



Over The Counter (OTC) Self-Care Class

Dwight David Eisenhower Army Medical Center





Introduction to Health and Self-Care



 Over 70% of all medical appointments and Emergency Room visits for new problems may be unnecessary. These visits are often for minor health problems that can be treated with medications offered through the OTC Self-Care Program.





Available OTC Medications at DDEAMC



PAIN/FEVER

- Acetaminophen 160mg/5ml suspension
- Acetaminophen 325mg tablets
- Ibuprofen 100mg/5ml suspension
- Ibuprofen 200mg tablets

COUGH/COLD ALLERGIES

- Guaifenesin syrup
- Guaifenesin DM syrup
- Pseudoephedrine 30mg tablets
- Dimetapp elixir
- Diphenhydramine 25mg capsules
- Diphenhydramine 12.5mg/5ml liquid
- Loratadine 10mg tablets
- Loratadine 5mg/5ml syrup

GASTROINTESTINAL

- Maalox Plus suspension
- Loperamide 2mg tablets

TOPICALS

- Bacitracin antibiotic ointment
- Miconazole 2% cream
- Hydrocortisone 1% cream
- Zinc Oxide 20% ointment

EYE, EAR, NOSE MEDICATIONS

- Artificial tears
- Saline nasal spray





Pain/Fever Acetaminophen (APAP)



- Used for treatment of fever, headaches, teething pain, pain after receiving shots (immunizations) etc.
- Beware of other medications that contain APAP(maximum APAP per day is 4,000mg)
- Consult your Health Care Provider (HCP) or Pharmacist (RPh) for dosing information in children less than 2 years old
- Refer to label for dosing in patents >2 years old
- Contact your HCP for temperature >102°F or for fevers lasting longer than 24 hours





Pain/Fever Ibuprofen (Motrin)



 Indicated for high fevers, headaches, sprains, strains, and other minor aches and pains

- Beware of other medications containing ibuprofen or aspirin
- Refer to label directions for appropriate dosing





Cough/Cold/Allergies Guafenesin (Robitussin)



Guaifenesin

- Removes mucus from the respiratory tract/chest
- NOT for a dry, nonproductive cough
- Drink plenty of clear fluids
- Consult your HCP for a cough lasting more than 7 days

Guaifenesin DM (Dextromethorphan)

- Loosens mucus and quiets cough due to throat irritation
- Do not use if cough is accompanied with excessive mucus
- Drink plenty of clear fluids
- Consult your HCP for a cough lasting more than 7 days





Cold/Cough/Allergies Pseudoephedrine (Sudafed)



- Relieves nasal/sinus congestion
- Consult your HCP prior to use in patients with high blood pressure
- May request only 1 box per month





Cold/Cough/Allergies Dimetapp liquid



- For temporary relief of allergy and congestion symptoms
- Only for patients 6 years of age or older
- May cause drowsiness
- Consult your HCP for symptoms lasting more than 7 days





Cold/Cough/Allergies Loratadine & Diphenhydramine



- Indicated for allergy related symptoms (runny nose, itchy, watery eyes, sneezing etc.)
- Diphenhydramine (Benadryl) may cause drowsiness. Loratidine (Claritin) does not.
- Consult your physician before using if you have glaucoma, difficulty urinating, or breathing problems such as emphysema or chronic bronchitis (read the package insert for other precautions).
- Read medication label directions for appropriate dosing.





Gastrointestinal Maalox Plus & Loperamide



Maalox Plus

- Symptomatic relief of heartburn, acid indigestion, sour stomach and gastritis
- Shake well and follow label directions for dosing
- If symptoms last more than 2 weeks consult HCP

Loperamide (Imodium)

- To treat symptoms of diarrhea, including traveler's diarrhea
- DO NOT use if blood in stool or diarrhea associated with high fevers
- For children >2 years old





Topicals Bacitracin Ointment



- Prevention of infection in minor cuts, burns, wounds, and scrapes
- Apply 1-3 times daily after cleansing the affected area
- For topical use only. Do not use in or near the eyes.
- Contact your HCP if symptoms worsen or last greater than 1 week (e.g. swelling, increased pain, drainage)





Topicals Miconazole (Monistat) 2% cream



 Indicated for athlete's foot, ringworm, jock itch and other fungal related issues

NOT for use on scalp or nails

- Clean area prior to use and apply twice daily
- For external use only



Topicals Hydrocortisone 1% Cream



 Relief of swelling, redness and itchiness due to minor skin irritations and rashes

- Product may cause stinging, burning, irritation or dryness
- Do not use if you have an infection or sore in the area to be treated.
- For external use only; do not use in or near eyes or mucous membranes





Topicals Zinc Oxide 20% ointment



- Treatment and prevention of diaper rash, oozing and weeping related to poison ivy etc.
- Apply as needed to dry skin
- Consult your HCP if symptoms last more than 7 days or do not improve





Eye, Ear, Nose Medications Artificial Tears



Lubricant for dry, irritated eyes

Do not touch applicator tip to eye





Eye, Ear, Nose Medications Saline Nasal Spray



 Provides moisture to swollen nasal passages and helps drainage of thickened nasal secretions

 DO NOT share intranasal containers with other family members.





Tips on Giving Medicine Correctly



- Never give adult medicine to a child. Medicines come in different concentrations designed for children.
- Cold medicines and pain relievers often have some of the same ingredients; a full dose of each may be twice as much medicine as is recommended.
- Always use the dosing device provided
 - Kitchen measuring devices are not accurate for medication
- Read all package instructions, warnings, dosing information and active ingredients prior to using any medication





OTC Self Care Information



- The card is good for 2 years from date of issue
- Request an OTC Medication list at the ticket desk at the DDEAMC Main Outpatient Pharmacy and receive a ticket for service
- Present your self care card, the patient's ID card and circled OTC Medication list at the Outpatient pharmacy window
- There is a limit of 5 OTC meds per cardholder per month
- Children under 2 years old are limited to nasal spray and Zinc Oxide ointment only
- Inform your HCP of all OTC medications you are taking





Disposal of medications that are expired or not needed



 For several years, many people thought that the best way to dispose of medications was to flush them down the toilet or to dissolve them in the sink.

 We now know that this is NOT good routine practice as these unwanted medications can get into our drinking water.





Disposal of medications that are expired or not needed



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

<u>www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf</u>





Now you're ready to register



- Go to the site but follow instructions below
 - http://quizstar.4teachers.org/indexs.jsp

 Follow the next slides to Register, Enroll and Take the Quiz

Please Read Before Registering and Taking Quiz



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Click to Sign Up





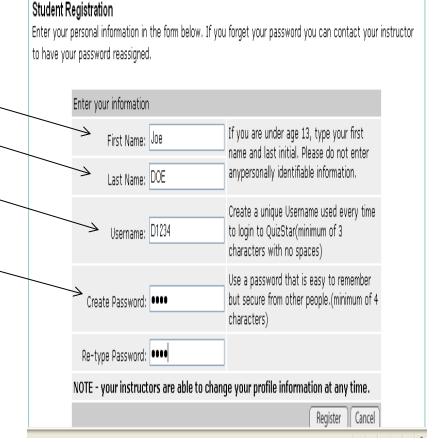


Registering



Enter

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



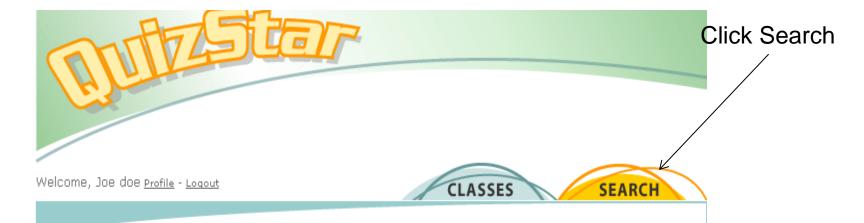




Finding the Quiz



Click Search



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.

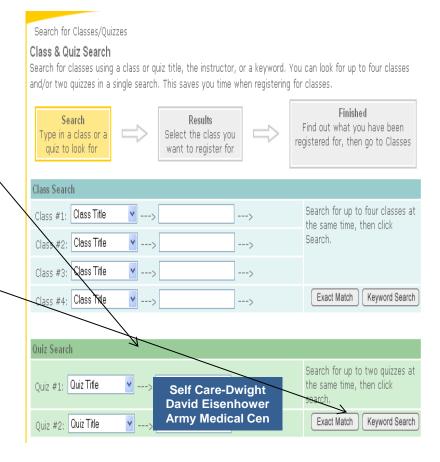




Finding the Quiz



- Look under "Quiz Search"
- Enter "Self Care Dwight David Eisenhower Army Medical Cen"
- Then Click Exact Match
- It is important to use exact spelling and spacing as above







Registering for the Quiz



 Check Box beside
 "SELF CARE -DWIGHT DAVID ARMY MEDICAL CEN"

Click Register



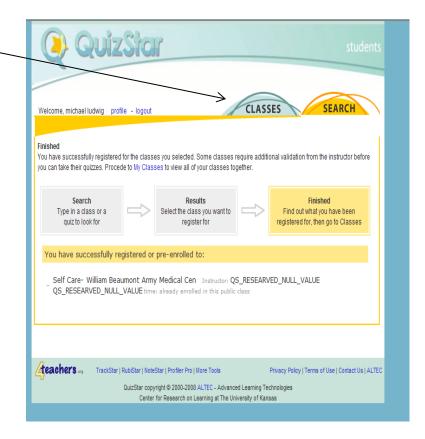




Now you are Registered



Click Classes







Almost There



Welcome, Joe doe Profile - Logout



Classes

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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

D Started Quizzes

D Expired Quizzes

Click UntakenQuizzes





Click Take Quiz





Click Take Quiz





Start Quiz



- You may now start the Quiz
- Feel free to refer to the slides throughout the quiz
- If you receive a score of 70% or higher, print your results page (see next slide).
 - Come to the Main Outpatient Pharmacy location in Hospital (Building 300)
 - Show the pharmacy concierge personnel your results page
 - They will issue a OTC Medication Card
 - If you require medications at that time, you will need to fill out the request form and either utilize the drop off/pick up service or be issued a "C" ticket





Results Page Example



Print page and present to DDEAMC staff at concierge desk

ludwig, michael Medical Cen QuizStar

Self Care Class-William Beaumont Army Medical Center

Your Score: 70 out of 100 (70%)

has been submitted at Dec 3, 2010 6:30:47 AM

Return to this Class' page Review this quiz Logout of QuizStar

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