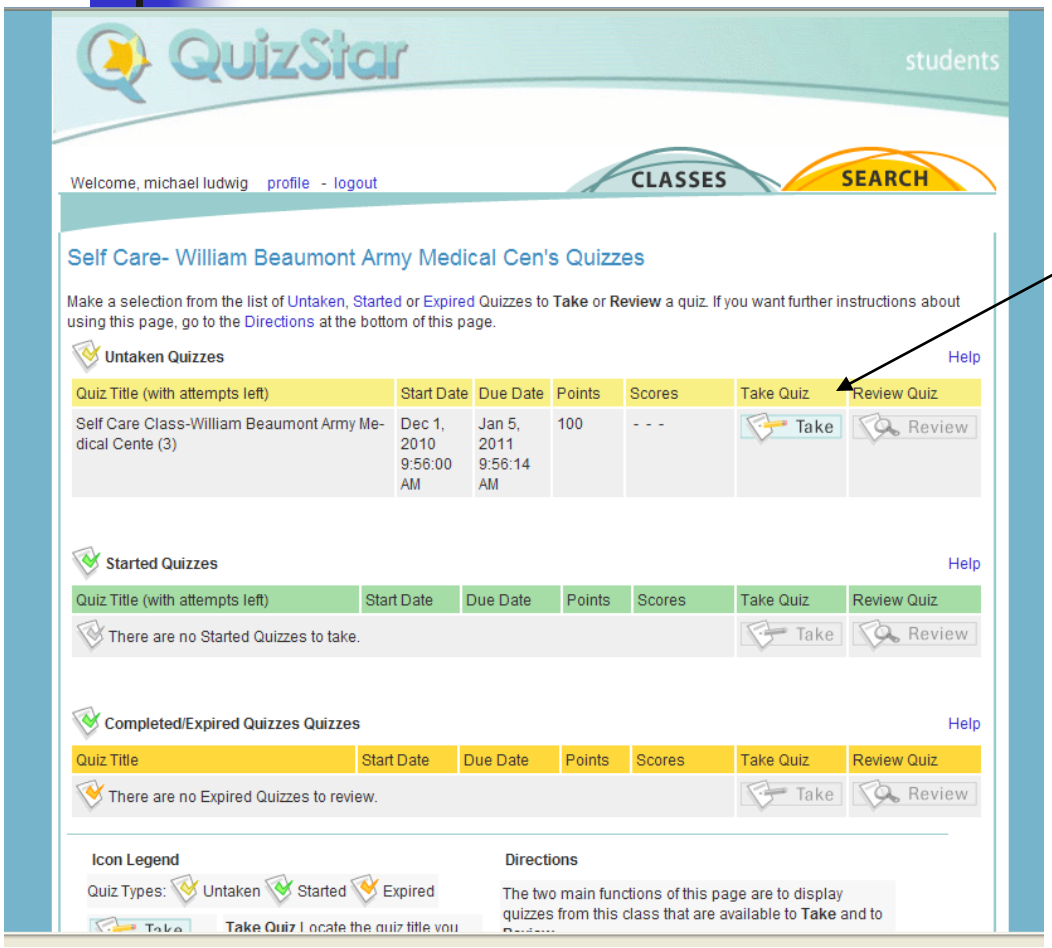


Almost there



- Click Untaken Quizzes

Click Take



- Click Take

Start the Quiz

- You may now start the Quiz
- Feel free to refer to the slides throughout the quiz
- If you receive a score of 70% or higher, *print your results page* (see next slide). Come to any of the OP Pharmacy locations throughout Ft. Bliss or the Wellness Centers to receive your OTC Medication Card and Self Care books

Results Page Example

Print page and present to WBAMC staff

Self Care- William Beaumont Army Medical Cen | QuizStar

Self Care Class-William Beaumont Army Medical Center

Your Score : 70 out of 100 (70%)

Self Care Class-William Beaumont Army Medical Center

has been submitted at

Dec 3, 2010 6:30:47 AM

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THANK YOU

FROM
WILLIAM BEAUMONT ARMY MEDICAL CENTER
DEPARTMENTS OF PHARMACY,
PREVENTIVE MEDICINE,
ARMY PUBLIC HEALTH NURSING
&
HEALTH PROMOTION SERVICE

References

- Covington, T.R., Nonprescription Drug Therapy: Guiding Patient Self-care, 2nd Edition; Facts and Comparisons; 2003
- Lacy, C.F. et al. Drug Information Handbook. Lexi-Comp; 2009-2010.