

# **Self Care & Over the Counter (OTC) Medication Program**

**Department of Preventive Medicine**

**Pharmacy Services**

**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 presentation is approximately 30 minutes in length.
- 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 Pharmacy Services, to receive your OTC medication card .

# 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

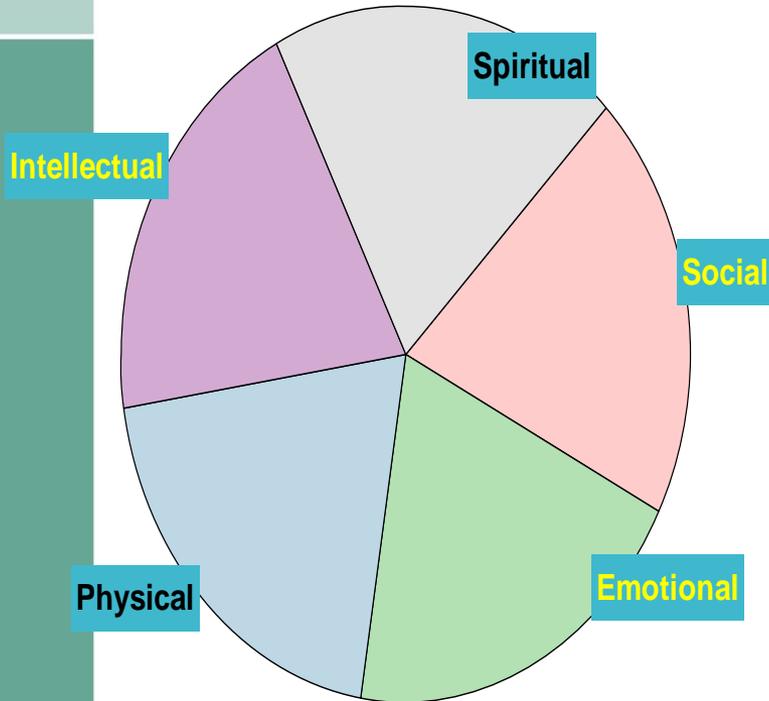
# THE PERFORMANCE TRIAD INITIATIVE

The Performance Triad is part of the Army's Ready & Resilient Families Campaign. It is the foundation for Army Medicine's transformation from a System of Healthcare to a "*System for Health*".

## The System for Health:

- **MAINTAINS** health through fitness and illness/injury prevention
- **RESTORES** health through patient-centered care
- **IMPROVES** health through informed choices in the Life Space (*time spent outside of a healthcare visit*)

# 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.

# PERFORMANCE TRIAD



Get started on a healthier lifestyle by following

“The Performance Triad” target behaviors:

- Get Quality Sleep
- Engage in Activity
- Improve Nutrition

# 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.



# 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!

# 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



# BJACH TOBACCO PROGRAM

## Don't Use Tobacco, If You Do Quit!!

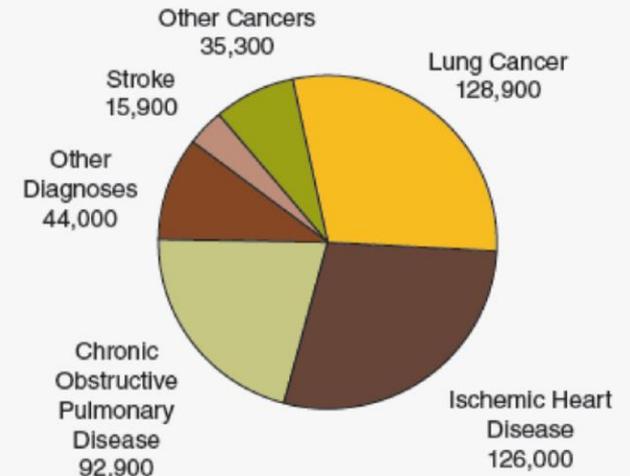
Tobacco Cessation classes  
offered regularly

Individualized Quit Plans

Counseling is proven to  
increase chances of  
success when partnered  
with medications like  
Wellbutrin and nicotine  
patches

Call Health Promotion  
531-6880

About 443,000 U.S. Deaths Attributable  
Each Year to Cigarette Smoking\*



\* Average annual number of deaths, 2000–2004.  
Source: *MMWR* 2008;57(45):1226–1228.

# 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 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

# Take Personal Responsibility

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

# 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	W O M E N	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					
Breast Self-Examination		Monthly	Monthly	Monthly	Monthly
Professional Breast Examination					
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

# CDC Vaccine Schedule App

## Download the App

**Note:** If you previously downloaded the tool, check that you have version 2.0.1 with 2015 schedules and footnotes.

**Download "CDC Vaccine Schedules" free for iOS and Android devices.**



### Product Specs

**Version:** 2.0.1

**Requirements:** Requires iOS 5.0 or later and Android 2.1 or later; optimized for tablets and useful on smartphones.

**Updates:** Changes in the app are released through app updates.

Download app free for **iOS**



Download app free for **Android**



# 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!



# 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



# Early Treatment

Seek medical treatment concerning new problems

- Fever
  - Fever above 100.4° F in infant under 3 months
  - Fever above 102.2° 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](http://www.polk.amedd.army.mil)**
- **ER** (call 911 for emergency)  
(337) 531-3368
- **BJACH Call Center**  
(337) 531-3011
  - Appointments
  - Nurse Advise
  - Pharmacy Refills



**Private Help 24/7**  
**Call: 1.800.342.9647**

# 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](http://www.tricareonline.com)

# BJACH Self Care Program

- **Promotes self-care**
- **Provides over the counter (also known as: OTCs) medications without requiring a prescription from your Primary Care Provider**

# Who is Eligible?

- Patients eligible for pharmacy services at the Military Treatment Facility (MTF)
- Proof that at least 1 adult family member has completed a self-care education session
- NOTE: documentation of completion of a self-care program at another facility will be accepted at BJACH.

# Available Medications

- **Pain relievers**
  - Acetaminophen (Tylenol)
  - Ibuprofen (Motrin)
- **Allergy/Sinus**
  - Phenylephrine (SudoGest-PE)
  - Diphenhydramine (Benadryl)
  - Loratadine (Claritin)
  - Nasal Saline
  - Cepacol throat lozenges
- **Cough**
  - Guaifenesin w/Dextromethorphan (Robitussin DM)
- **Stomach**
  - Maalox / Mylanta generic
  - Bismuth Subsalicylate (Pepto Bismol)
  - Milk of Magnesia
  - Simethicone drops (infant)
- **Topical /Vaginal**
  - Bacitracin
  - Clotrimazole (anti-fungal)topical and vaginal
  - Hydrocortisone cream 0.5 & 1.0 %
  - Tolnaftate powder (Tinactin) anti fungal
  - Zinc Oxide ointment

# Advice on OTCs

- **ALWAYS:**

- ✓ Read ingredients and intended use for the medication
- ✓ Pay attention to the label warnings
- ✓ Ask a pharmacist or provider if you have any questions
- ✓ See your provider if symptoms persist for longer than 48 hours

- **NEVER:**

- ✓ take more than advised on the label

# “OTC” does NOT mean it is Safe

- **Not all Over the Counter (OTCs) medications are safe for all patients**
- If you have any of the following conditions check with your healthcare provider before taking any new OTC medication:
  - Diabetes
  - Hypertension
  - Thyroid disease
  - Enlarged Prostate
  - Currently Pregnant
  - Currently Nursing
  - Pediatrics

**Note:**  
chlorpheniramine is not included in the Self-Care Card. This slide is an example of a drug facts label.

## Drug Facts

<b>Active ingredient (in each tablet)</b> Chlorpheniramine maleate 2 mg	<b>Purpose</b> Antihistamine
--	---------------------------------

**Uses** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:  
 ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

**Warnings**  
**Ask a doctor before use if you have**  
 ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis  
 ■ trouble urinating due to an enlarged prostate gland

**Ask a doctor or pharmacist before use if you are** taking tranquilizers or sedatives

**When using this product**  
 ■ you may get drowsy ■ avoid alcoholic drinks  
 ■ alcohol, sedatives, and tranquilizers may increase drowsiness  
 ■ be careful when driving a motor vehicle or operating machinery  
 ■ excitability may occur, especially in children

**If pregnant or breast-feeding**, ask a health professional before use.  
**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

<b>Directions</b>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

**Other information** store at 20-25° C (68-77° F) ■ protect from excessive moisture

**Inactive ingredients** D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

**Active Ingredient**

An active ingredient is the chemical compound in the medicine that works with your body to bring relief to your symptoms. It can always be found as the first item on the label.

**Uses**

Sometimes also referred to as indications, this section tells you the ONLY symptoms the medicine is approved treat.

**Warnings**

This section will tell you what other medications, foods or situations to avoid (such as driving) when taking this medicine.

**Inactive Ingredients**

An inactive ingredient is a chemical compound in the medicine that has no effect on your body. Preservatives, items that bind the pill together and food colors are listed here.

**Other Information**

Any other important information about the product, such as how to store the medicine, will be listed in this section.

**Directions**

The only recommended daily dosage and frequency of dosage will be listed here. You should follow this strictly. Its' not just how much you take, but also how often.

# What medication should I take?

Your Symptoms	Active Ingredients	Warning / Precautions**
Runny Nose Sneezing Post Nasal Drip Watery eyes	Diphenhydramine or loratadine (Benadryl/Claratin)	CAUTION: May cause drowsiness Avoid Alcohol while taking <u>Speak with your provider if you have:</u> - Prostate disease (may worsen your urinary symptoms)
Congestion, “Stuffy nose” Sinus Pressure	Phenylephrine (SudoGest)	CAUTION: Will elevate your heart rate and blood pressure and may cause difficulty sleeping Should NOT be used long-term <u>Speak with your provider if you have:</u> -High Blood pressure or Hypertension -Heart Disease
Cough	Guaifenesin with or without Dextromethorphan (Robitussin or Robitussin DM)	Drink plenty of water.

**\*\*This list does NOT include all safety concerns, consult the medication label for full details**

# What medication should I take?

Your Symptoms	Active Ingredients	Warning / Precautions**
Fever and / or Pain	Acetaminophen (Tylenol)	CAUTION: Never take more than one medication with the same active ingredient Maximum daily dose for adults: 4,000 mg AVOID ALCOHOL <u>Speak with your provider if you have:</u> - Liver disease
Fever and/ or Pain and Inflammation	Ibuprofen (Motrin)	CAUTION: Never take more than one medication with the same active ingredient <u>Speak with your provider if you have:</u> - Kidney Disease - If you take blood thinners (e.g., Coumadin®, Plavix®) - If you have any history of stomach bleeds

**\*\*This list is does NOT include all safety concerns, consult the medication label for full details**

# Cough/Cold Medications in Children

- **What should parents know about using cough and cold products in children?**
  - Do ***not*** use cough and cold products in children under 6 years of age UNLESS given specific directions to do so by a healthcare provider.
  - Do not give your young child medicine that is supposed to **be used in older children or made for adults. THIS CAN BE LETHAL!**
  - Do not use antihistamine products to make a child sleepy.

# Generic vs. Brand Medications

- Generics are **REQUIRED** to be equivalent in active ingredient dose to the brand name
- Some generics are made by same company as brand
- Generic medications may look different from brand name because they contain different inactive ingredients or colors
- A tremendous amount of money is saved by using generics!

# How do I get the medications?

- Go to Pharmacy
- Choose the correct ticket from pharmacy:  
    “New Prescription”
- Select Self-care request form from basket on wall.
- Present to window when called and be prepared to:
  - Show valid military ID
  - Show Self-Care Card
  - Complete Self-Care OTC request form

# Store Medication Safely!

- Children may think certain over the counter and prescription medications are candy.



Ferrous Sulfate

Red Hots®



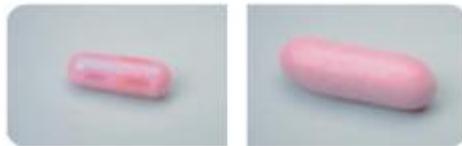
Ibuprofen

Good N' Plenty®



Aspirin

Skittles®



Ephedrine

Good N' Plenty®



Depakene

Good N' Fruity®



Amitriptyline

Cinnamon Candy

- **SMALL** amounts of certain medications in children can be **FATAL**.
- **ALWAYS** store **ALL** medication out of reach of children

See more examples of medications that look like candy at: [www.poison.org](http://www.poison.org)

# “Your” Medicine Cabinet

- **Reminder:**
  - Clean Out the Medicine Cabinet Annually
  - Never share medication-Do not use other people’s medications.
  - Childproof your Medicine Cabinet
  - Dispose of medication when treatment course is completed
  - Dispose of expired medications

# Important BJACH Phone Numbers

Central Appointments/Triage Nurse (337) 531-3011

TRICARE Website: [www.tricareonline.com](http://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

Military One Source 1-800-342-9647

Suicide Prevention Lifeline 1-800-984-8523

Wounded Soldier and Family Hotline 1-800-984-8523

Behavioral Health (337) 531-3022 or

(337) 653-2349

Health Promotion Program (337) 531-6880

# Take your Quiz

Create your account

<http://quizstar.4teachers.org/>

1.

Log in as a student

QuizStar  
Create Online Quizzes and Organize Results

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- Allow students to complete and review

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QuizStar Quick Tour >

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- Access QuizStar from work or home
- Create quizzes for students to take online
- Utilize the robust Report tools
- Create multilingual quizzes
- and much more!

Instructors, get started >

Instructors Site

**Student Login Page**

- Search for classes online
- Take quizzes
- Review your quiz scores

Students, get started >

Student Site

Selected for  
**101 BEST WEB SITES**  
ISTE Publications 2005-2006

2.

Sign up your own account.

Welcome to QuizStar!

QuizStar is very easy to use!

First visit to QuizStar?

1. Sign up
2. Search for your instructor's classes
3. Register for classes
4. Start taking quizzes

Returning to QuizStar?

1. Login
2. View quizzes to take
3. Review previously taken quizzes
4. Search for additional classes

Download the Student Tutorial  
.doc file (1.1MB)  
.pdf file (0.9MB)

Sign Up

Login

Username:

Password:

Submit

Go back to main page

3.

Make your student profile and click "Register"

Student Registration

Enter your personal information in the form below. If you forget your password, you can contact your instructor to have your password reassigned.

Enter your information

First Name <input type="text"/>	If you are under age 13, type your first name and last initial. Please do not enter any personally identifiable information.
Last Name <input type="text"/>	
Username <input type="text"/>	Create an unique username to login to QuizStar (minimum of 3 characters with no spaces)
Create Password <input type="password"/>	Use a password that only you will know and remember. (minimum of 5 characters)
Re-type Password <input type="password"/>	

NOTE - Your instructors are able to change your profile information at any time.

Register Cancel

teachers Truiclar | Huadstar | Newsletter | Profile Pro | More Tools Privacy Policy | Terms of Use | Contact Us | ALTEC

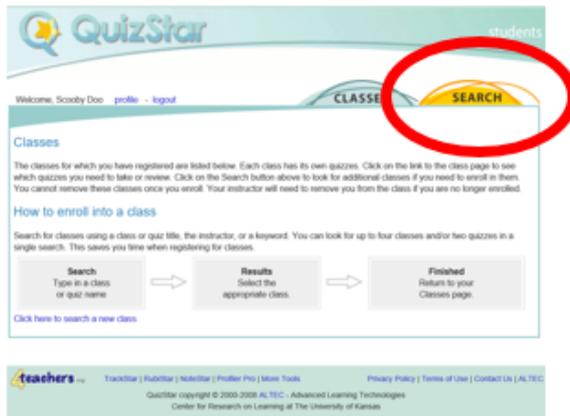
QuizStar copyright © 2005-2006 ALTEC - Advanced Learning Technologies  
Center for Research on Learning at The University of Kansas

# Take your Quiz

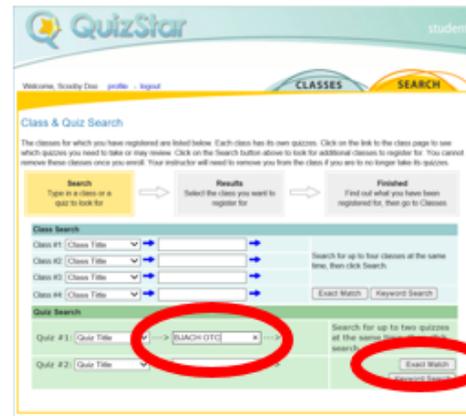
## Search for the quiz and print results

<http://quizstar.4teachers.org/>

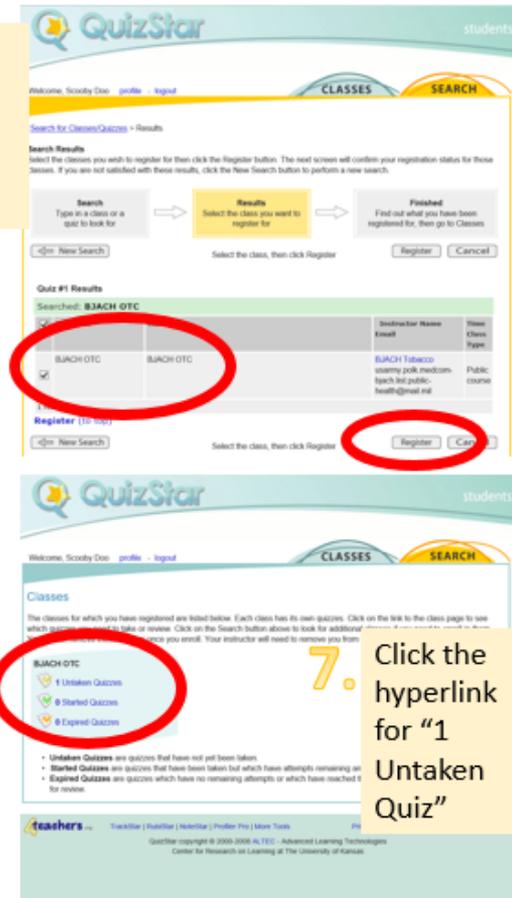
6. Check the box next to BJACH OTC and click "Register"



4. Click the Yellow "SEARCH" tab



5. In the Quiz #1 box type "BJACH OTC" and click "Exact Match"



7. Click the hyperlink for "1 Untaken Quiz"

# 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 test results to Pharmacy Services to receive credit for the training and be entered as “OTC” trained.

**If you have questions, contact Health Promotion at  
(337) 531-3255 or (337) 531-6880**