

Fort Polk –BJACH-Self Care Program



Self-Care Education

For Questions Regarding This Program, Please Call
337-531-8090

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
- Limit of 2 medications per individual per 30 day period
- Maximum of 4 medications per family per 30 day period

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

Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg	Purpose .Antihistamine
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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	
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.

What medication should I take?

Your Symptoms	Active Ingredients	Warning / Precautions**
Fever and / or Pain	Acetaminophen (Tylenol)	<p>CAUTION:</p> <p>Never take more than one medication with the same active ingredient</p> <p>Maximum daily dose for adults: 4,000 mg</p> <p>AVOID ALCOHOL</p> <p><u>Speak with your provider if you have:</u></p> <ul style="list-style-type: none"> - Liver disease
Fever and/ or Pain and Inflammation	Ibuprofen (Motrin)	<p>CAUTION:</p> <p>Never take more than one medication with the same active ingredient</p> <p><u>Speak with your provider if you have:</u></p> <ul style="list-style-type: none"> - Kidney Disease - If you take blood thinners (e.g., Coumadin[®], Plavix[®]) - If you have any history of stomach bleeds

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!**

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

“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

PERFORMANCE TRIAD



Get started on a healthier lifestyle by following “The Performance Triad” target behaviors:

- Get Quality Sleep
- Engage in Activity
- Improve Nutrition

The Performance Triad is the foundation for Army Medicine’s transformation 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*)

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.
- BJACH provides a variety of education on health topics to help you reach & maintain your healthy goals.
- If you would like more information contact the Health Promotion Program at (337) 531-6880 or visit the BJACH website “Latest News” @ <http://bjach.polk.amedd.army.mil> and click on one of the following links:
 - BJACH Wellness/Performance Triad Calendar
 - Performance Triad Health & Wellness Calendar
 - BJACH Health Promotion Current Events

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**

Self Post Test



1. Seasonal allergies (runny nose, watery eyes, sneezing) are best treated with:
 - a) Loratidine (Claritin) Antihistamine
 - b) SudoGest (Phenylephrine) Sinus pressure
 - c) Robitussin DM (Guaifenesin/Dextromethorphan) Cough
 - d) Tylenol (Acetaminophen) Pain/Fever

2. What does “drug facts” on the package label tell you about each active ingredient?
 - a) The name of the active ingredient
 - b) How much is in each tablet or teaspoonful
 - c) What it does.(Purpose or job)
 - d) The problems it treats (its uses)
 - e) All of the above.



Post Test Continued

3. You are currently taking Vicks® DayQuil® (Acetaminophen/Dextromethorphan/Phenylephrine) for a cold (sore throat, nasal congestion, cough, post nasal drip). What OTC medication would you use in addition to DayQuil®?
- a) Tylenol (Acetaminophen)
 - b) Robitussin DM (Guaifenesin/Dextromethorphan)
 - c) SudoGest (Phenylephrine)
 - d) Benadryl (Diphenhydramine)
4. DayQuil® has many of the same ingredients offered by the OTC Program.
- a) True
 - b) False
5. Taking too much of a medication can lead to an overdose.
- a) True
 - b) False