

Medicines
in My
Home



U.S. Food & Drug Administration

Instructor Guide

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Introduction to the Program



Welcome to the Medicines in My Home program. This program has been designed to teach your students about over-the-counter, or OTC, medicines, and how to use them properly.

The FDA has seen literature that suggests adolescents as young as 11 or 12 may begin self-medicating with over-the-counter medicines. Adolescents this age may also be left alone after or before school, and may be asked to care for other children. Concerned that students this young likely lack the knowledge, skills, and abilities to make decisions about medicine and use medicine safely without adult permission and supervision, FDA developed the MIMH educational program to be taught in classrooms. Materials were included that students can share with their family, so the family can work together to establish good habits.

The Medicines In My Home program teaches students about the *Drug Facts* label. Students can go through the program at their own pace. Teachers can assign modules as homework or an in-class activity and then lead a discussion in the classroom. The elements are also adaptable for opt-out, after-school, extension, and other educational settings.

Print materials for the classroom support instruction and the learner's classroom experience. Home materials can be used to extend the classroom learning to the home where OTC medicines are used. The learner can also share the home materials with family members. With these materials, the entire family can learn about over-the-counter medicines and how to use them so they are safe and effective.

We are committed to providing access to our Web pages and content for individuals with disabilities. This course contains an alternate version for users with accessibility software.

System Requirements & Screen Resolution

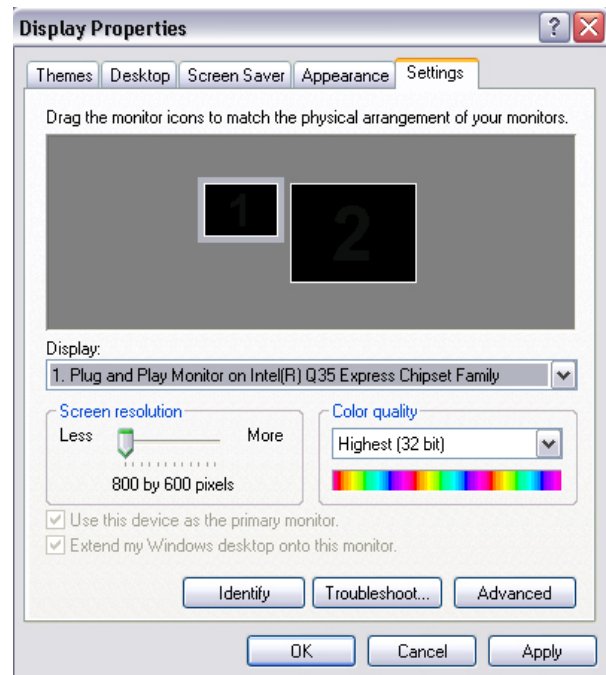
System Requirements

There are specific plug-ins and browsers required in order to use the Medicines in My Home program. You will want to ensure that your system has the following programs:

- **Internet Explorer:**
<http://www.microsoft.com/windows/downloads/ie>
- **Firefox:**
<http://www.mozilla.com/en-US/firefox/ie.html>
- **Flash player:**
<http://www.adobe.com/products/flashplayer>
- **Java:**
<http://www.java.com/en/download/manual.jsp>

Screen Resolution

To view this course full screen, you will need to set your screen resolution to 800x600. This can be accomplished by accessing the Display Properties within the Control Panel. Under the Settings tab, set your screen resolution to 800 by 600 pixels.



Buttons & Navigation Controls

There are a number of navigation controls for this program. Starting in the upper left corner of the screen, and moving clockwise, they are the FDA logo button, the Floor Plan button, the Medicines in My Home logo button, the CDERLearn Home button, the Turn Captions On/Off button, and the navigation buttons in the lower left corner of the screen. Each button is described in greater detail in the following pages.



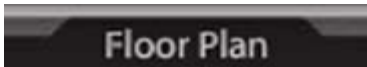
Buttons & Navigation Controls, continued

Here are the buttons for this program in greater detail. The navigation controls are presented on the next page.



The FDA Logo Button

The FDA logo button, in the top left corner of the screen, is linked to the FDA web site. Select this button to open the FDA web site in a separate window.



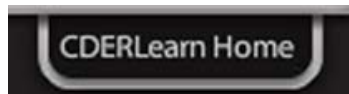
The Floor Plan Button

Use the Floor Plan button, located in the top center of the screen, to open a floor plan of the Medicines in My Home house. From the Floor Plan screen, students can select a room to go to. If, at any time during the program, students want to go to another room, they can select the Floor Plan button, and select the room they want to go to.



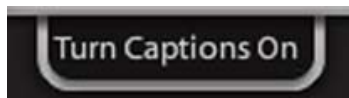
The Medicines in My Home Logo Button

The Medicines in My Home logo button, in the top right corner of the screen, is linked to the Medicines in My Home web site. Select this button to open the FDA's Medicines in My Home web page in a separate window.



The CDERLearn Home Button

Use this button to open the FDA's Center for Drug Evaluation and Research, or CDERLearn, web page in a separate window.



Turn Captions On/Off Button

Captions display in sync with the conversations between the characters, as well as the scene, image, and sound descriptions in certain areas. Captions also tell students when to use the Next button. Captions appear when the program starts, but students can turn them off whenever they want by selecting the Turn Captions Off button.

Buttons & Navigation Controls, continued

The navigation controls for this program are the four buttons in the bottom left corner of the screen. Starting at the top and moving clockwise, the four buttons are Menu, Next, Play/Pause, and Back.



The Menu Button

Use the Menu button to access the contents of the program or to exit the program. This button also has a list of shortcut keys for learners who need to use keyboard navigation or screen readers in order to complete the program.



The Next Button

Use the Next button to move forward through the program. This button will flash when students should move to the next page.



The Play/Pause Button

Use the Play/Pause button to play or pause the program.



The Back Button

Use the Back button to go back to screens that have already been viewed.

Medicines in My Home Characters

There are five characters that students will get to know during the Medicines in My Home program. They are listed below.



The Narrator

The Narrator introduces students to the Medicines in My Home family and accompanies them through this program.



The Medicines in My Home Family

The Medicines in My Home family consists of (from left to right) Ilene, Mom, Matt, and Pops.

The Rooms of the Home

In this program, students and the narrator meet the Medicines in My Home family. The family takes students through five rooms of their house and talks with them about the *Drug Facts* label found on over-the-counter medicines. Students can see how a family makes choices and how they use over-the-counter medicines. Students are also able to participate in activities.

Students can visit any room at any time, but it is suggested that they move from room to room in the order of the program.

Note that there are discussion questions for each room provided in this guide.



The Rooms of the Home – The Foyer

In the foyer, students meet the Medicines in My Home family. Here students learn that medicines and drugs are the same thing, and they are used to treat diseases, as well as common symptoms or problems, like a runny nose or a headache. Students also learn the difference between medicines that require a doctor's order, or prescription (prescription medicines), and those that do not require a prescription (over-the-counter, or OTC medicines). Students can practice telling the difference between prescription and over-the-counter medicines.

Students also learn that all over-the-counter medicines have a *Drug Facts* label. The *Drug Facts* label has different sections, including the Purpose, Use, Active Ingredient, Warnings, Directions, Other, Inactive Ingredients, and Questions sections.



DISCUSSION QUESTIONS

Q: What do medicines or drugs do?

A: Medicines change the way your body works; they treat or prevent diseases; they can also treat or prevent a symptom or a problem.

Q: What are the differences between prescription and over-the-counter medicines?

A: Answers may include the following:

- Prescription medicines are for one person only. An over-the-counter medicine can be used by multiple people.
- You have to see a doctor in order to get a prescription medicine, but over-the-counter medicines can be purchased without a prescription.

The Rooms of the Home – The Living Room

In the living room, students learn why it is important to read the *Drug Facts* label every time they use an over-the-counter medicine. Students are introduced to the Purpose and Use sections of the *Drug Facts* label. The purpose of any drug is to do whatever the active ingredient is supposed to do. For example, a drug with the active ingredient ibuprofen has a purpose of reducing fever and relieving pain. The Use section explains what symptoms or problems the drug will treat or prevent, such as “Temporarily reduces fever,” or “Temporarily relieves minor aches and pains.”

The Purpose and Use sections help people select a medicine that will help treat their symptom or problem.



DISCUSSION QUESTIONS

Q: If the purpose of a medicine is pain reliever/fever reducer, what are some of the possible uses for the medicine?

A: Answers may include treating a headache, fever, toothache, muscle soreness, and minor arthritic pain.

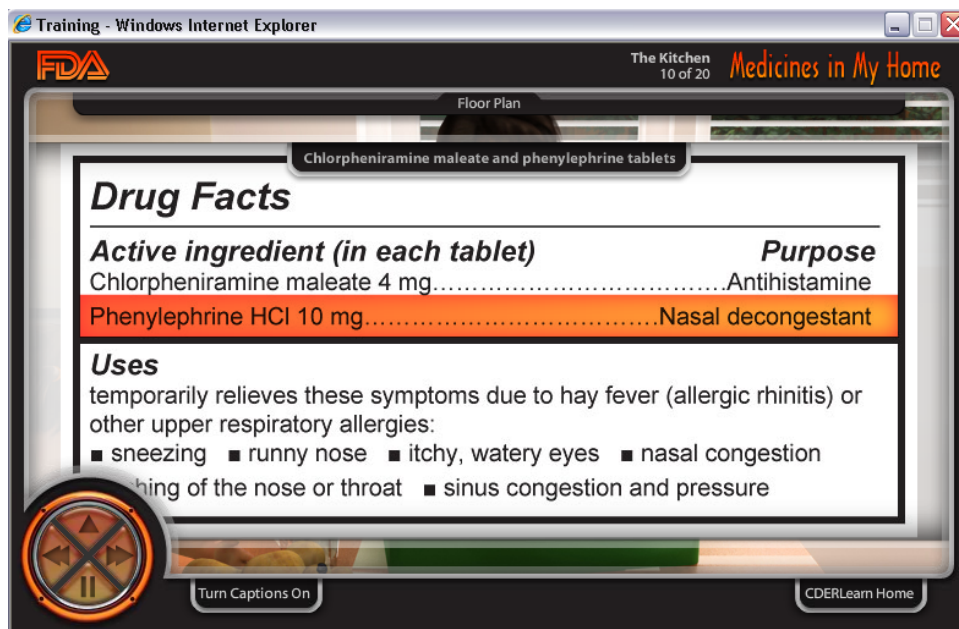
Q: You have a headache, and you find a medicine that says, For the temporary relief of cold/flu symptoms such as minor aches and pains, sore throat, headache, and congestion. Should you use this medicine for your headache? Why or why not?

A: The correct answer would be no, and should include something about this being a medicine for cold and flu symptoms, not just for headaches.

The Rooms of the Home – The Kitchen

In the kitchen, students learn about the Active Ingredient Section of the *Drug Facts* label. The active ingredient is the part of the medicine that makes it work to treat the symptom or problem. All medicines have at least one active ingredient, and many have more than one. The Active Ingredient section tells you how much of each active ingredient is in each dose of the medicine.

Here in the kitchen, students are given the opportunity to practice selecting medicines with the correct active ingredients. Students also learn why it is important to choose medicines with the correct active ingredients for symptoms or problem. Using a medicine with the wrong active ingredients won't treat symptoms or problem and could even cause harmful or unwanted side-effects.



DISCUSSION QUESTIONS

Q: You have a cold. You are congested, and you have a fever. You find two medicines. One with acetaminophen, for reducing fever and relieving minor aches and pain and another with phenylephrine AND acetaminophen, for relieving congestion, reducing fever, and relieving minor aches and pains. Which medicine should you take? The medicine with just acetaminophen? The medicine with both acetaminophen and phenylephrine? Both medicines?

A: The correct answer is to take to medicine with both acetaminophen and phenylephrine. Taking the one with just acetaminophen will only treat your fever. Taking both medicines could cause unwanted or harmful side-effects.

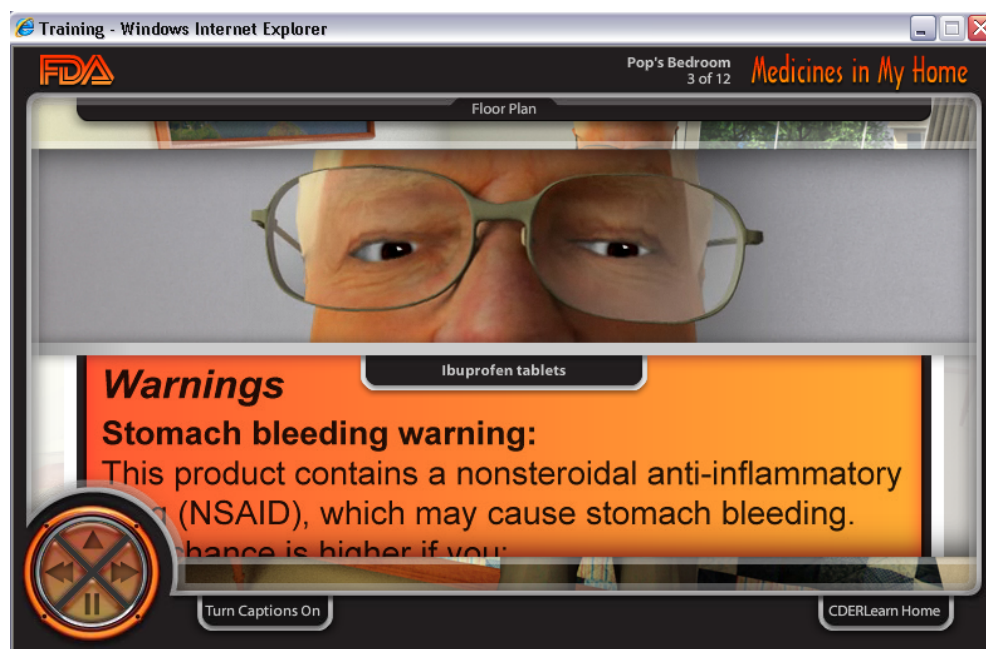
Q: Why is it a bad idea to take two medicines with the same active ingredient?

A: If you use more than one medicine with the same active ingredient, you will get too much active ingredient and that can increase your chance of harmful or unwanted side effects.

The Rooms of the Home – Pops’ Room

In Pops’ bedroom, students learn about the Warnings section of the *Drug Facts* label, and why it is important to read the warnings listed. The Warnings section tells you how the medicine will make you feel, side effects you might get, and when not to use or stop using the medicine. The Warnings section also tells you when you might need to talk to a doctor or pharmacist.

While in Pops’ room, students can practice reading the Warnings section of a *Drug Facts* label.



DISCUSSION QUESTIONS

Q: Why is it so important to read the Warnings section of a medicine?

A: Answers might include things like: The Warnings section tells you things like how the medicine will make you feel, side effects you might get, and when not to use or stop using the medicine.

Q: Why was it a good thing that Pops read the Warnings section of his pain reliever medicine?

A: Pops is already taking a medicine for his high blood pressure. He’s also taking a diuretic, and he is older than 60. All of these items were listed in the Warnings section of his pain reliever medicine.

The Rooms of the Home – The Patio

On the patio, students learn about the Directions section, as well as the Other, Inactive Ingredients, and Question sections of the *Drug Facts* label. The Directions section tells people how to use the medicine, how much to use, how often to use it, and how long they can use it. The Directions section also gives people the dosing recommendation for the medicine, usually based on age and weight. On the patio, students can practice correct dosing as well.

The Other section tells people other things they might need to know, like how to store their medicine when they are not using it. Remember, “Locked and high, cool and dry!” The Inactive Ingredients section tells you the parts of the medicine that are not the active ingredients, such as flavors, colors, binders, and other ingredients that help form the medicine. Lastly, the Questions section has a telephone number to call if people have questions, or if they want to report a problem with the medicine.



DISCUSSION QUESTIONS

Q: What does the Directions section tell you?

A: Answers might include, who should not use the medicine, how to use the medicine, how much to use, how often to use it, and how long you can use it.

Q: Why is it not good for children to be given adult medicines?

A: Answers might include, the dosage for adult medicines is for adults, and children could get harmful or unwanted side effects from using an adult medicine. Some adult medicines specifically state that they should not be given to children under the age of 12.

The Medicines in My Home Assessment & Teacher Resources

Here are some other resources that you can use at home to learn more about over-the-counter medicines and drug safety.



Assessment

If you wish to assess your students' understanding of the materials presented in this program, download the Medicines in My Home pre-test, post-test, and answers found here:

- **Pre-test:**
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM175838.pdf>
- **Post-test:**
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM175840.pdf>
- **Answers:**
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM175842.pdf>

Teacher's Resources

You can also find other resources to use in your class here:
<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093548.htm>