

# **SELF CARE: OVER THE COUNTER (OTC) DRUG THERAPY**

**Irwin Army Community Hospital  
Self Care Program  
(Updated: December 2015)**

# SELF-CARE COURSE OBJECTIVES

- Encourage and provide the Fort Riley 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 IACH.
- 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 a one hour long presentation.
- It is suggested to make copies of the slides using the “handout” selection with 6 slides per sheet.
  - The handout will be a reference tool for self treatment
  - It will be helpful during registration for exam
  - It helps answer the questions on the post test
- The post test has 20 questions with no time limit.
- A passing grade of 70% is needed.
- Be sure to make a copy of your passing test results for your OTC medication cards.



# 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.
- Webster defines health as “the condition of being sound in body, mind, or spirit; especially freedom from physical disease or pain.”



# WHAT AFFECTS YOUR HEALTH?

- You are a synthesis of nature and nurture. You have inherited your genetics and can not change this. However, you can improve 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 SELF-CARE

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

- Once the class is completed, patients may obtain **up to 3 different items per month, per person** in their family.
- Patients obtaining medications for their family **MUST** present a valid military ID card or a copy of the ID for anyone greater than 10 years old.
- Patients may select items for themselves or family members as long as they meet the age requirement for the particular medicine.
- IACH does accept self-care cards from other facilities, although it is recommended to complete this program and class since every facility is a little different.



# MEDICATION USAGE

- OTC medications are used for minor and temporary conditions.
- Expect only partial relief of symptoms.
- Use OTCs as directed/when indicated.
- Use fewest possible medications for the shortest possible time.
- Take medication correctly.
- If no relief of symptoms in 24-48 hours, contact your healthcare provider.



# MEDICATION STORAGE

- Store at controlled room temperature. (59-86°F)
- Protect from light.
- Protect from moisture/humidity.
  - Do not store medications in the bathroom.
- Store in original container.
- Keep lid tightly closed.
- Keep out of reach of children.



# SELF-CARE FORM

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 IACH Pharmacy. 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

### SELF-CARE PROGRAM EVALUATION

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

#### 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         |                 |                  |           | YES     | NO |
| NA                                                                          |                 |                  |           |         |    |
| Or seek medical care via Sick Call, Same Day Appointment or Emergency Room. |                 |                  |           |         |    |
| 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                                                                          |                 |                  |           |         |    |



# MEDICATIONS AND SELF-CARE PRODUCTS AVAILABLE

<u>Symptoms &amp; Conditions</u>	<u>Medication Option</u>	<u>Age Restriction</u>
○ Allergy/Colds/Runny Nose	Children's Dimetapp liquid	6 years - adult
○ Allergy/Colds/Runny Nose	Chlorpheniramine 4 mg Tabs (Aller-chlor)	6 years - adult
○ Allergy/Runny Nose/Itching	Diphenhydramine Liquid 12.5mg/5ml	6 years - adult
○ Allergy/Runny Nose/Itching	Diphenhydramine 25mg Capsules	12 years - adult
○ Allergy/seasonal	Loratadine Liquid 5mg/5ml (Claritin)	2 years - adult
○ Allergy/seasonal	Loratadine 10 mg Tablets (Claritin)	6 years - adult
○ Athlete's Foot/Ringworm	Clotrimazole 1% Topical Cream	2 years - adult
○ Chest Congestion	Guaifenesin Liquid 100mg/5ml (Robitussin)	12 years - adult
○ Chest Congestion/Coughing	Guaifenesin-DM Liquid 100mg/10mg/5ml (Robitussin-DM)	12 years - adult
○ Chest Congestion	Guaifenesin ER 600mg Tablets (Mucinex 12-Hour)	12 years - adult
○ Congestion	Pseudoephedrine Liquid 30mg/5ml	6 years - adult
○ Congestion	Pseudoephedrine Tablets 30mg	6 years - adult
○ Congestion/Nasal/Dry Nose	Nasal mist NaCl 0.65% (Ocean spray)	All ages
○ Diarrhea	Loperamide 2mg Capsules (Imodium)	6 years - adult
○ Dry Eyes/Artificial tears	Polyvinyl alcohol 1.4% Solution (Liquifilm)	All ages



# MEDICATIONS AND SELF-CARE PRODUCTS AVAILABLE (CONTINUED)

<u>Symptoms &amp; Conditions</u>	<u>Medication Option</u>	<u>Age Restriction</u>
○ First Aid/Diaper Rash	Zinc oxide Ointment	All ages
○ First Aid	Triple antibiotic Ointment	All ages
○ Gas/Upset Stomach	Infant's gas relief drops 20mg/0.3ml (Mylicon)	Newborn to 2+ years
○ Gas/Upset Stomach	Tums 500 mg Chew Tabs (Calcium/Antacid)	12 years - adult
○ Hemorrhoids	Witch Hazel (Tucks) Pads	12 years - adult
○ Itching/Skin Rash	Calamine/Zinc Oxide 8/8% Lotion	6 months - adult
○ Itching/Skin Rash	Hydrocortisone 1% Cream	2 years - adult
○ Lice treatment	Permethrin 1% Lotion (Nix)	<b>2 months</b> - adult
○ Lice treatment	Piperonyl/Pyrethrum Shampoo (Rid)	<b>2 years</b> - adult
○ Pain/Fever	Acetaminophen 160mg/5ml Liquid (Tylenol)	2 - 11 years
○ Pain/Fever	Acetaminophen 80mg Chew Tabs (Tylenol)	2 - 12 years
○ Pain/Fever	Acetaminophen 325mg Tablets (Tylenol)	12 years - adult
○ Pain/Fever	Ibuprofen 100mg/5ml Liquid (Motrin/Advil)	2 - 11 years
○ Pain/Fever	Ibuprofen 200mg Tablets (Motrin/Advil)	12 years - adult
○ Stool softener	Docusate sodium 100mg Capsules (Colace)	2 years - adult
○ Sun Protection	Sunscreen SPF 50 Cream	6 month - adult
○ Sunburn	Sunscreen PF Cream	6 month - adult
○ Vaginal yeast infection	Clotrimazole 1% Vaginal Cream	12 years - adult



# ADMINISTERING MEDICATION GUIDELINES

- Understand the instructions.
- Double check strength of medication.
- Does the patient have any allergies to the medication?
- Use the product's 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 in that way.



# MEDICATION CHECKLIST:

## THINGS TO THINK ABOUT BEFORE DOSING!

- What is the medication name?
  - Is it a generic or brand name for a product I already have?
- What is the medication used for?
- How much of the medication do I need to 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?
  - Is it ok to take this product with my other medications?



# WHAT ARE MY SYMPTOMS?

- The symptoms that you or your child are experiencing should guide your selection of self-care 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

- Antihistamines:
  - Diphenhydramine (Benadryl), loratadine (Claritin), Chlorpheniramine, Brompheniramine (found in Dimetapp)
- Decongestants:
  - Pseudoephedrine (Sudafed)
- Cough suppressant:
  - Dextromethorphan (The “DM” in Robitussin-DM)
- Expectorants:
  - Guaifenesin (found in Robitussin or Mucinex)
- Pain reliever:
  - Acetaminophen (Tylenol)
  - Ibuprofen (Motrin/Advil) also helps with swelling
    - In children greater than 6 months old
- Fever:
  - Acetaminophen (Tylenol)
  - Ibuprofen (Motrin/Advil)
    - In children greater than 6 months old



# DOSING MEDICATIONS

- Disclaimer: Some of the dosing information may be specific to the products currently dispensed at IACH Pharmacy.
- Always read the label of the product that you are using and dose according to the manufacturer's guidelines!!



# CHEST CONGESTION

- Guaifenesin Liquid  
(Robitussin)
  - Ages: 12 years - adult
- Guaifenesin-DM Liquid  
(Robitussin-DM)
  - Ages: 12 years - adult
- Guaifenesin ER Tablets  
(Mucinex 12-Hour)
  - Ages: 12 years - adult



# GUAIFENESIN LIQUID

(ROBITUSSIN)

# GUAIFENESIN TABLETS

(MUCINEX)

- Expectorant for chest congestion.
  - To help loosen phlegm (mucus) and thin bronchial secretions to make cough more productive
- Stop use and ask doctor if:
  - Cough persists for more than 7 days.
  - Cough comes back.
  - Cough is accompanied by fever, rash, or persistent headache.
- 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 (ROBITUSSIN)

- Robitussin is the liquid form of guaifenesin.

## Dosing

- Adults and children 12 years and older: 200 - 400mg (10-20 milliliters) every 4 hours.
  - Maximum of 2,400mg per day.
- Children under 12 years: do not use.



# GUAIFENESIN ER

## (MUCINEX 12H)

- Mucinex 12 hour is the long acting tablet form of guaifenesin.

### Dosing

- Adults and children 12 years and older: 600 – 1200mg (1-2 tablets) by mouth every 12 hours.
  - Maximum of 2,400mg (4 tablets) per day.
- Children under 12 years: do not use.



# GUAIFENESIN DM

## (ROBITUSSIN DM)

- Expectorant and cough suppressant for chest congestion.
  - To help loosen phlegm (mucus) and thin bronchial secretions to make cough more productive.
  - Also relieves cough due to minor throat and bronchial irritation.
- Guaifenesin DM is a combination product that contains guaifenesin and dextromethorphan (DM).
- Ask Doctor before use if you have:
  - A persistent or chronic cough.
  - A cough that is accompanied by excessive secretions.



# GUAIFENESIN DM

## (ROBITUSSIN DM)

- Do not use if taking a medication called an monoamine oxidase inhibitor (MAO-I).
  - If you don't know if your medication contains an MAO-I, please ask your pharmacist or doctor.
- Stop use and ask doctor if:
  - Cough persists for more than 7 days.
  - Cough comes back.
  - Cough is accompanied by fever, rash, or persistent headache.



# GUAIFENESIN DM

## (ROBITUSSIN DM)

### Dosage

- Adults and children 12 years and older: 10 milliliters every 4 hours.
  - Do not exceed 6 doses in 24 hours.
- Children under 12 years: do not use.
- Most syrups contain 10mg of DM in each teaspoon.  
**READ THE LABEL!**



# NASAL CONGESTION

## DRY NOSE

- Pseudoephedrine Liquid  
(Sudafed)
  - Ages: 6 years - adult
- Pseudoephedrine Tablets  
(Sudafed)
  - Ages: 6 years - adult
- Nasal mist NaCl 0.65%  
(Ocean spray)
  - All ages



# PSEUDOEPHEDRINE (SUDAFED)

- Nasal Decongestant
  - Temporarily relieves nasal congestion and pressure due to the common cold, hay fever or allergies.
- Should consult with doctor before using if you have:
  - Heart disease, high blood pressure, diabetes, thyroid disease, or problems with enlarged prostate.



# PSEUDOEPHEDRINE (SUDAFED)

## Precautions

- Can cause increased blood pressure.
- Stop taking if:
  - It causes dizziness, anxiety, or sleeplessness.
  - Symptoms do not improve within 7 days or occur with a fever.
- Do not use if taking a medication called an monoamine oxidase inhibitor (MAO-I).
  - If you don't know if your medication contains an MAO-I, please ask your pharmacist or doctor.



# PSEUDOEPHEDRINE (SUDAFED)

- Dosing
- Adults and children 12 years and older: 60mg (2 tablets or 10 milliliters) every 4-6 hours as needed for congestion.
  - Maximum of 4 doses in 24 hours.
- 6 - 12 years old: 30mg (1 tablet or 5 milliliters) every 4-6 hours as needed.
  - Maximum of 4 doses in 24 hours.



# SALINE NASAL MIST (SEA SOFT)

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

## Dosing

- Squeeze twice in each nostril as needed.
  - Upright delivers a spray.
  - Horizontally delivers a stream.
  - Upside down delivers a drop.
- Do not share intranasal containers with other patients.



# ALLERGY/RUNNY NOSE/ITCHING

- Brompheniramine/Pseudoephedrine  
(Dimetapp) Liquid
  - Ages: 6 years - adult
  
- Chlorpheniramine  
(Aller-chlor) Tablets
  - Ages: 6 years - adult



# ALLERGY/RUNNY NOSE/ITCHING

CONTINUED...

- Diphenhydramine  
Liquid  
(Benadryl)
  - Ages: 6 years - adult

- Diphenhydramine  
Capsules  
(Benadryl)
  - Ages: 12 years - adult

- Loratadine Liquid  
(Claritin)
  - Ages: 2 years - adult

- Loratadine Tablets  
(Claritin)
  - Ages: 6 years - adult



# BROMPHENIRAMINE/PSEUDOEPHEDRINE (DIMETAPP)

- Antihistamine plus decongestant.
- NOTE: Contains pseudoephedrine and should not be used with any other product that contains more pseudoephedrine.
- NOTE: Contains an antihistamine called brompheniramine and should not be used in combination with other products containing an antihistamine unless prescribed by your provider.
- Same precautions as pseudoephedrine



# BROMPHENIRAMINE/PSEUDOEPHEDRINE (DIMETAPP)

- Used to treat nasal congestion and relieve runny nose, sneezing, itchy/watery eyes, and itchy nose/throat, due to the common cold, hay fever, or allergies.
- Do not use if taking a medication called an monoamine oxidase inhibitor (MAO-I).
  - If you don't know if your medication contains an MAO-I, please ask your pharmacist or doctor
- May cause drowsiness. Use caution when driving.
  - Avoid alcohol and other CNS depressants.
- May cause excitability, especially in children.



# BROMPHENIRAMINE/PSEUDOEPHEDRINE (DIMETAPP)

## Dosing

- Adults and children 12 years and over: 20 milliliters every 4 hours as needed.
  - Maximum of 6 doses in 24 hours.
- 6 - 11 years old: 10 milliliters every 4 hours as needed.
  - Maximum of 6 doses in 24 hours.
- Stop using and ask a doctor if:
  - Symptoms do not get better within 7 days.
  - Symptoms are accompanied by a fever.



# CHLORPHENIRAMINE

## (ALLER-CHLOR)

- Antihistamine
- For the treatment of seasonal allergic rhinitis, hay fever and allergy symptoms such as runny nose, sneezing, itchy nose or throat, and itchy or watery eyes.
- Can cause drowsiness. Use caution when driving.
  - Avoid alcohol and other CNS depressants.
- May cause excitability, especially in children.
- Each tablet contains 40mg of calcium.



# CHLORPHENIRAMINE

## (ALLER-CHLOR)

- Consult a physician if you have the following conditions:
  - Glaucoma.
  - Chronic breathing disorder. (ex. Asthma)
  - Urinary retention.

### Dosing

- 6 - 12 years old: ½ tablet (2mg) by mouth every 4-6 hours.
  - Maximum of 6 doses in 24 hours.
- Adults and children over 12 years old: 1 tablet by mouth every 4-6 hours.
  - Maximum of 6 doses in 24 hours.



# DIPHENHYDRAMINE

## (BENADRYL)

- Antihistamine
- Temporarily relieves symptoms due to hay fever or the common cold such as sneezing, runny nose, itchy/watery eyes, and itchy nose/throat.
- May cause marked drowsiness. Use caution when driving.
  - Avoid alcohol and other CNS depressants.
- May cause nervousness. May cause excitability, especially in children.
- May cause dry mouth.



# DIPHENHYDRAMINE

## (BENADRYL)

- Avoid prolonged exposure to sunlight.
- Do not use with any other product that contains diphenhydramine, even one used on the skin.
- Do not break capsules.
- Consult a physician if you have the following conditions:
  - Glaucoma
  - Peptic ulcer
  - Asthma or COPD
  - Urinary retention
  - Pregnancy



# DIPHENHYDRAMINE

## (BENADRYL)

### Dosing

- Adults and children 12 years and older: 25-50mg (1-2 capsules or 10-20 milliliters) every 4-6 hours.
  - Maximum of 6 doses in 24 hours.
- 6 - 12 years old: 12.5-25mg (5 – 10 milliliters) every 4 to 6 hours.
  - Maximum of 6 doses in 24 hours.
- Children under 6 years: consult with physician.
- Children under 4 years: do not use.



# LORATADINE (CLARITIN)

- Antihistamine
- Useful for seasonal allergies and hay fever symptoms such as runny nose, sneezing, itchy/watery eyes, and itching of nose/throat.
- Does not cause as much drowsiness as other antihistamines such as diphenhydramine.



# LORATADINE (CLARITIN)

## Dosing

- Adults and children 6 years and older: 10mg (1 tablet or 10 milliliters) daily.
  - Maximum of 1 dose in 24 hours.
- 2 - 5 years old: 5mg (5 milliliters) daily.
  - Maximum of 1 dose in 24 hours.
- Adults with liver/kidney disease: consult with physician.



# ATHLETE'S FOOT, DIAPER RASH, AND RINGWORM

## Athlete's Foot

- Clotrimazole 1% Topical Cream
  - Ages: 2 years - adult

## Diaper Rash

- Zinc oxide Ointment
  - Ages: All ages

## Ringworm

- Clotrimazole 1% Topical Cream
  - Ages: 2 years - adult



# ZINC OXIDE OINTMENT

- Skin protectant that helps treat and prevent diaper rash as well as dry the oozing and weeping of poison ivy, oak and sumac.
- If condition does not improve or worsens within 7 days, contact a physician.

## Directions for diaper rash:

Change wet, soiled diapers promptly and allow skin to dry. Apply ointment liberally with each diaper change, especially at bedtime or anytime the exposure to a wet diaper may be prolonged.

Directions for poison ivy, oak, and sumac: See First Aid Section



# CLOTRIMAZOLE 1% TOPICAL CREAM

- Antifungal that cures most athlete's foot, jock itch and ring worm. It also relieves itching, burning, cracking, scaling and discomfort.
- Stop using and contact doctor if no improvement in:
  - Athlete's foot or ringworm within 4 weeks
  - Jock itch within 2 weeks
- Supervise children when using this product.
- This product is not effective on the nails or the scalp.



# CLOTRIMAZOLE 1% TOPICAL CREAM

## Directions:

- Wash affected area and dry thoroughly
- Apply thin layer over affected area(s) twice daily (am and pm)
- Athlete's foot: Use daily for 4 weeks.
  - Pay special attention to spaces between the toes, change shoes and socks at least once a day, wear well-fitted ventilated shoes
- Jock itch: Use daily for 2 weeks.



# GAS, UPSET STOMACH

## Diarrhea

- Loperamide  
(Imodium)
- Ages: 6 years – adult

## Gas, Upset Stomach

- Infant's Gas Relief Drops  
(Mylicon)
- Ages: Newborn - 2+ years
- Tums Chew Tabs  
(Calcium/Antacid)
- Ages: 12 years - adult



# LOPERAMIDE

## (IMODIUM)

- Anti-diarrheal
  - Controls the symptoms of diarrhea, including traveler's diarrhea.
- Do not use if you have bloody or black stools.
- Ask doctor before use if you:
  - Have a fever.
  - Have mucus in your stool.
  - Have a history of liver disease.
  - Are pregnant.
- Ask a pharmacist before use if you are taking antibiotics.



# LOPERAMIDE

## (IMODIUM)

### Dosing

- Drink plenty of clear fluid to prevent dehydration.
- For children, weight based dosing is more accurate than age.
- Adults and children 12 years and older: 2 caplets after the first loose stool; 1 caplet after each subsequent loose stool.
  - Maximum of 4 caplets in 24 hours.
- 9 - 11 years old (60-95 lbs): 1 caplet after the first loose stool; ½ caplet after each subsequent loose stool.
  - Maximum of 3 caplets in 24 hours.



# LOPERAMIDE (IMODIUM)

- Dosing continued...
- 6 - 8 years old (48-59 lbs): 1 caplet after the first loose stool; ½ caplet after each subsequent loose stool.
  - Maximum of 2 caplets in 24 hours.
- Children under 6 years (up to 47 lbs): ask doctor.
- Stop using and ask doctor if:
  - Diarrhea lasts for more than 2 days
  - Symptoms get worse
  - You get abdominal swelling or bulging



# INFANT'S GAS RELIEF DROPS (MYLICON/SIMETHICONE)

- Anti-gas to relieve the symptoms referred to as gas.

## Dosing

- Infants under 2 years: (under 24 lbs) Give 0.3mL.
- Children 2 years and older: (24 lbs and over) Give 0.6mL.

## Directions

- Shake well before using
- All doses may be repeated as needed, after meals and at bedtime, or as directed.
  - Do not exceed 12 doses per day.
- Fill enclosed dropper to recommended line and dispense liquid slowly into baby's mouth, toward inner cheek.
- Dose can be mixed with 1 ounce of cool water or infant formula.



# TUMS

## (CALCIUM/ANTACID)

- Antacid and calcium supplement that relieves symptoms of heartburn, acid indigestion, and sour stomach.
- If symptoms worsen or persist for longer than 2 weeks, consult a physician.
- Tums may interact with certain prescription drugs. Consult with your physician or pharmacist.



# TUMS

## (CALCIUM/ANTACID)

### Dosing

- Chew 2 to 4 tablets as symptoms occur.
  - Take 1-2 hours before any iron supplements.
  - Take 1-3 hours after any medications.
- Maximum of 15 tablets per day for no more than 2 weeks duration at the maximum dose.
- Children under 12 years of age: consult a physician.



# SUN PROTECTION, POISON OAK, IVY, AND SUMAC

## Sun Protection

- Sunscreen SPF 50
- Ages: 6 months - adult

## Poison Oak, Ivy, and Sumac

- Zinc Oxide Ointment
  - Ages: All



# SUNSCREEN

- Broad spectrum UVA & UVB sun protection. SPF = 50.
- Keep out of eyes, rinse with water to remove.
- Do not swallow.

## Directions

- Adult and children 6 months of age and older: Apply liberally and evenly to all sun exposed areas of DRY skin 15-20 minutes before sun exposure.
- Children under 6 months: ask doctor



# ZINC OXIDE OINTMENT

- Skin protectant that helps treat and prevent diaper rash as well as dry the oozing and weeping of poison ivy, oak and sumac.
- If condition does not improve or worsens within 7 days, contact a physician.
- Directions for poison ivy, oak, sumac: Apply ointment liberally, as often as needed.
- Directions for diaper rash: See the Athlete's Foot, Diaper Rash, and Ringworm section.



# DRY EYES, ITCHING/SKIN RASH

## Dry Eyes/Artificial Tears

- Polyvinyl Alcohol Solution  
(Liquifilm)
  - Ages: All

## Itching/Skin Rash

- Calamine/Zinc Oxide Lotion
  - Ages: 6 months - adult
- Hydrocortisone Cream
  - Ages: 2 years - adult



# POLYVINYL ALCOHOL SOLUTION (LIQUIFILM)

- Artificial tears that prevent irritation and relieve dryness of the eyes.
- Do not use:
  - With contact lenses.
  - If solution changes color or becomes cloudy.

## Directions

- Instill 1 to 2 drops in the affected eye(s) as needed.
  - Do not touch tip of container to any surface to avoid contamination.
- Stop use and ask doctor:
  - You experience eye pain, changes in vision, continued redness or irritation of eye.
  - Condition worsens or lasts more than 72 hours.



# CALAMINE/ZINC OXIDE LOTION

- Skin protectant that soothes minor skin irritations such as sunburn, insect bites, and poison ivy, oak, and sumac.

## Directions

- Shake well prior to use.
- Apply to affected area of skin that has been cleaned and dried.
- Do not use on open wounds.
- Avoid contact with eyes.



# HYDROCORTISONE 1% CREAM

- Relief of itching associated with minor skin irritations, inflammation and rashes due to: soaps, jewelry, insect bites, psoriasis, eczema, detergents, dermatitis, external genital/anal itching, poison oak, ivy and sumac.
- For external use only.
- Do not use:
  - For the treatment of a diaper rash.
  - For external genital itching if you have vaginal discharge.
- Do not put bandages, dressing, cosmetics, or other skin products over the treated area unless directed by a physician.



# 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.

## Directions

- Adults and children 2 years and older: apply to the affected area not more than 3 - 4 times per day.
- Children under 2 years: do not use.
- Stop use and ask a doctor if:
  - Condition worsens.
  - Symptoms persist for more than 7 days or clears up and occurs again within a few days.



# HEMORRHOIDS, STOOL SOFTENER

## Hemorrhoids

- Tucks Pads  
(Witch Hazel)
- Ages: 12 years - adult

## Stool Softener

- Docusate Sodium  
(Colace)
- Ages: 2 years - adult



# TUCKS PADS

## (WITCH HAZEL)

- Astringent and protectant for hemorrhoids, to temporarily relieve anal and vaginal itching and burning and to protect irritated tissues.
- For external rectal or vaginal itching only.

### Directions

- Adults and children 12 years and older: Gently apply to affected area by patting and then discard.
- Stop use and ask doctor if:
  - Rectal bleeding occurs.
  - Continued irritation occurs.



# DOCUSATE SODIUM (COLACE)

- Stool softener/laxative to relieve occasional constipation.
  - Generally produces a bowel movement in 12-72 hours.
- Ask a doctor before use if you have:
  - Stomach pain.
  - Nausea or vomiting.
  - A sudden change in bowel habits that last over 2 weeks.
- Do not use if you are presently taking mineral oil.



# DOCUSATE SODIUM (COLACE)

## Dosing

- Adults and children 12 years and older: 1 - 3 capsules daily.
- 2 - 11 years old: 1 capsule daily.
- Children under 2 years: ask doctor.
  
- Stop use and ask doctor if:
  - You have rectal bleeding or fail to have a bowel movement after use of a laxative.
  - You need to use a laxative for more than 1 week.



# FIRST AID, VAGINAL YEAST INFECTION

## First Aid

- Triple Antibiotic Ointment
  - Ages: All

## Vaginal Yeast Infection

- Clotrimazole 1% Vaginal Cream
  - Ages: 12 - adult



# TRIPLE ANTIBIOTIC OINTMENT

- Helps 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.
- 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

## ADMINISTRATION AND DOSAGE

- For topical use only. Do not use in or near the eyes.
- Clean the affected area prior to applying the drug.
- Apply a thin layer 1 to 3 times daily after cleaning the affected area. May be covered with sterile bandage if desired.
- Do not use for longer than 1 week.
- This medication is not for use on:
  - Large areas of the body.
  - Deep or puncture wounds.
  - Animal bites.
  - Serious burns.



# CLOTRIMAZOLE 1% VAGINAL CREAM

- Vaginal and vulvar antifungal that treats vaginal yeast (Candida) infections and relieves external vulvar itching and irritation associated with a yeast infection.
- Do not use:
  - If you have abdominal pain, foul smelling vaginal discharge. Contact a doctor.
  - In children less than 12 years old.
- When using this medication do not use tampons.



# CLOTRIMAZOLE 1% VAGINAL CREAM

## Directions

- Read product brochure
- Fill the applicator and insert one applicatorful of cream into the vagina, preferably at bedtime.
  - Repeat this procedure for 7 days in a row.
  - Wash applicator after each use.
- For relief of external vulvar itching due to a yeast infection, squeeze a small amount of cream onto your finger and gently spread the cream onto the irritated area.
- Stop use and consult a doctor if:
  - Symptoms do not get any better within 3 days.
  - Infection isn't gone in 7 days.



# LICE TREATMENT

- Permethrin Lotion  
(Nix)
  - Ages: 2 months - adult
- Piperonyl/Pyrethrum Shampoo  
(Rid)
  - Ages: 2 years - adult



# PERMETHRIN LOTION

## (Nix)

- Head lice treatment that kills lice and their eggs with a single application and prevents re-infestation for 14 days.
- Do not use:
  - On children less than 2 months old.
  - Near the eyes.
  - Inside the nose, ear, mouth, or vagina.
  - On lice in eyebrows or eyelashes.
- Ask doctor before use if you are allergic to ragweed.
- When using this product:
  - Keep eyes tightly closed and protect eyes with washcloth.
  - Scalp itchiness or redness may occur.
- For adults and children **2 months** and older.
  - See product box for directions.



# PIPERONYL/PYRETHRUM SHAMPOO (RID)

- Head lice killing shampoo and conditioner in one.
- Do not use:
  - On children less than 2 years old.
  - Near the eyes.
  - Inside the nose, ear, mouth, or vagina.
  - On lice in eyebrows or eyelashes.
- Ask doctor before use if you are allergic to ragweed.
- When using this product:
  - Keep eyes tightly closed and protect eyes with washcloth.
  - Scalp itchiness or redness may occur.
- For adults and children **2 years** and older.
  - See product box for directions.



# PAIN AND FEVER

- Acetaminophen  
(Tylenol)

- Ages:

Liquid and Chew Tabs; 2 - 12 years old  
Tablets; 12 years - adult

- Ibuprofen  
(Motrin/Advil)

- Ages:

Liquid; 2 - 11 years  
Tablets; 12 years - adult



# FEVER

- Rectal temperatures are generally thought to be the most accurate for checking a young child's temperature.
  - Mouth temperatures are reliable when done in children who are least 4 years old.<sup>+</sup>
- **Consult a healthcare provider if:**
  - **Your child is less than 3 months old and has a fever (rectal temperature of 100.4°F or higher) – seek medical care as soon as possible, even if he/she looks normal or seems fine.\***
  - Your child is 3 - 6 months old and has a rectal temperature of 101°F or higher – you may need to contact the doctor. \*
  - Your child is greater than 6 months - 3 years old and has a rectal temperature of 102°F or higher, you may need to contact the doctor.<sup>+</sup>



# FEVER

- Contact a healthcare provider for: (continued)
  - Your child (of any age) has an oral, rectal, tympanic membrane, or forehead temperature of 104°F or greater or an axillary (armpit) temperature is 103°F or greater.<sup>+</sup>
- If your child is **over 1 year of age**, is eating and sleeping well, and has playful moments, there usually is no need to call the doctor immediately.
  - However, if a high fever persists for **more than 24 hours**, it is best to seek medical care.\*
- **Seek medical care for fevers lasting more than a few days with or without treatment.\***
- If symptoms persist, worsen, or if new symptoms develop, contact a physician.



# ACETAMINOPHEN

## TYLENOL (APAP)

- Treatment of minor aches, pain and fever.
- Do not exceed a total dose of 3250 mg of acetaminophen per day.
- **Be aware of other OTC and Prescription drugs that contain acetaminophen.**
  - APAP is a common abbreviation for acetaminophen and the brand name is Tylenol.
- **Talk to your doctor about giving to children less than 2 years old and ask for the correct dose!**
- Avoid alcohol consumption and aspirin while taking this drug.



# ACETAMINOPHEN (TYLENOL)

## Dosing:

- Adults and children 12 years and older: 325mg - 650mg (1 or 2 tablets) every 4 -6 hours as needed; limit of 10 tablets per day.
  - **Do not exceed 3250 mg in 24 hours! (10 tablets)**
- Children under 12 years old: The usual dose is 10 - 15 mg/kg/dose, every 4 - 6 hours as needed.
  - **Do not exceed 5 doses or 2600mg in 24 hours!**
  - See package for specific age/weight based dosing.
- To determine your child's weight in kilograms (kg), divide their weight in pounds (lb) by 2.2
  - Ex:  $10 \text{ lb} \div 2.2 = 4.5 \text{ kg}$



# IBUPROFEN

## (MOTRIN/ADVIL)

- Pain reliever and fever reducer.
  - Reduces fever and relieves minor aches and pains due to the common cold, flu, sore throat, headache, toothache etc.
- This product may cause severe stomach bleeding. The chances for this are higher if you:
  - Are 60 years or older.
  - Have stomach ulcers or bleeding problems.
  - Take a blood thinner or steroid.
  - Take other drugs containing NSAIDs.
  - Have 3 or more alcoholic drinks every day.
  - Take more for a longer amount of time than directed.



# IBUPROFEN

## (MOTRIN/ADVIL)

- Ask a doctor before using if:
  - The stomach bleed warning applies to you.
  - You have a history of stomach problems. (ex heartburn)
  - You have asthma, high blood pressure, heart disease, liver or kidney disease.
- Stop use and ask doctor if you:
  - Feel faint.
  - Vomit blood.
  - Have black or bloody stools.
  - Stomach pain that doesn't get better.
  - Fever gets worse or lasts for more than 3 days.
  - Pain gets worse or lasts for more than 10 days. (24 hours for children)
  - New symptoms appear.
  - Redness or swelling is present in the painful area.



# IBUPROFEN

## (MOTRIN/ADVIL)

### Dosing

- Adults and children 12 years and older: 200 - 400mg (1-2 caplets) every 4 - 6 hours as needed.
  - Maximum of 1200mg (6 caplets) per day.
  - Higher doses should only be used when prescribed by a provider.
- 2 - 11 years old: 5 - 10mg/kg of liquid every 6 - 8 hours as needed.
  - See package for specific weight/age based dosing.
  - Maximum of 4 doses per day.
- Treatment for more than 10 days is not recommended unless directed to do so by your provider.
- Children less than 2 years of age: consult doctor.
- Infants less than 6 months: do not take.



# DISPOSAL OF MEDICATIONS THAT ARE EXPIRED OR NOT NEEDED

- For many 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 now know that this is not a good practice, as these unwanted medications can get into our drinking water.
- However there are a few exceptions, (Fentanyl patches) so always read the medication label/insert.



# DISPOSAL OF MEDICATIONS THAT ARE EXPIRED OR NOT NEEDED

- In order to protect our environment, the Federal Government has put together some guidelines for medication disposal.
- 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 undesirable substance(used coffee grounds or kitty litter) and sealed shut and then discarded. The can should not be labeled.
  - This will make the medication less appealing to children and pets and less recognizable to people who may go through your 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](http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf)

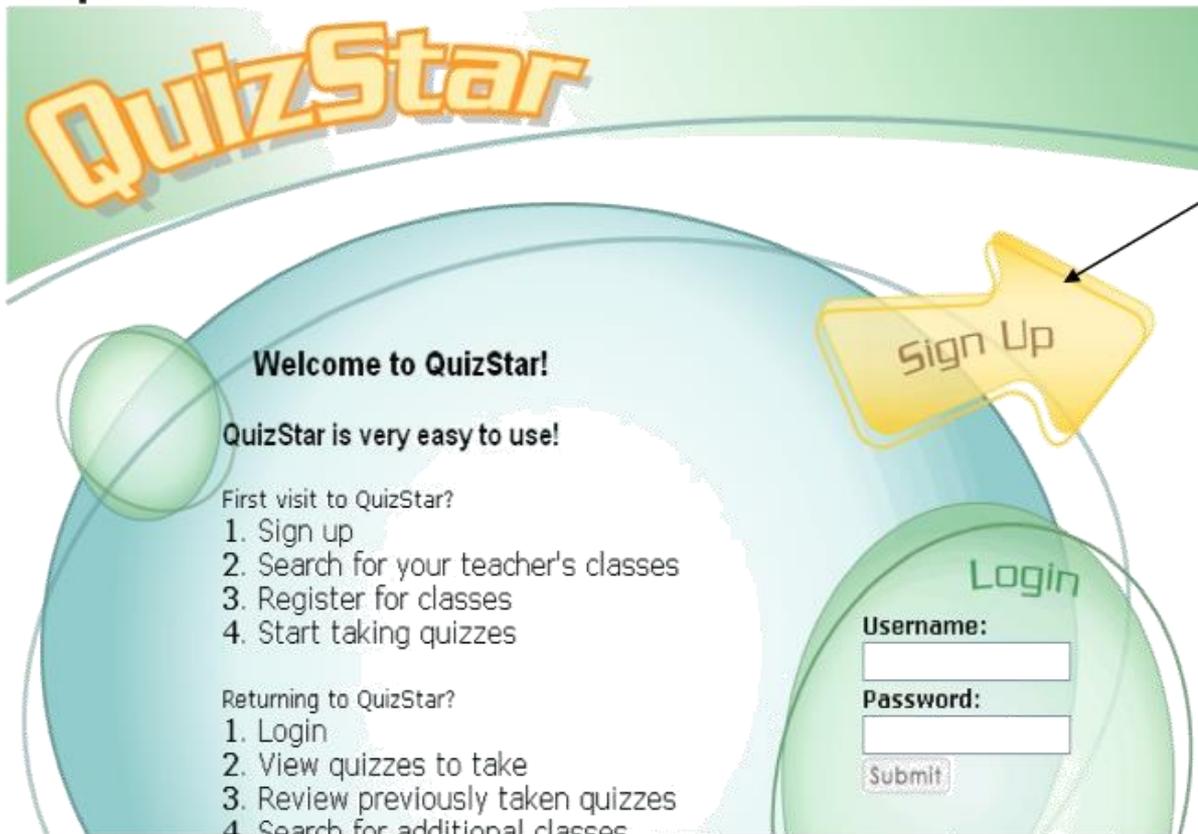


# NOW YOU'RE READY FOR THE QUIZ

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



# 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

### 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:

If you are under age 13, type your first name and last initial. Please do not enter any personally identifiable information.

Last Name:

Username:

Create a unique Username used every time to login to QuizStar (minimum of 3 characters with no spaces)

Create Password:

Use a password that is easy to remember but secure from other people. (minimum of 4 characters)

Re-type Password:

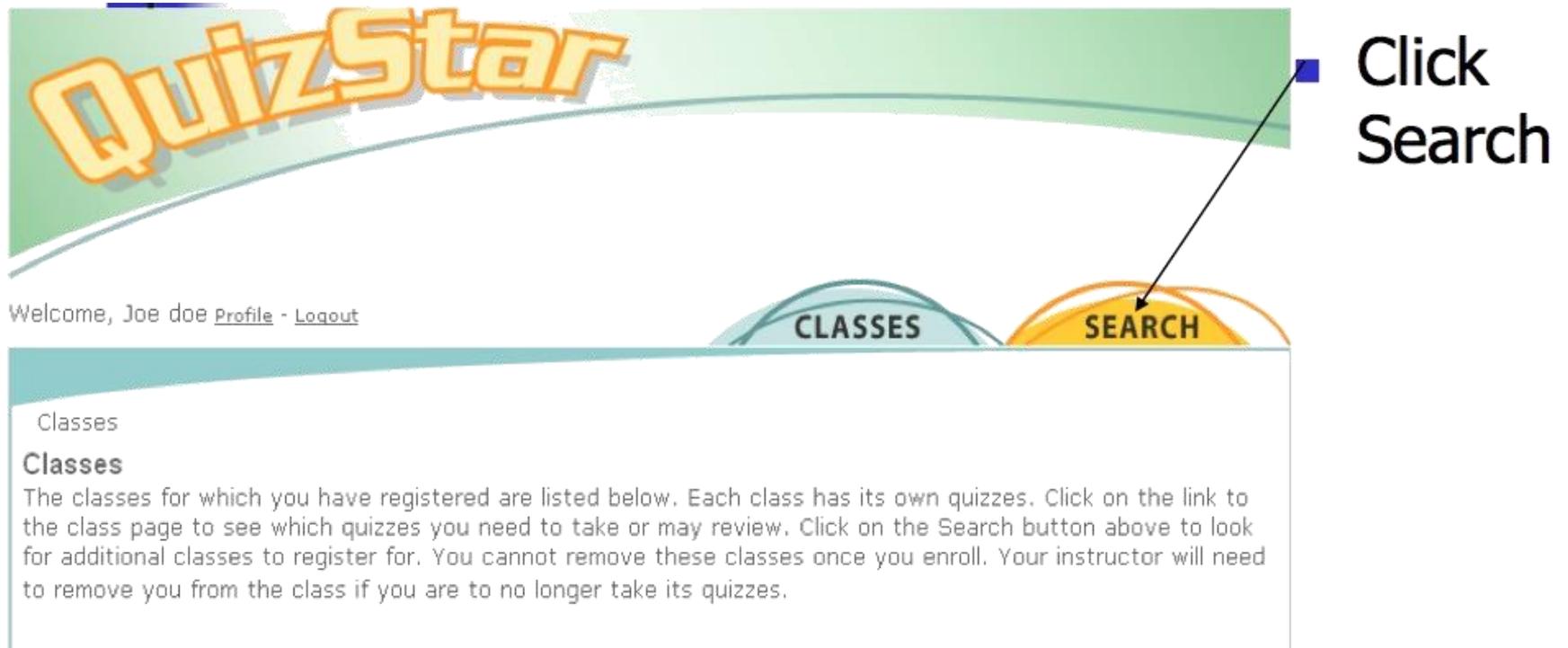
NOTE - your instructors are able to change your profile information at any time.

Register

Cancel



# FINDING THE QUIZ



The image shows a screenshot of the QuizStar website. At the top left is the QuizStar logo in orange and yellow. Below the logo, there is a navigation bar with two buttons: 'CLASSES' and 'SEARCH'. The 'SEARCH' button is highlighted in yellow and has an arrow pointing to it from the text 'Click Search' on the right. Below the navigation bar, there is a section titled 'Classes' with a sub-heading 'Classes' and a paragraph of text.

Welcome, Joe doe [Profile](#) - [Logout](#)

**CLASSES** **SEARCH**

Classes

**Classes**

The classes for which you have registered are listed below. Each class has its own quizzes. Click on the link to the class page to see which quizzes you need to take or may review. Click on the Search button above to look for additional classes to register for. You cannot remove these classes once you enroll. Your instructor will need to remove you from the class if you are to no longer take its quizzes.

Click Search



# FINDING THE QUIZ

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

Search for Classes/Quizzes

### Class & Quiz Search

Search for classes using a class or quiz title, the instructor, or a keyword. You can look for up to four classes and/or two quizzes in a single search. This saves you time when registering for classes.

**Search**  
Type in a class or a quiz to look for

→

**Results**  
Select the class you want to register for

→

**Finished**  
Find out what you have been registered for, then go to Classes

---

#### Class Search

Class #1:	Class Title	---		---	Search for up to four classes at the same time, then click Search.
Class #2:	Class Title	---		---	
Class #3:	Class Title	---		---	
Class #4:	Class Title	---		---	

Exact Match    Keyword Search

---

#### Quiz Search

Quiz #1:	Quiz Title	---	Self Care IACH	---	Search for up to two quizzes at the same time, then click search.
Quiz #2:	Quiz Title	---		---	

Exact Match    Keyword Search

# REGISTERING FOR THE QUIZ

- Check Box beside “Self Care IACH”

## 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.



- Click “Register”

## Quiz #1 Results

Searched: **Self Care IACH**

<input type="checkbox"/>	Quiz Title	Class Title	Instructor Name Email	Time Class Type
<input type="checkbox"/>	Self Care IACH	Self Care OTC Program	Patricia Harden	60 minutes Public course

# NOW YOU'RE REGISTERED

Click  
Classes

Welcome, Joe doe [Profile](#) - [Logout](#)

[CLASSES](#) [SEARCH](#)

[Search for Classes/Quizzes](#) > Results > Finished

### Finished

Displayed below should be the classes you have registered to. Some classes are Private, meaning your Instructor has to accept you into the class before you can begin taking quizzes. Go to [Classes](#) to see all of your classes listed to start taking quizzes.

**Search**  
Type in a class or a quiz to look for

⇒

**Results**  
Select the class you want to register to

⇒

**Finished**  
Find out what you have been registered to, then go to Classes

### Registered

You are registered for these courses:

Status	Class Title	Instructor	Email	Time	Public/Private Course
success	<b>Self Care IACH</b>			24 hours / 7 days a week	Public



# ALMOST THERE

Welcome, Joe doe [Profile](#) - [Logout](#)

**CLASSES** **SEARCH**

Classes

**Classes**

The classes for which you have registered are listed below. Each class has its own quizzes. Click on the link to the class page to see which quizzes you need to take or may review. Click on the Search button above to look for additional classes to register for. You cannot remove these classes once you enroll. Your instructor will need to remove you from the class if you are to no longer take its quizzes.

**SELF CARE/ OTC** time: 24 hours / 7 days a week

-  [1 Untaken Quizzes](#)
-  [0 Started Quizzes](#)
-  [0 Expired Quizzes](#)

- Click Untaken Quizzes



# CLICK TAKE

Welcome, Joe doe [Profile](#) - [Logout](#)

[CLASSES](#) [SEARCH](#)

### SELF CARE/ OTC's Quizzes

Make a selection from the list of [Untaken](#), [Started](#) or [Expired](#) Quizzes to **Take** or **Review** a quiz. If you want further instructions about using this page, go to the [Directions](#) at the bottom of this page.

**Untaken Quizzes** [Help](#)

Quiz Title (with attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
Self Care IACH	Always Active	Always Active	10	-	Take	Review

**Started Quizzes** [Help](#)

Quiz Title (with Attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
There are no Started Quizzes to take.					Take	Review

**Completed/Expired Quizzes** [Help](#)

Quiz Title	Start Date	Due Date	Points	Score	Take Quiz	Review Quiz
There are no Expired Quizzes to review.					Take	Review

■ 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) and present it to the pharmacy.
- The OTC Medication Cards are available at all IACH Outpatient Pharmacies (pull an “A” ticket).



# RESULTS PAGE EXAMPLE

The screenshot shows a web browser window titled "QuizStar Quiz Environment - Microsoft Internet Explorer provided by IACH". The address bar contains the URL "http://quizstar.4teachers.org/servlet/quizinterfacehelperservlet". The page content includes a header with a green box, "Self Care IACH", and "QuizStar". The main message reads: "Your Score : 91 out of 91 (100%)", "Self Care IACH", "has been submitted at", "Mar 11, 2008 1:50:37 PM". Below this are three buttons: "Return to this Class' page", "Review this quiz", and "Logout of QuizStar". At the bottom, there is a footer with contact information for the QuizStar Team and copyright information for ALTEC.

QuizStar Quiz Environment - Microsoft Internet Explorer provided by IACH

File Edit View Favorites Tools Help

Address <http://quizstar.4teachers.org/servlet/quizinterfacehelperservlet> Go Links

Self Care IACH QuizStar

**Self Care IACH**

**Your Score : 91 out of 91 (100%)**  
**Self Care IACH**  
has been submitted at  
**Mar 11, 2008 1:50:37 PM**

[Return to this Class' page](#) [Review this quiz](#) [Logout of QuizStar](#)

The QuizStar Team provides technical assistance and support to users M-F from 8:00 a.m. - 5:00 p.m. [Central Standard Time](#), excluding [U.S. federal holidays](#).

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Center for Research on Learning at The University of Kansas

Done Internet

start Inbox - Microsoft Out... Microsoft PowerPoint ... QuizStar Quiz Environ... 2:50 PM



THANK YOU FROM IRWIN ARMY COMMUNITY  
HOSPITAL DEPARTMENTS OF PHARMACY &  
PREVENTIVE MEDICINE

Most recent update: December 2015



## REFERENCES

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