Self Care & Over the Counter (OTC) Medication Program

Department of Preventive Medicine

Bayne-Jones Army Community Hospital

Fort Polk, LA

OBJECTIVES

- Provide information to our Fort Polk community which will promote good health practices.
- Identify the use of common medications that are available through the Self-Care Program at Bayne-Jones Army Community Hospital (BJACH).
- Provide instructions on obtaining over the counter (OTC) medications.

INSTRUCTIONS

- This is an hour long presentation
- Please review all the slides
- Make copies of the presentation as a reference tool to aid with the post test questions. *(To save paper use the handout selection – 3 to 6 per sheet)*
- Take the post test exam following the directions at the end of the presentation. (70% is a passing grade)
- Bring a copy of your test result to Department of Preventive Medicine, Health Promotion (Bldg. 3516) to receive your OTC medication card. *To ensure you are provided assistance, we recommend that you contact us prior to coming at (337) 531-6880*

What is Self Care?

- "**Self Care**" involves individuals taking action to control their own health, medical care, and well-being.

- Personal responsibility combined with health and wellness education help you avoid or be prepared to overcome health problems.

Examples of Self Care

- Treatment of minor illnesses such as sore throat
- Reactions to emergencies such as choking
- Seeking early treatment for problems
- Screening for diseases & problems
- Keeping up with immunizations
- Care of chronic diseases such as diabetes

HABITS OF HEALTHY PEOPLE

- MAINTAIN A DESIRABLE WEIGHT BY:
  - FOLLOWING A PRUDENT DIET
  - GETTING REGULAR EXERCISE
- GET ADEQUATE REST!
- DON’T USE TOBACCO PRODUCTS, IF YOU DO QUIT
- USE ALCOHOL IN MODERATION OR NOT AT ALL
- TAKE PERSONAL RESPONSIBILITY FOR YOUR HEALTH

Tips for a Healthy Life

"If I had known I was going to live this long, I would have taken better care of myself."

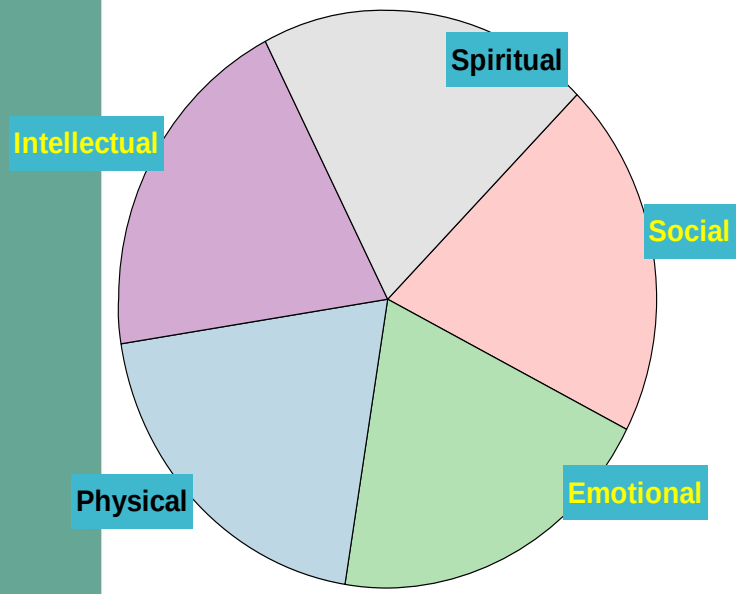
-Mickey Mantle

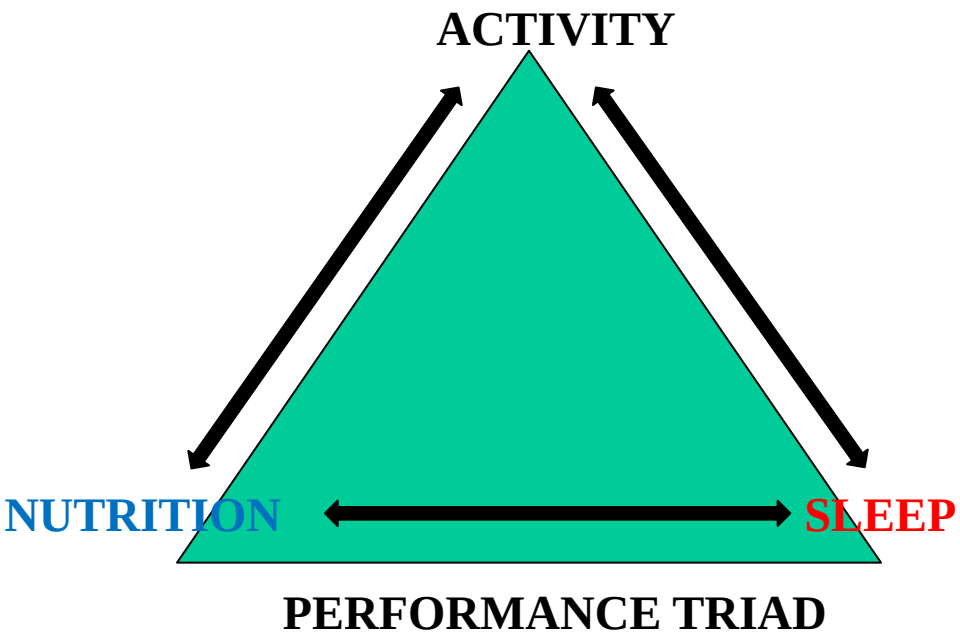
THE PERFORMANCE TRIAD INITIATIVE

- Is part of the Army's Ready & Resilient Families.

- Focuses on three primary areas:
  - Nutrition
  - Sleep
  - Activity

THE PERFORMANCE TRIAD & FIVE DIMENSIONS OF HEALTH & WELLNESS





Including all three areas of the Performance Triad in our lifestyle helps:

- Promote healthy Self Care habits.
- Work toward bringing all dimensions of Health & Wellness into balance.

Prescription for a Prudent Diet

- **Eat a variety of foods** about every 4-5 hours
- **Eat more:** fruits and vegetables, whole grains, lean proteins, low-fat dairy, healthy fats.
- **Eat less:** processed, fast/convenience, fried, added sugars and refined grains, low nutrient density foods
- **Follow the My Plate guidance**
  - **Choose 1/2 plate fruits/veggie**
  - **Choose more whole grains**

- **Drink plenty of fluids** (water works best) – at least 8 glasses per day

BENEFITS OF EATING HEALTHY

- **Sustained energy**
- **Improved performance (physical, emotional, and cognitive)**
- **Improved focus**

EXERCISE REGULARLY

Recommendations for Exercise

Always warm up your muscles and tissues before you exercise.

- 150+ minutes of moderate intensity exercise per week.
- Muscle strengthening activities on two or more days a week that work all major muscle groups

HEALTH BENEFITS OF EXERCISE

- **Regular movement** (physical activity):
  - –increases blood flow
  - –burns calories, helping to maintain a healthy weight
  - –reduces risk of cardiovascular disease and diabetes
  - –improves mental health and mood
  - –reduces chronic pain

EXERCISE PRESCRIPTION FOR GOOD HEALTH

- Move at least 10 minutes per hour.
- Walk 10,000 steps per day which is approximately 5 miles.
- Use the stairs, take walking breaks, park farther away.
- Keep moving!

MAINTAIN DESIRABLE WEIGHT

- Exercise regularly
- Follow a prudent diet
- Change behaviors

GET ADEQUATE SLEEP

- Most research shows that 7-9 hours of sleep in 24 hours is adequate for adults
- Breslow and Enstrom found the lowest death rates in those getting 7-8 hours of sleep

What are the MOST SERIOUS consequences of insufficient sleep?

IMMEDIATE EFFECTS (MOST CRITICAL):

- **Impaired operational readiness**:
  - Impaired mental effectiveness
  - Impaired alertness
- **Effects are IMMEDIATE** (seen after 1 night of insufficient sleep)
- **Effects are INSIDIOUS** (person may feel fine)

DAILY / MID-TERM EFFECTS:

- Overall mood and sense of well-being
- Ability to work with and resolve conflicts with co-workers, family members
- Motivation to stick to PT regimen
- Motivation to stick to healthy diet
- Job productivity

MID/LONG-TERM ASSOCIATIONS:

- Increased risk for developing behavioral health problems (combat operational stress disorder, PTSD)
- Increased risk for weight gain, Type II diabetes, heart disease, etc.

PRESCRIPTION FOR SLEEP HEALTH

Infants

- Birth–2 months need 12–18 hours
- 3–11 months need 14–15 hours

Toddlers/Children

- 1–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–10 years old need 10–11 hours

Adolescents

- 10-17 years need 8.5–9.5 hours

Adults

- need 7—8 hours

http://cdc.gov
http://www.sleepfoundation.org/

PRESCRIPTION FOR SLEEP HEALTH

- Create a quiet, dark, comfortable sleeping environment.
- Use the bedroom only for sleep and intimacy.
- Stop caffeine at least 6 hours before bedtime.
- Don’t drink alcohol before bed.
- Get your exercise in by early evening.
- Don’t go to bed hungry.
- Maintain a consistent, regular routine that starts with a fixed wake-up time.
- Get out of bed if you can’t sleep.
- Nap wisely and sparingly.
- Move the bedroom clock to where you cannot see it.

DON'T SMOKE-

Complications From Tobacco Use

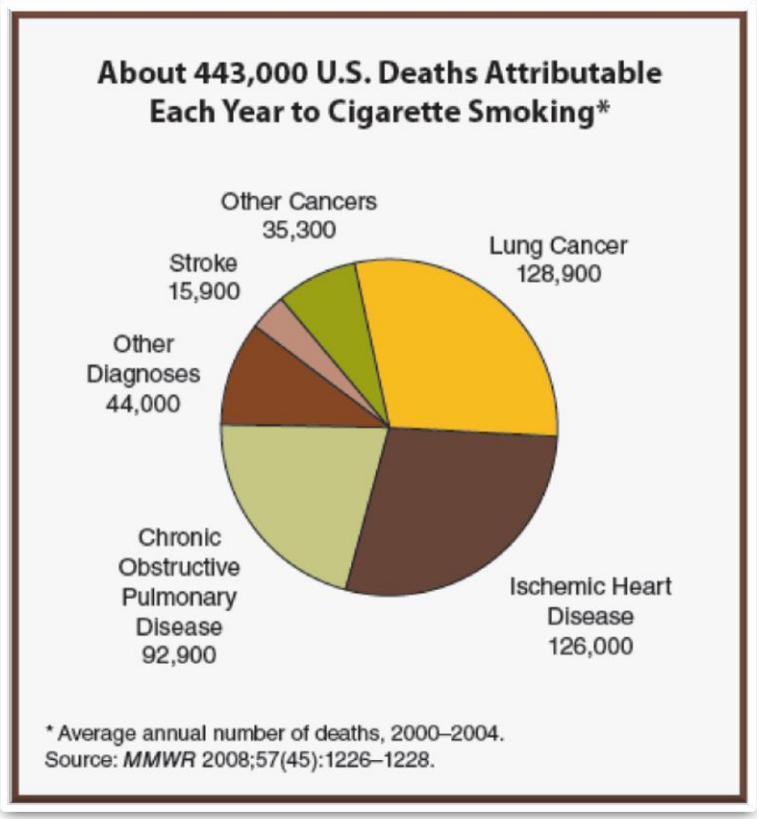
- Lung Cancer (The #1 Cause of Cancer Death in Men and Women)
- Other Cancers: Larynx, Oral Cavity, Esophagus, Urinary Bladder, Kidney, Pancreas, Stomach, Uterus & Cervix
- Emphysema
- Atherosclerosis resulting in heart attacks
- Strokes (Smokers May be at 2-3 times Greater Risk of Having a Stroke)
- Heart Pains
- Leg Pains, Circulatory problems

BJACH TOBACCO PROGRAM

Tobacco Cessation classes offered regularly

- Group Facilitated Sessions or Structured On-line
- Zyban & Nicotine Patches
- Psychological Trigger

Call Health Promotion 531-6880



IMPROVEMENT AFTER QUITTING

It's never too late to quit!

- The first week after quitting, the risk of heart attack decreases substantially.
- Two years after quitting, the risk of heart attack returns to average.
- After ten years, the risk for lung cancer is back to nearly normal.

ALCOHOL MODERATION

Excessive drinking includes **risky** drinking, binge drinking or both

What is a "Drink"?

- 12 ounces of regular beer or wine cooler
- 8 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits or "liquor" (gin, rum, vodka, whiskey)

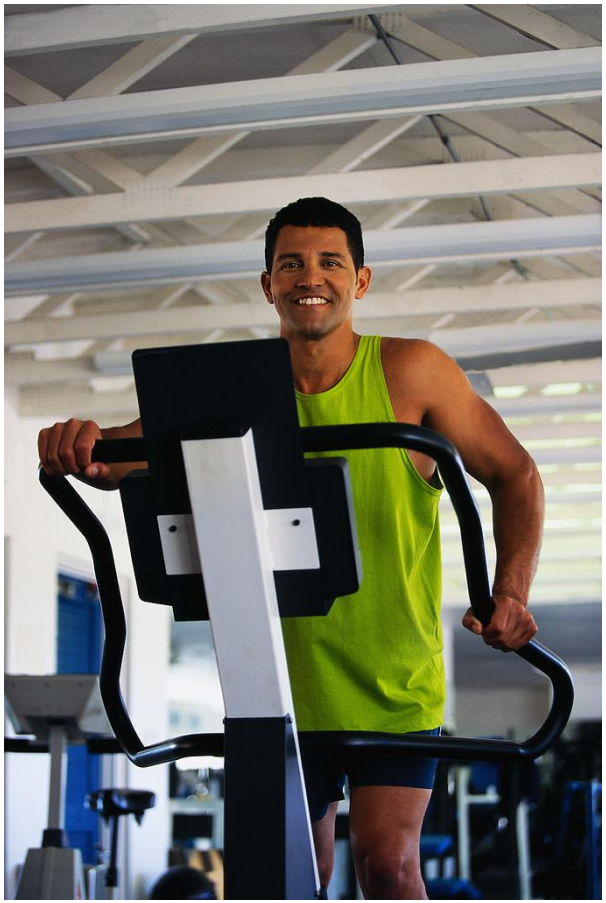
Levels and Patterns of Drinking

- **Risky drinking**
  - For women, more than 1 drink per day on average.
  - For men, more than 2 drinks per day on average.
- **Binge drinking**
  - For women, 4 or more drinks during a single occasion.
  - For men, 5 or more drinks during a single occasion.

Take Personal Responsibility

Know Yourself & Know Your Risks

- Your parents and ancestors help determine who you are
- Your own history is a good predictor of your future
- Being healthy means knowing yourself and knowing what's best for you.



Source: CDC

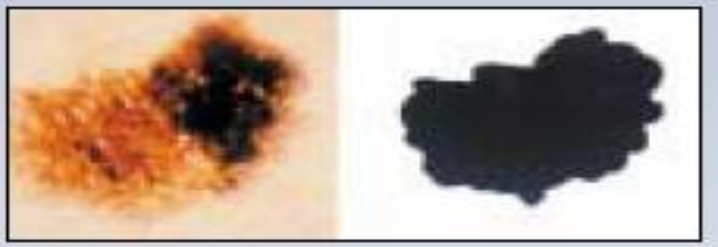
Take Personal Responsibility

- **Know your body.**
  - Eating Habits
  - Bowel Habits
  - Normal Weight
  - Emotional State
  - Vision changes, Aches and Pains
  - Your normal Vital Signs
    - Temperature (96-99 degrees Fahrenheit)
    - Heart Rate (60-100 beats per minute
    - Blood Pressure <120/80
  - Skin exams

SKIN EXAM

ABCDs of melanoma

Skin irregularities may be signs that you have or are about to develop melanoma. Check with your dermatologist if your skin self-exam reveals:



Asymmetry: One side of a mole doesn't look like the other side.

Border: The edges of a mole are ragged or uneven.

Color: More than one color is present in a single mole. A melanoma may include streaks of tan, brown, black, red, white, and blue.

Diameter: A mole becomes larger than pencil eraser size or changes its shape.

Take Personal Responsibility

- **Get health screenings.**
  - Cholesterol
  - BP screening
  - Breast exams
  - Pap smears
  - Testicular exams
  - Prostate exams
  - Mammograms
  - Colorectal Screening
  - Dental exams
  - Vision exams

Health Screening Schedule

AGES		20-29	30-39	40-49	50 and older
Physical Exam		Every 1-2 years for adults 19-49 years of age.			
Blood Pressure					
Vision		Every two years for adults ages 18 to 60, and annual exams for seniors age 61 and older			
Pap Smear	WOMEN	Test every 1-3 years if you are 21-65 based on history. After 65 with recent normal pap smears, you do not need a Pap Smear			
Mammography	WOMEN				
Breast Self-Examination	WOMEN	Monthly	Monthly	Monthly	Monthly
Professional Breast Examination	WOMEN				
Pelvic Exam					
Testicular Self Exam (Men)		Discuss with your Doctor			
Prostate Cancer Screening		Discussion of risks/benefits of prostate screening with your Doctor. Testing may include annual Prostate Specific Antigen (PSA) and/or digital rectal exam.			
Colorectal Cancer Screening		All: beginning at age 50 annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years. High-risk: Earlier or more frequently as recommended by your doctor.			
Cholesterol Blood Test		Routine every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease			
Glaucoma Screening					
Regular Dental Checkup					

Every year | Every 1-2 years | Every 2-3 years | Every 3-5 years

ADULT IMMUNIZATION SCHEDULE

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Recommended Adult Immunization Schedule

UNITED STATES · 2011

Note: These recommendations must be read with the footnotes that follow containing number of doses, intervals between doses, and other important information.

Recommended adult immunization schedule, by vaccine and age group

VACCINE ▼ / AGE GROUP ▶	19–26 years	27–49 years	50–59 years	60–64 years	≥65 years
Influenza[1,*]	1 dose annually				
Tetanus, diphtheria, pertussis (Td/Tdap)[2,*]	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs				Td booster every 10 yrs
Varicella[3,*]	2 doses				
Human papillomavirus (HPV)[4,*]	3 doses (females)				
Zoster[5]				1 dose	
Measles, mumps, rubella (MMR)[6,*]	1 or 2 doses		1 dose		
Pneumococcal (polysaccharide)[7,8]	1 or 2 doses				1 dose
Meningococcal[9,*]	1 or more doses				
Hepatitis A[10,*]	2 doses				
Hepatitis B[11,*]	3 doses				

*Covered by the Vaccine Injury Compensation Program.

For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of previous infection)

Recommended if some other risk factor is present (e.g., based on medical, occupational, lifestyle, or other indications)

No recommendation

Report all clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System (VAERS). Reporting forms and instructions on filing a VAERS report are available at http://www.vaers.hhs.gov or by telephone, 800-822-7967.

Information on how to file a Vaccine Injury Compensation Program claim is available at http://www.hrsa.gov/vaccinecompensation or by telephone, 800-338-2382. Information about filing a claim for vaccine injury is available through the U.S. Court of Federal Claims, 717 Madison Place, N.W., Washington, D.C. 20005; telephone, 202-357-6400.

The recommendations in this schedule were approved by:

Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP)

American Academy of Family Physicians (AAFP)

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ADULT IMUNIZATION SCHEDULE CONTINUED

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Vaccines that might be indicated for adults based on medical and other indications

VACCINE ▼ / INDICATION ▶	Pregnancy	Immuno-compromising conditions (excluding human immunodeficiency virus [HIV])3,5,6,13	HIV infection3,6,12,13 CD4+ T lymphocyte count <200 cells/µL	HIV infection3,6,12,13 CD4+ T lymphocyte count >200 cells/µL	Diabetes, heart disease, chronic lung disease, chronic alcoholism	Asplenia12 (including elective splenectomy) and persistent complement component deficiencies	Chronic liver disease	Kidney failure, end-stage renal disease, receipt of hemodialysis	Healthcare personnel
Influenza1,*	1 dose TIV annually								1 dose TIV or LAIV annually
Tetanus, diphtheria, pertussis (Td/Tdap)2,*	Td	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs							
Varicella3,*	Contraindicated			2 doses					
Human papillomavirus (HPV)4,*		3 doses through age 26 yrs							
Zoster5	Contraindicated				1 dose				
Measles, mumps, rubella (MMR)6,*	Contraindicated			1 or 2 doses					
Pneumococcal (polysaccharide)7,8		1 or 2 doses							
Meningococcal9,*	1 or more doses								
Hepatitis A10,*	2 doses								
Hepatitis B11,*					3 doses				

*Covered by the Vaccine Injury Compensation Program.

For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of previous infection)

Recommended if some other risk factor is present (e.g., based on medical, occupational, lifestyle, or other indications)

No recommendation

These schedules indicate the recommended age groups and medical indications for which administration of currently licensed vaccines is commonly indicated for adults ages 19 years and older, as of January 1, 2011. For all vaccines being recommended on the adult immunization schedule, a vaccine series does not need to be restarted, regardless of the time that has elapsed between doses. Licensed combination vaccines may be used whenever any components of the combination are indicated and when the vaccine's other components are not contraindicated. For detailed recommendations on all vaccines, including those used primarily for travelers or that are issued during the year, consult the manufacturers' package inserts and the complete statements from the Advisory Committee on Immunization Practices ((http:// www.cdc.gov/vaccines/pubs/acip-list.htm).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

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PEDIATRIC IMMUNIZATION SCHEDULE

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Recommended Immunization Schedule for Persons Aged 0 Through 6 Years—United States • 2011

For those who fall behind or start late, see the catch-up schedule

Vaccine ▼ Age ▶	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B[1]	HepB	HepB			HepB						
Rotavirus[2]			RV	RV	RV[2]						
Diphtheria, Tetanus, Pertussis[3]			DTaP	DTaP	DTaP	see footnote[3]	DTaP				DTaP
Haemophilus influenzae type b[4]			Hib	Hib	Hib[4]	Hib					
Pneumococcal[5]			PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus[6]			IPV	IPV	IPV						IPV
Influenza[7]					Influenza (Yearly)						
Measles, Mumps, Rubella[8]						MMR		see footnote[8]			MMR
Varicella[9]						Varicella		see footnote[9]			Varicella
Hepatitis A[10]						HepA (2 doses)				HepA Series	
Meningococcal[11]										MCV4	

Range of recommended ages for all children

Range of recommended ages for certain high-risk groups

This schedule includes recommendations in effect as of December 21, 2010. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Considerations should include provider assessment, patient preference, and the potential for adverse events. Providers should consult the relevant Advisory Committee on Immunization Practices statement for detailed recommendations: http://www.cdc.gov/vaccines/pubs/acip-list.htm. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS) at http://www.vaers.hhs.gov or by telephone, 800-822-7967. Use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services

Department of Health and Human Services
Centers for Disease Control and Prevention

The Recommended Immunization Schedules for Persons Aged 0–18 Years are approved by:
Advisory Committee on Immunization Practices (http://www.cdc.gov/vaccines/recs/acip)
American Academy of Pediatrics (http://www.aap.org)
American Academy of Family Physicians (http://www.aafp.org)

More information regarding vaccine administration can be obtained from the websites above or the CDC-INFO contact center:
800-CDC-INFO
ENGLISH & ESPAÑOL – 24/7
[800-232-4636]

Keep track of your child's immunizations with the CDC Childhood Immunization Scheduler
http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/

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PEDIATRIC IMMUNIZATION SCHEDULE CONTINUED

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Recommended Immunization Schedule for Persons Aged 7 Through 18 Years—United States • 2011

For those who fall behind or start late, see the schedule below and the catch-up schedule

Vaccine ▼ Age ▶	7–10 years	11–12 years	13–18 years
Tetanus, Diphtheria, Pertussis[1]		Tdap	Tdap
Human Papillomavirus[2]	see footnote [2]	HPV (3 doses)(females)	HPV Series
Meningococcal[3]	MCV4	MCV4	MCV4
Influenza[4]	Influenza (Yearly)		
Pneumococcal[5]	Pneumococcal		
Hepatitis A[6]	HepA Series		
Hepatitis B[7]	Hep B Series		
Inactivated Poliovirus[8]	IPV Series		
Measles, Mumps, Rubella[9]	MMR Series		
Varicella[10]	Varicella Series		

Range of recommended ages for all children

Range of recommended ages for catch-up immunization

Range of recommended ages for certain high-risk groups

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American Academy of Family Physicians (http://www.aafp.org)

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http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/

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Take Personal Responsibility

- **Tooth decay is the most common childhood disease.**
- **Poor oral health can be a risk factor for diabetes, heart disease, and stroke.**

- Commit to daily oral health routines and keep your children involved in oral health.
- Brush and floss to remove plaque
- If you use tobacco, quit today!
- Limit high sugar snacks and drinks
- Visit the dentist regularly

Take Personal Responsibility

Manage Stress

Protect your mental and physical health by engaging in healthy activities that help you manage your stress at work and at home.

Stress Busters…

- Take Charge – Be Responsible
- Stay Connected
- Stay Active
- Random Acts of Kindness
- Smile!

Source: CDC

Behavioral Health Help

Private Help 24/7
Call: 1.800.342.9647

Behavioral Health Assistance Line

Active duty service members (ADSMs) and their TRICARE-enrolled Family Members can receive assistance in:

- Locating behavioral health providers
- Scheduling BH appointments.

Call: 1-877-298-3514; 337-531-3922 or 337-653-2349

For Immediate Concerns

If you have a medical emergency, please **call 911** or contact your local hospital right away.

If you are feeling distressed or hopeless, thinking about death or wanting to die, or if you are concerned about someone who may be suicidal, please contact:

- **Military One Source** at **1-800-342-9647**
- **Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**
- **Wounded Soldier and Family Hotline** at **1-800-984-8523**

Medical Self-Care

What if you or someone in your family had a minor health problem?

What would you do?

Practice Good Health Habits

Good Health Habits…

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits can help keep you from getting sick.

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your eyes, nose or mouth
- Practice good health habits

Source: CDC

Early Treatment

Seek medical treatment concerning new problems

- Fever
  - Fever above 100.4º F in infant under 3 months
  - Fever above 102.2º F in baby 3-12 months
  - Any fever lasting more than 2 days in child under 2 yr
  - Any fever lasting more than 3 days in over 2 yr-old
- Unexpected rash with fever
- Vomiting & diarrhea for more than a few hours (any age child)
- A cough/cold that's not better in a week, or a cold that gets worse after a few days with a "late" fever
- Ear pain with fever or drainage from ear
- Not drinking fluids for more than 12 hours
- Sore throat with problems swallowing
- Sharp/persistent pain in the abdomen or stomach
- Unexplained weight loss
- Blood when coughing / Blood in urine
- Lump in your breast or testicles

Early Treatment

- Have a PLAN
  - Doctor's office phone/appointment number
  - Where to go for an emergency
  - Where/how to get self-care information

BJACH

- **www.polk.amedd.army.mil**
- **ER** (call 911 for emergency)
  (337) 531-3368
- **BJACH Call Center**
  (337) 531-3011
  - Appointments
  - Nurse Advise
  - Pharmacy Refills

TRICARE On-Line

- Free access to TRICARE beneficiaries
- Excellent source of self-care information
- Medical Features:
  - Appointment scheduling
  - Be Well
    - Medical Conditions
    - Over the Counter Medication information
    - Self-Care Treatment Information
    - Medication Interaction Check
- TRICARE online website: www.tricareonline.com

OTC Medications

Does your Medicine cabinet look like this?

- Throw away expired, unneeded and excess medicines
- Store medications neatly in a cool, dry place that is out of children's reach and properly secured

Did You Know…

- U.S. citizens self-treat medical problems on average of every three days
- Over 80% of new health problems are treated at home
- The misuse of OTC drugs causes 178,000 hospitalizations a year (CDC)

Facts and OTC Problems

- People don’t always consider OTC’s real medicine
- Over 100,000 OTC medicines are available
- Many people don’t know what is in these medications, and very many contain the same active ingredients
- Only 34% of consumers could identify the active ingredient in the medicine they were taking

10 Tips on OTC use

1. Read the label and use only as directed
2. Treat only the symptoms you have
3. Know what to avoid while taking OTCs – beware of interactions
4. ASK before you buy
5. **Be careful** if you take more than one OTC medication
6. Don’t mix Rx, OTC, and herbal meds
7. Give your doctor a list of **ALL** the meds you take
8. For kids, use pediatric formulas
9. Throw meds away if they are expired or unneeded
10. Keep all meds secure and out of reach of children

How do you decide which medicine is the right OTC medicine for you?

Read the *Drug Facts* label

All OTC medicines have a *Drug Facts* label

Active Ingredients and their Purposes

Drug Facts Label

Drug Facts

Active ingredients **Purposes**
(in each 5 ml teaspoonful)
Ibuprofen 100 mg (NSAID)*.....Pain reliever/ fever reducer
Pseudoephedrine HCl 15mg.....Nasal decongestant
*nonsteroidal anti-inflammatory drug

Uses temporarily relieves
- nasal and sinus congestion
- stuffy nose
- head ache
- sore throat
- minor body aches and pains
- fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:
- hives
- facial swelling
- asthma (wheezing)
- shock
- skin reddening
- rash
- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever , headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use
- if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
- right before or after heart surgery
- in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

Ask a doctor before use if the child has
- problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants
- stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
- ulcers
- bleeding problems
- not been drinking fluids
- lost a lot of fluid due to vomiting or diarrhea
- high blood pressure
- heart or kidney disease
- taken a diuretic

Ask a doctor or pharmacist before use if the child is
- taking any other drug containing an NSAID (prescription or nonprescription)
- taking a blood thinning (anticoagulant) or steroid drug
- under a doctor's care for any continuing medical condition
- taking any other drug ▶

Drug Facts (continued)

When using this product
- take with food or milk if stomach upset occurs
- long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if
- an allergic reaction occurs. Seek medical help right away.
- the child does not get any relief during the first day (24 hours) of treatment
- fever, pain, or nasal congestion gets worse or lasts for more than 3 days
- stomach pain or upset gets worse or lasts
- symptoms continue or get worse
- redness or swelling is present in the painful area
- the child gets nervous, dizzy, or sleepless
- any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions
- **this product does not contain directions or complete warnings for adult use**
- **do not give more than directed**
- do not give longer than 10 days, unless directed by a doctor (see Warnings)
- shake well before using
- find right dose on chart below. If possible use weight to dose; otherwise use age.
- use only with enclosed measuring cup
- if needed, repeat dose every 6 hours
- do not use more than 4 times a day
- replace original bottle cap to maintain child resistance
- wash dosage cup after each use

Dosing Chart

Weight (lb)	Age (yrs)	Dose (teaspoonful)
under 24	under 2	ask a doctor
24-47	2 to 5	1 tsp
48-95	6 to 11	2 tsp

Other information
- do not use if printed neckband is broken or missing
- store at 15-30°C (59-86°F)
- see bottom of box for lot number and expiration date

Inactive ingredients acesulfame potassium, citric acid, corn syrup, D&C red #33, FDA&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polysorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
http://ChildrensFeelBetter.com

Active Ingredients:

The part(s) of the medicine that make it work

What does **Drug Facts** tell us about each active ingredient?

- The **name** of the active ingredient

  How much is in each pill or teaspoon (5mL)

- What it does (its **purpose** or job)
- The problems it treats (its **uses**)

What does this medicine treat?

Drug Facts

Active ingredients (in each 5 ml teaspoonful) — **Purposes**

Ibuprofen 100 mg (NSAID)*.....Pain reliever/ fever reducer

Pseudoephedrine HCl 15mg.....Nasal decongestant

*nonsteroidal anti-inflammatory drug

Uses temporarily relieves

- nasal and sinus congestion
- stuffy nose
- head ache
- sore throat
- minor body aches and pains
- fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- facial swelling
- asthma (wheezing)
- shock
- skin reddening
- rash
- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever , headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

This medicine treats:

- Fever
- Headache
- Minor body aches and pains
- Sore throat
- Stuffy nose
- Nasal and sinus congestion

Drug Facts

Active ingredients (in each 5 ml teaspoonful)	Purposes
Ibuprofen 100 mg (NSAID)*	Pain reliever/ fever reducer
Pseudoephedrine HCl 15mg	Nasal decongestant

*nonsteroidal anti-inflammatory drug

Uses temporarily relieves

- nasal and sinus congestion
- stuffy nose
- head ache
- sore throat
- minor body aches and pains
- fever

Should these medicines be taken together?

Grape Flavor

Get Better

Cold and Fever

Suspension

Relieves:
Fever
Stuffy Nose
Minor aches and pains

Acetaminophen ▶ Pain reliever/ Fever reducer

Phenylephrine HCL ▶ Nasal decongestant

Drug Facts

Active Ingredients	Purposes
(in each 5 mL teaspoonful)	
Acetaminophen 500 mg	Pain reliever/ fever reducer
Phenylephrine HCl 5 mg	Nasal decongestant

Uses temporarily relieves
- nasal and sinus congestion
- stuffy nose
- headache
- sore throat
- minor aches and pains
- fever

Headache Pain Relief

Release

Liqui-gel capsules

Relieves:
Headache
Fever
Minor aches and pains

Acetaminophen ▶ Pain reliever/Fever reducer

Drug Facts

Active Ingredients	Purposes
(in each capsule)	
Acetaminophen 500 mg	Pain reliever/ fever reducer

Uses temporarily relieves
- headache
- sore throat
- minor aches and pains
- fever

NO!

Each contains 500mg of acetaminophen = Danger!

What's all this stuff?

Drug Facts

Active ingredients — **Purposes**

(in each 5 ml teaspoonful)

Ibuprofen 100 mg (NSAID)*.....Pain reliever/ fever reducer

Pseudoephedrine HCl 15mg.....Nasal decongestant

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Sore throat w throat ac na doc admi directe unless

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- in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

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- ulcers
- bleeding problems
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- lost a lot of fluid due to vomiting or diarrhea
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- taking any other drug containing an NSAID (prescription or nonprescription)
- taking a blood thinning (anticoagulant) or steroid drug
- under a doctor's care for any continuing medical condition
- taking any other drug ▶

Warnings

Drug Facts (continued)

When using this product

- take with food or milk if stomach upset occurs
- long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if

- an allergic reaction occurs. Seek medical help right away.
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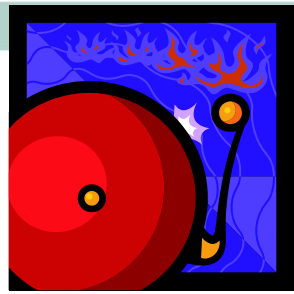
Warnings



The warnings section tells you:

- When you should not use the medicine at all
- When you should talk to your doctor first
- How the medicine might make you feel
- When you should stop using the medicine
- Things you should not do while taking the medicine.

Once you think you have found the right medicine for your problem…

What else do you need to know before you use your medicine?

How to use the medicine

Drug Facts

Active ingredients (in each 5 ml teaspoonful) — **Purposes**

Ibuprofen 100 mg (NSAID)*.....Pain reliever/ fever reducer

Pseudoephedrine HCl 15mg.....Nasal decongestant

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Uses temporarily relieves

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- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever , headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use

- if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
- right before or after heart surgery
- in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

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Drug Facts (continued)

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- take with food or milk if stomach upset occurs
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Stop use and ask a doctor if

- an allergic reaction occurs. Seek medical help right away.
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Questions? 1-800-123-4567
http://ChildrensFeelBetter.com

- How much medicine to use
- How often to use it
- How long you can use it

Measuring Tools for Medicines

- Use the measuring spoon, cup, syringe, or dropper that comes with your medicine. This is the most exact way to measure your dose.
- If your medicine doesn't come with a special measuring tool, ask for one at the pharmacy.
- A household "teaspoon" or "tablespoon" will not hold the correct amount of medicine.
- Make sure the tool can measure the right dose – check the markings on the tool.

OTC Medication Use

- Most common uses by category include:
  - Pain (78%)
  - Cough, cold, flu (52%)
  - Allergy and sinus (45%)
  - Heartburn, stomach (37%)
  - Constipation, diarrhea (21%)
  - Skin problems (10%)

Colds and the Flu

- Account for more unnecessary visits than any other problem
- Cannot be cured by antibiotics or other drugs
- OTC medications can be used to treat the symptoms while the main problem (virus) is cured by your immune system

Pain and/or Fever

- Acetaminophen (Tylenol)
  - First line treatment in most patients, even infants
  - Pediatric Dose based on weight
  - Few side effects but very dangerous in overdose
- Ibuprofen (Motrin, Advil)
  - Safe for use in children over 6 months of age
  - Pediatric Dose based on weight
  - More side effects with longer use
- Aspirin
  - Should be avoided in all pediatric patients for Reye's syndrome risk
  - Other problems usually associated with stomach distress (greater risk of ulcer and bleeding)

Cough, Cold, Sinus, Allergies

- Decongestants (stuffy nose)
  - Pseudoephedrine (Sudafed)
  - Phenylephrine (Sudafed-PE)
  - Oxymetazoline (Afrin)
    - Have been associated with hypertension, irritability and hyperactivity
    - Afrin not to be used for more than 3 days
    - Products are available for children, but dosing is critical
    - Often part of multi-symptom OTC medications
  - Saline Nose Drops: Recommended for most children under 4 years of age

Cough, Cold, Sinus, Allergies

- Antihistamines (runny nose)
  - Diphenhydramine (Benadryl)
  - Loratadine (Claritin, Alavert)
  - Cetirizine (Zyrtec)
  - Chlor/Brompheniramine (Chlortrimeton/Dimetapp)
    - Treats allergic cause of runny nose, sneezing
    - Some cause drowsiness
    - May dry-up airway, so drink fluids while taking
    - Products are available for children, but dosing is critical
    - Often part of multi-symptom OTC medications (like Dimetapp)

Cough

- Cough suppressants
  - DM = dextromethorphan
    - Robitussin-DM
    - Delsym
    - Drowsiness, dizziness, Nausea/Vomiting in excess
- Expectorants
  - Guaifenesin
    - The only ingredient in “Plain” Robitussin
    - Part of many multi-symptom OTC meds
    - Is said to “break-up” mucous that causes cough
    - Need to keep hydrated to work -- and at OTC doses, it doesn’t work better than just drinking water.

OTC Combination Products

- Many brands (like Robitussin) have several choices, depending on symptoms:
  - Plain, DM, CF, PE, NightTime, Daytime, MAX, etc
- Combination products often contain:
  - Antihistamines
  - Decongestants
  - Cough suppressants
  - Expectorants
  - Acetaminophen
- To Avoid Overdose: Do not combine any OTC medication with an OTC combination product

OTC Combination Products

ROBITUSSIN® PRODUCTS

Robitussin® provides effective relief of your specific cough and cold symptoms.

Enter Zip Code or City, State FIND

* Contact store for product availability.

OUR PRODUCTS

NEW Use the Robitussin® Relief Finder to find the right product for you. GO

COUGH AND/OR CHEST CONGESTION	MULTISYMPTOM COLD	FLU/SEVERE COLD	CHILDREN'S
Adult Robitussin Cough & Chest Congestion DM Max — Compare	Adult Robitussin Cough & Cold CF Max — Compare	Adult Robitussin Night Time Cough, Cold & Flu — Compare	Children's Robitussin Cough & Cold LONG-ACTING — Compare
Adult Robitussin Cough & Chest Congestion DM — Compare	Adult Robitussin Cough & Cold CF — Compare		Children's Robitussin Cough LONG-ACTING — Compare
Adult Robitussin To Go Cough & Chest Congestion DM — Compare	Adult Robitussin To Go CF — Compare		Children's New! Robitussin Cough & Cold CF — Compare
Adult Robitussin Cough & Chest Congestion SUGAR-FREE DM — Compare	Adult Robitussin Cough & Cold LONG-ACTING — Compare		
Adult Robitussin Cough LONG-ACTING — Compare	Adult Robitussin Night Time Cough & Cold — Compare		
Adult Robitussin CoughGELS LONG-ACTING — Compare			

Heartburn, Stomach, Gas

- Antacids (many)
  - Maalox, Tums, Rolaids (buffer stomach acid)
  - Zantac, Pepcid, Prilosec (reduce acid formation)
  - Treat heartburn, reflux, and “indigestion”
  - Usually safe, but see a doc if they are needed very frequently
- Anti-Gas
  - Simethicone (Gas-ban, Mylicon)
  - Break-up gas bubbles so that gas can pass to relieve bloating and pain. Does not reduce the amount of gas inside or that comes out!
  - Used for newborn colic, but usually not very effective at reducing colicky crying

Constipation and Diarrhea

- Constipation
  - **Laxatives** (stimulate movement): Dulcolax, Exlax. Miralax, Milk of Magnesia, Lactulose, etc.
    - Can be unpredictable and can cause diarrhea and discomfort – use with caution
  - **Stool Softeners** (lubricate the passage): Colace
  - **Bulk-forming** (dietary fiber): Metamucil, Benefiber, etc., best obtained with good diet
- Diarrhea
  - Loperamide (Imodium)
  - Bismuth subsalicylate (Kaopectate, Pepto-Bismol)
    - Pediatricians advise against the use of OTC anti-diarrhea meds in children and advise safe oral rehydration (Pedialyte)
    - Bring child to doctor for blood in stool or for diarrhea with dehydration

Skin Problems

- Cuts/Skin wounds
  - Clean with LOTS and LOTS of running water and antibacterial soap
  - Close wound with a clean bandage
  - Antibiotic ointment may help (Bacitracin)
  - Caution: Deep cuts around face and joints; Bad bite from human or animal
- Rash, allergic/dermatitis/eczema
  - May treat with topical “steroid” (hydrocortisone)
  - More serious forms may require prescription
- Rash, fungal
  - Usually in the “wet” areas of body (between legs, toes, and under arms) - clean and dry often and well
  - OTC antifungal may be tried
    - Lotrimin, Mycelex, Clotrimazole, Lamasil
  - Call doc if not better within one week

BJACH OTC Med List

- Available on-line at BJACH web: www.polk.amedd.army.mil Under pharmacy's web link.

- Policies and limitations of program are listed on the bottom of OTC list

OTC_med_list_Apr10[1].pdf - Adobe Reader

80% Find

Bayne-Jones Army Community Hospital OTC Self-Care Medication Request (Apr10 update)

Today's Date: _____ **Patient's Name:** _____.

Patient Date of Birth: **Sponsor's Last-Four of SSN:**

Allergy Medications		**Comments**
	Benadryl (diphenhydramine) 12.5mg/5ml elixir - bottle	4+ Years Old
	Benadryl (diphenhydramine) 25mg capsules - box	**OB & Lactation OK**
	Claritin (loratadine) 10mg tablets - box	**OB & Lactation OK**
	Claritin (loratadine) 1mg/ml syrup - bottle	4+ Years Old
Cold Medications		
	AYR saline nasal spray - bottle	ALL Ages
	Dimetapp liquid - bottle	6+ Years Old
	Sudafed (pseudophedrine) 30mg tablets - box	**OB OK** (not Lactation**)
	Sudafed (pseudophedrine) 15mg/5ml syrup - bottle	6+ Years Old
	Robitussin DM (guaifenesin + dextromethorphan) syrup - bottle	4+ Years Old
	Cepacol sore throat lozenges - box	**OB & Lactation OK**
Pain and Fever Medications - - Ask for Pediatric Dosing Chart		
	Tylenol (acetaminophen) 80mg/0.8ml dropper - bottle	ALL Ages
	Tylenol (acetaminophen) 160mg/5ml liquid - bottle	ALL Ages
	Tylenol (acetaminophen) 325mg tablets - bottle	**OB & Lactation OK**
	Motrin (ibuprofen) 100mg/5ml liquid - bottle	6+ Months Old
	Motrin (ibuprofen) 200mg tablets - bottle	**Lactation OK** (not OB)
Gastrointestinal Medications		
	Maalox-Plus liquid - bottle	**OB & Lactation OK**
	Milk of Magnesia liquid - bottle	**OB & Lactation OK**
	Pepto-Bismol (bismuth subsalicylate) chewable tablets - box	12+ Years Old
Anti-Fungal Medications		
	Mycelex (clotrimazole) 1% topical cream - tube	12+ Years Old
	Tinactin (tolnaftate) 1% topical powder - bottle	12+ Years Old
	Mycelex (clotrimazole) 1% vaginal cream - tube	12+ Years Old
Miscellaneous Topical Medications		
	Hydrocortisone 0.5% topical cream - tube	4+ Years Old
	Hydrocortisone 1% topical cream - tube	12+ Years Old
	Bacitracin topical ointment - tube	ALL Ages
	Zinc Oxide topical ointment - tube	ALL Ages
Plan B (start within 72 hrs of unprotected intercourse; no OTC card needed; must be 17+ year old beneficiary)		

The OTC Self-Care class and OTC Self-Care card are offered by BJACH Health Promotions
Call BJACH Health Promotions at 531-2751 for class information

POLICIES for OTC Self-Care Program Use

1. **An OTC card is required, or pharmacy must have record of your OTC class attendance.**
   OTC card is NOT required for active duty Soldiers - All should attend the OTC class.
   OTC card is NOT required for liquid Tylenol or Motrin for post-immunization pain.
   OTC card is NOT required for Plan B (see rules above).
2. **If patient is under 4 years old, the only OTC meds available are:**
   Tylenol drops and liquid, Motrin liquid, saline nasal, bacitracin, and zinc ointment.
3. **Only 4 items may be requested per pharmacy visit per week.**
4. **OTC medications must be entered into the patient's electronic medication profile.**
5. **If symptoms persist, please seek medical attention.**
6. **Inform your care provider of all OTC medications you take or use.**

** Pseudoephedrine may decrease milk production, so mothers with low milk production should avoid its use.

Obtaining OTCs at BJACH

- **Step #1** If you need medication(s) pull a ticket from the Pharmacy/Lab Kiosk.
- **Step #2** Wait for your number to be called.
- **Step #3** Proceed to the designated window once you have been called.
- **Step #4** Request desired OTC medication(s) using the OTC medication request form.
- **Step #5** Complete the short survey on the back
- **Step #6** Ask questions as needed.

(Pharmacist can make appropriate recommendations)

BJACH Pharmacy

- Pharmacy hours of operation
  - Mon-Fri: 0730-1800 hrs
  - Closed weekends & federal holidays
- Pharmacy Telephone Number:
  - (337) 531-3784 (automated refill line)
  - (337) 531-8090/8091 (outpatient pharmacy)

Important BJACH Phone Numbers

Central Appointments/Triage Nurse	(337) 531-3011
TRICARE Website: www.tricareonline.com	
EMERGENCIES	911
Emergency Room	(337) 531-3368/3369
Health Benefits Advisor	(337) 531-3974
Patient Representatives	(337) 531-3628/3880
Outpatient Pharmacy	(337) 531-8090
Poison Control (not BJACH)	1-800-222-1222

Health Promotion Program

Central number	(337) 531-6880
Health Promotion Nurse	(337) 531-3255
Health Promotion Technicians	(337) 531-3776/4818/3014/7945

Test your Knowledge

- Go to
  - http://quizstar.4teachers.org/indexs.jsp

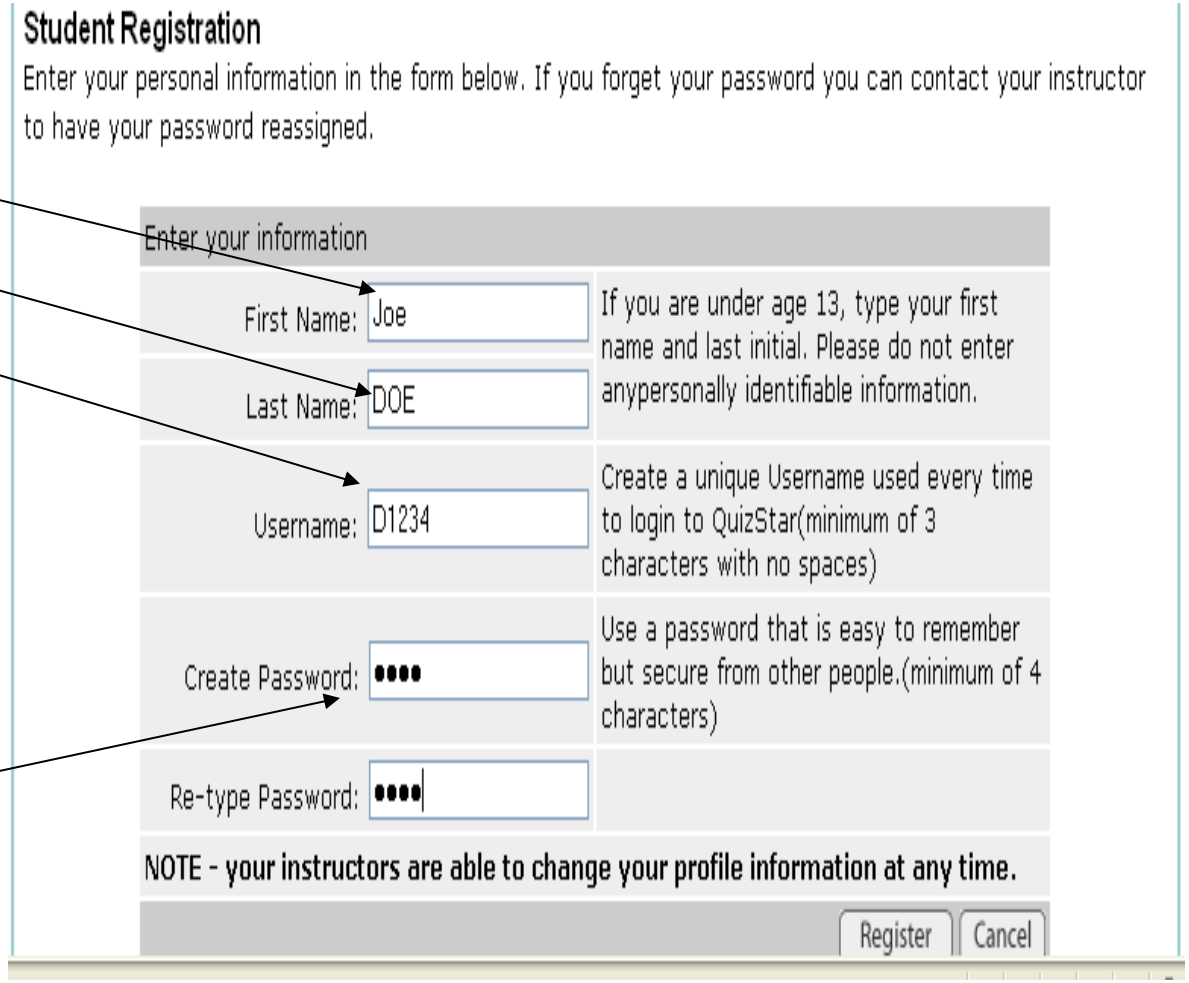
- Follow the next slides to register, enroll and take the quiz.

Click Sign Up

- Click Sign Up

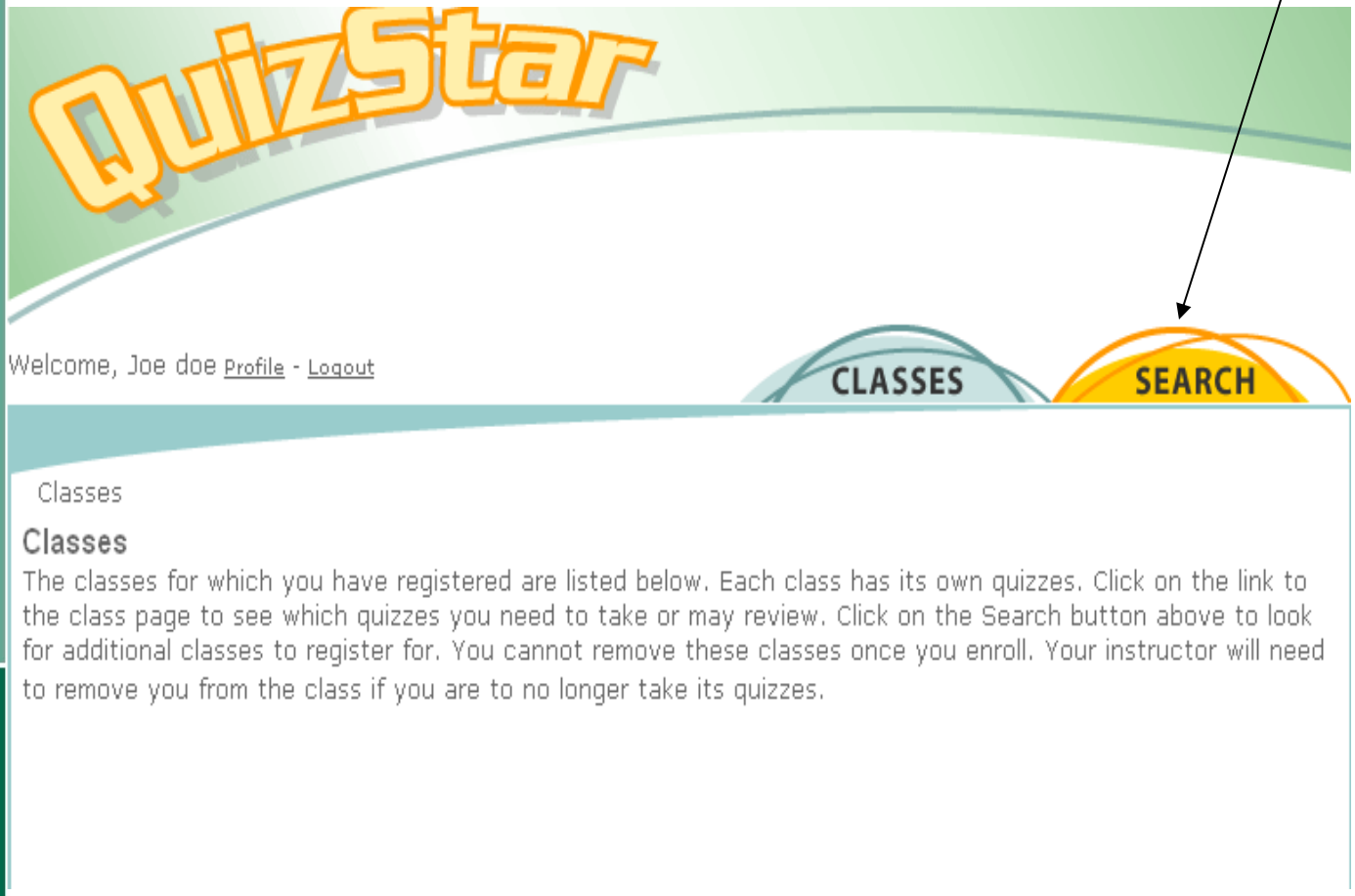
Registering

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



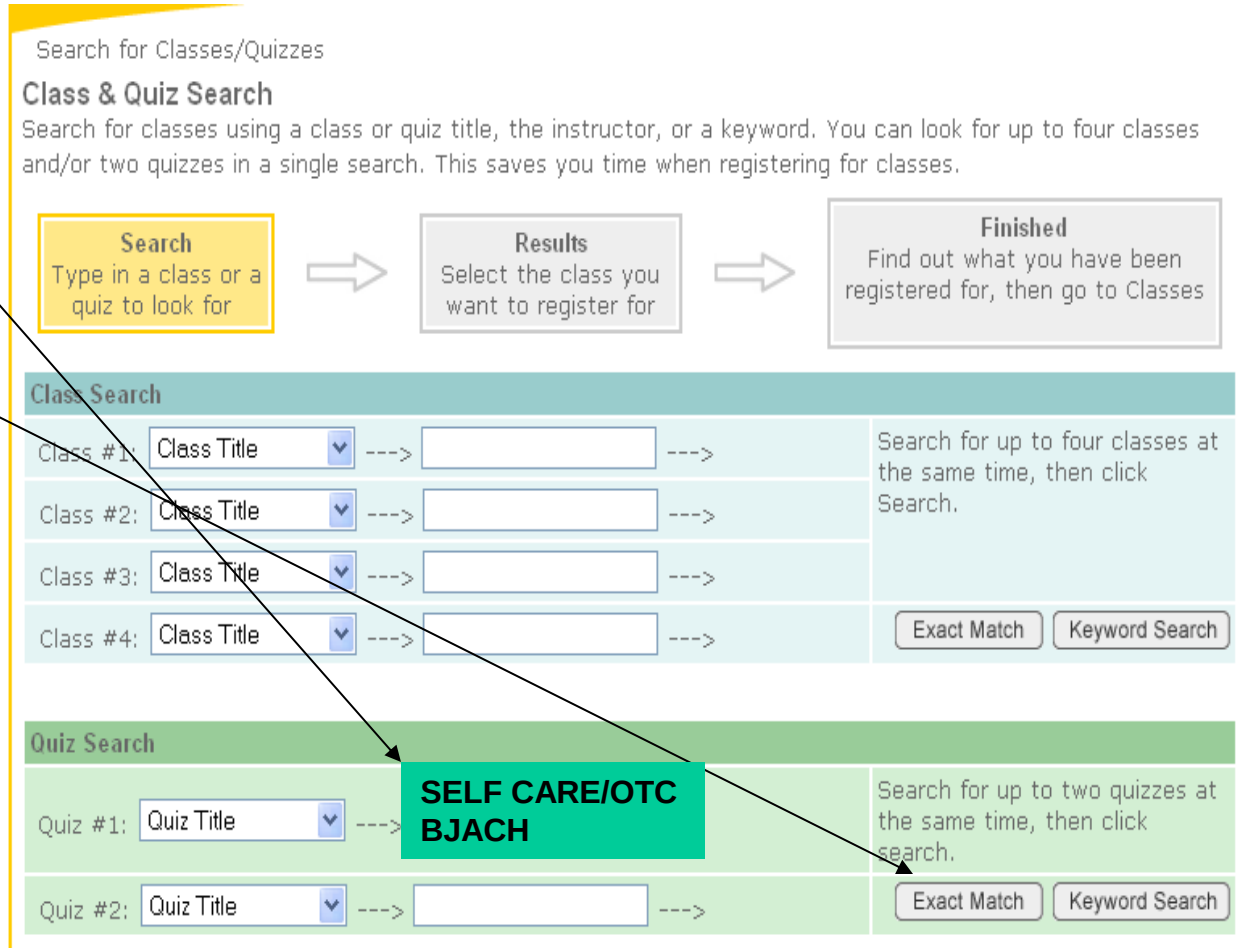
Finding the Quiz

- Click Search



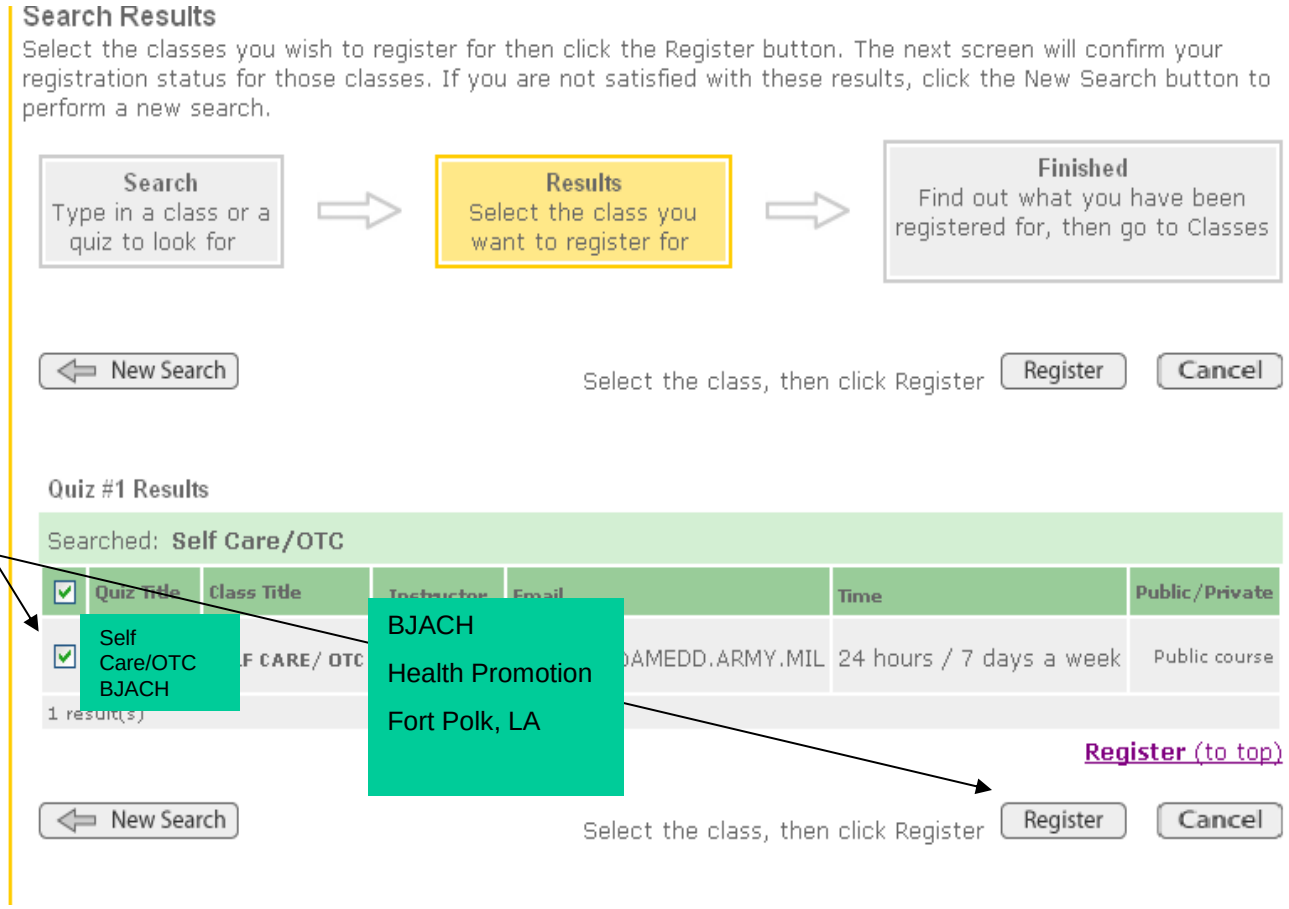
Finding the Quiz

- Look under "Quiz Search"
- Enter "Self Care BJACH"
- Then Click Exact Match
- **It is Important to use exact spelling and spacing**



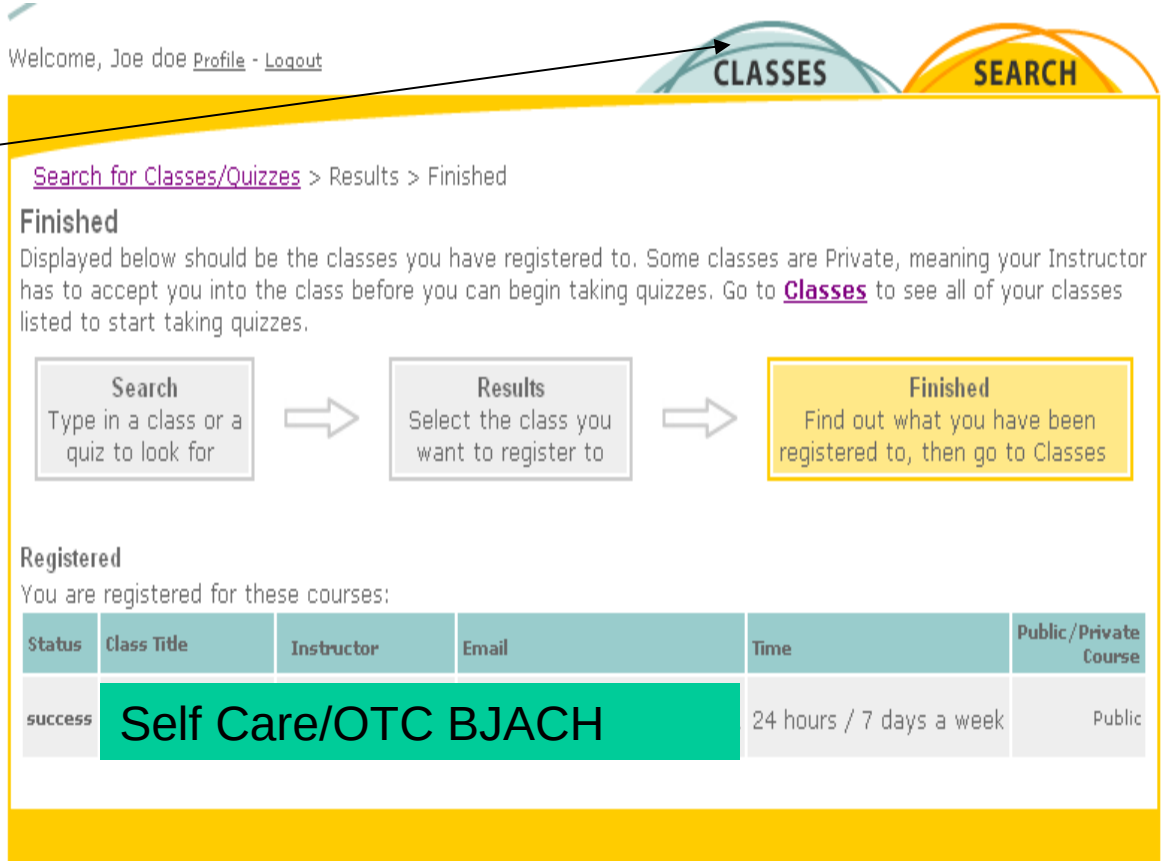
Registering for the Quiz

- Check Box beside " Self Care BJACH "
- Click Register

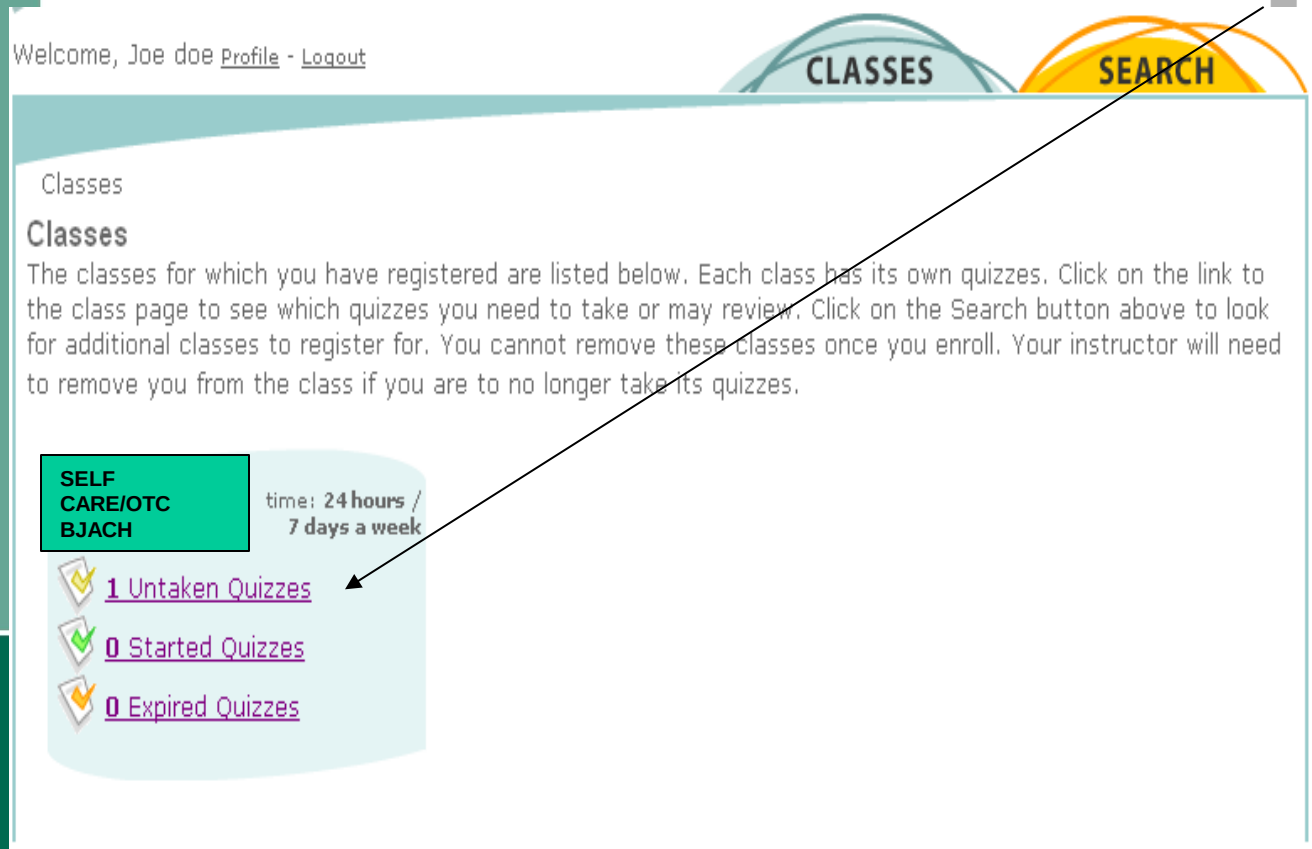


Now you're Registered

- Click Classes

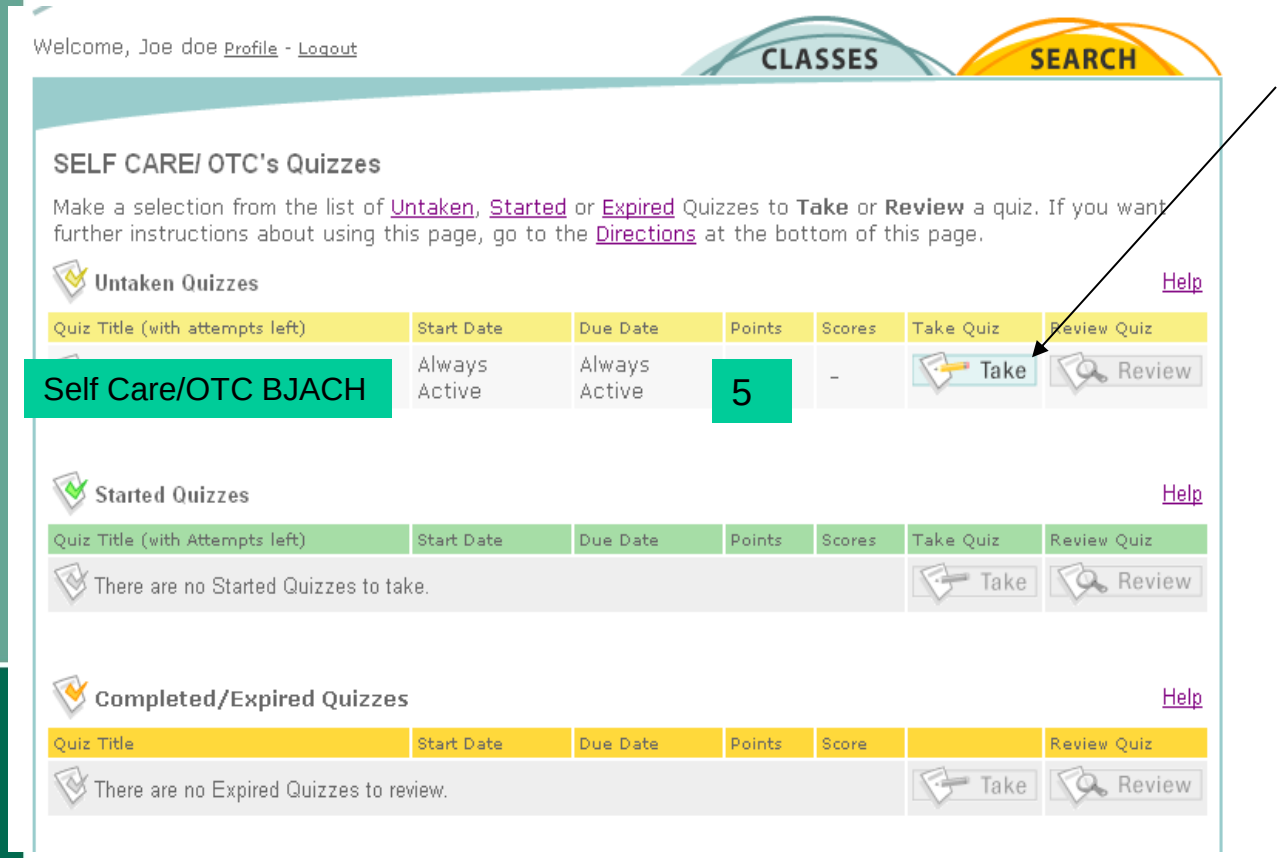


Almost there



- 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* . Bring your results to Department of Preventive Medicine, Health Promotion to receive your OTC Medication Card
- If you have questions, contact Health Promotion at (337) 531-3255 or (337) 531-6880

THANK YOU FOR USING THE BJACH SELF CARE OVER THE COUNTER MEDICATION ONLINE CLASS

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