

Health Literacy Workshop: “Understanding Medicines in My Home”

Objectives

At the end of the lesson, students will be able to:

- (1) Use vocabulary and concepts related to Over-the-Counter (OTC) medication labels with each other;
- (2) Learn the difference between OTC and Prescription medications;
- (3) Read OTC medication labels;
- (4) Explain the importance of medication safety.

Duration: 60 minutes

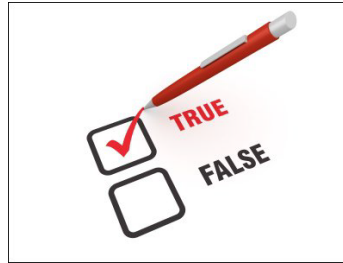
Materials needed: Student Handout; Sample bottles of various over-the counter medicines (Cough syrup, Aspirin, Allergy medication, Ibuprofen and Stomach medication, e.g., Pepto-Bismol)

Sequence	Time	Presenter	Content	Teaching Approaches/Materials
1	10 min		<p>Introductions and Icebreaker</p> <p>Introduce facilitator(s) and icebreaker activity (using flipchart or white board).</p>	<p>Brief introductions and icebreaker (medicines in their home)</p> <ol style="list-style-type: none"> 1. Ask students to introduce themselves and name one medicine that they have in their home. Give an example to get them started, e.g., aspirin, cough syrup. 2. As students introduce themselves, write the medicines that students have in their homes on a flipchart or the white board.
2	10 min		<p>Vocabulary: Over-the-Counter Medications</p> <p><u>Answer Key to Over the Counter Medications worksheet (T or F):</u></p> <ol style="list-style-type: none"> 1. T 2. T 3. F 4. F 5. T 	<p>Over-the-Counter (OTC) Medications: True or False (Handout p.1-2)</p> <ol style="list-style-type: none"> 1. Ask students to read each statement on page 1, using the vocabulary on page 2 to help them. For each statement, mark whether the statement is True or False. Note: Depending upon the literacy level of students, the facilitator may need to read each statement and discuss the answers with the class. 2. Ask students to share their responses giving a brief explanation for the answers, as needed.

<p>3</p> <p>15 min</p>		<p>The Drug Facts Label</p> <p><u>Answer Key for activity in #2:</u></p> <ol style="list-style-type: none"> 1. Active Ingredients (already filled in to get students started) 2. Uses 3. Warnings 4. Directions 5. Other information 6. Inactive ingredients <p><u>Other vocabulary for discussion in #3:</u></p> <ol style="list-style-type: none"> 1. Symptom: a sign of sickness such as aches, pains, etc. 2. Allergies: a bad response like a rash, itch or breathing problem 3. Sneezing: suddenly force air out through your nose and mouth 4. Runny nose: liquid flowing from nose 5. Itchy, watery eyes: An uncomfortable sensation causing you to want to rub your eyes 6. Itchy throat: scratchy throat 7. Side effect: an unwanted result or symptom you get when taking some medications. 8. Dosage: the amount of medicine to take. 	<p>Understanding the Drug Facts Label (Handout p.3-5)</p> <ol style="list-style-type: none"> 1. Tell students that the workshop will prepare them to read the Drug Facts Label on various over-the-counter medicines. A Drug Facts Label is there to help you choose the right OTC medicine and use it safely. 2. Ask students to look at the Sample Drug Facts Label in their handout (p. 3). Ask them to write each part of the label in the space provided on their handout. Review their lists. 3. Ask students to take turns reading the descriptions of each part of the Drug Facts Label (p. 4). After each definition, return to the Sample Drug Facts Label and <u>briefly</u> discuss what is included on the sample label and related vocabulary (p.5). Be mindful of time and just spend a few minutes. Keep things as basic as possible. You do not need to cover everything on the label. <p><u>Possible items/vocabulary to cover depending on time:</u></p> <ol style="list-style-type: none"> 1) <u>Active ingredient:</u> Ask: Has anyone heard of an Antihistamine? What is it for? 2) <u>Uses:</u> Ask a student to read the uses. Ask what <i>symptom</i> means. Ask if anyone knows the meaning of <i>allergies, sneezing, runny nose, itchy, watery eyes</i> and <i>itchy throat</i>. 3) <u>Warnings:</u> Introduce <i>side effect</i> and provide an example, e.g., you may get drowsy. 4) <u>Directions:</u> Explain <i>dosage</i>. 5) <u>Other information:</u> Highlight one 6) <u>Inactive ingredients:</u> Pick one, e.g. D&C yellow no. 10.
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4	10 min		<p>Exploring Over-the-Counter Medicines (Pairs Activity)</p> <p>Cough syrup, Aspirin, Allergy medication, Ibuprofen and Stomach medication, e.g., Pepto-Bismol</p>	<p>Looking at Sample Medicines</p> <p>In Pairs, give students one medicine. Ask students to talk about each medicine, why it is used, and what is on the Drug Facts Labels. Bring the class together to discuss what they learned.</p>
5	10 min		<p>Medication Safety Tips</p> <p><u>Do:</u></p> <ul style="list-style-type: none"> • Read the label every time you use a medicine. • Follow instructions carefully. • Talk to your doctor, nurse or pharmacist if you have questions about your medicine. • If someone uses too much medicine, call for help right away. 24 hour Poison Control Center: 1-800-222-1222 <p><u>Don't:</u></p> <ul style="list-style-type: none"> • Use prescription medicines that belong to other people. • Guess the amount (dose) you should take. 	<p>Medication Do's and Don'ts (Handout p. 6)</p> <ol style="list-style-type: none"> 1. Ask students why it is important to use medicines safely. 2. Ask students to take turns reading the Do's and Don'ts. Provide clarification as needed.
6	5 min		<p>Summary and Next Steps</p>	<p>Application</p> <p>Ask students how they will apply what they learned.</p>

Understanding Medicines: True or False



Directions:

Read the following statements. Mark whether each statement is **TRUE** or **FALSE**. Use the **vocabulary** on page 2 to help you.

1. Aspirin is an example of a **medicine** you can buy in a **pharmacy** or grocery store. _____
2. An **over-the-counter (OTC)** medicine is the kind you buy without a **prescription**. _____
3. A **pharmacist** does not fill prescriptions at the drug store. _____
4. **The Drug Facts Label** on OTC medicine does not provide helpful information. _____
5. It is important to use medicines safely. _____

Important

Medicine: a drug that is used to treat a disease (sickness) or pain that is usually in the form of a pill or a liquid.



Pharmacy: a drugstore or other store where you go to buy medicine.



Over-the-Counter (OTC): medicine you can buy in a store without a doctor's order. OTC stands for **Over-the-Counter**.

Prescription: a doctor's order that allows you to obtain certain kinds of medicine.



Pharmacist: a person that works in a pharmacy and fills the prescription.



The Drug Facts Label: Tells us the name, ingredients, what the medicine is for (purpose), the problem it treats (uses) and how to use your medicine. ****See a sample Drug Facts Label on the next page.****

Sample Drug Facts Label

Directions:
Write the parts of a
Drug Facts Label:

1. **Active Ingredient (in each tablet)**
2. _____
3. _____
4. _____
5. _____
6. _____

Drug Facts							
Active ingredient (in each tablet)	Purpose						
1. Chlorpheniramine maleate 2 mg	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.							
Directions <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-right: 1px solid black; padding: 2px;">adults and children 12 years and over</td> <td style="padding: 2px;">take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours</td> </tr> <tr> <td style="border-right: 1px solid black; padding: 2px;">children 6 years to under 12 years</td> <td style="padding: 2px;">take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours</td> </tr> <tr> <td style="border-right: 1px solid black; padding: 2px;">children under 6 years</td> <td style="padding: 2px;">ask a doctor</td> </tr> </table>		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
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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							

Drug Facts Label Vocabulary

Read the definitions below:

1. **Active Ingredients:** the part of medicine that makes it work and what it does (purpose)
2. **Uses:** tells you the problem the medicine treats or prevents
3. **Warnings:** tells you when to talk to a doctor first, how the medicine might make you feel and what not to do when taking medicines. If you don't understand, ask the pharmacist!
4. **Directions:** tells you how to use the medicine safely including age, how much to take, how to take it, how often, and how long it can be used.
5. **Other information:** information you should know to keep the medicine when it isn't being used.
6. **Inactive ingredients:** parts of the medicine that are not "active ingredients" to add flavor or color.



Symptom: a sign of sickness such as aches, pains, etc.



Allergies: a bad response like a rash, itch or breathing problem



Sneezing: suddenly force air out through your nose and mouth



Runny nose: liquid flowing from nose



Itchy, watery eyes: An uncomfortable sensation causing you to want to rub your eyes



Itchy throat: scratchy throat



Side effect: an unwanted result or symptom you get when taking some medications.



Dosage: the amount of medicine to take.

Medication Safety Tips

Do:

- Read the label every time you use a medicine.
- Follow instructions carefully.
- Talk to your doctor, nurse or pharmacist if you have questions about your medicine.
- If someone uses too much medicine, call for help right away.
24 hour Poison Control Center: 1-800-222-1222

Don't:

- Use prescription medicines that belong to other people.
- Guess the amount (dose) you should take.

