



ARMY MEDICINE
Serving To Heal...Honored To Serve



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 patients >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, non-productive 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.

www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf





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



Never should you submit Personally Identifiable Information (PII) or Protected Health Information (PHI) over the Internet.

By utilizing this program, you agree that the Department of Defense, the United States Government and its Medical Providers are not responsible, and shall have no liability to you, with respect to any information or materials posted by either yourself or others, including defamatory, offensive or illicit material, even material that violates this Agreement.

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Click to Sign Up



QuizStar

Click Sign Up



Welcome to QuizStar!

QuizStar is very easy to use!

First visit to QuizStar?

1. Sign up
2. Search for your teacher'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

Login

Username:

Password:

Submit





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:	<input type="text" value="Joe"/>	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" value="DOE"/>	
Username:	<input type="text" value="D1234"/>	Create a unique Username used every time to login to QuizStar (minimum of 3 characters with no spaces)
Create Password:	<input type="password" value="••••"/>	Use a password that is easy to remember but secure from other people. (minimum of 4 characters)
Re-type Password:	<input type="password" value="••••"/>	

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

Register Cancel





Finding the Quiz



- Click Search

Click Search





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

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-Dwight David Eisenhower Army Medical Cen	---	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 - DWIGHT DAVID ARMY MEDICAL CEN”
- Click Register

students

Welcome, michael ludwig [profile](#) - [logout](#)

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

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

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.

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

[← New Search](#) [Register](#) [Cancel](#)

Select the class, then click Register

Class #1 Results
Searched: SELF CARE - WILLIAM BEAUMONT ARMY MEDICAL CEN

<input checked="" type="checkbox"/>	Class Title	Instructor Name Email	Class Time	Class Type
<input checked="" type="checkbox"/>	Self Care - William Beaumont Army Medical Cen	QS_RESEARVED_NULL_VALUE QS_RESEARVED_NULL_VALUE		Public

1 result(s)

[Register \(to top\)](#)

[← New Search](#) [Register](#) [Cancel](#)

Select the class, then click Register

[Register to selected classes](#)





Now you are Registered



- Click Classes

students

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CLASSES **SEARCH**

Finished
You have successfully registered for the classes you selected. Some classes require additional validation from the instructor before you can take their quizzes. Proceed to [My Classes](#) to view all of your classes together.

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](#)

You have successfully registered or pre-enrolled to:

- Self Care- William Beaumont Army Medical Cen Instructor: QS_RESEARVED_NULL_VALUE
QS_RESEARVED_NULL_VALUE time: already enrolled in this public class

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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 Quiz



- Click Take Quiz

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

Self Care- William Beaumont Army Medical Cen'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 Class-William Beaumont Army Medical Cente (3)	Dec 1, 2010 9:56:00 AM	Jan 5, 2011 9:56:14 AM	100	- - -		

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.						

Completed/Expired Quizzes Quizzes [Help](#)

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

Icon Legend
Quiz Types: Untaken Started Expired

Directions
The two main functions of this page are to display quizzes from this class that are available to **Take** and to **Review**.





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

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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ARMY MEDICINE

Serving To Heal...Honored To Serve

**THANK YOU FROM DWIGHT DAVID EISENHOWER
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