

# Self Care:

Over The Counter (OTC)  
Drug Therapy



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William Beaumont Army Medical  
Center  
Self Care Program



# Objective of the Self-Care Course

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- Encourage and provide the Fort Bliss 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 WBAMC
- Understand the procedure to obtain Over The Counter (OTC) medications
- Identify safe practices in the disposal of medications



# Instructions

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- Please review all the slides
- This is an hour long presentation
- Suggest making copies of the slides using the “handout” selection with 6 slides per sheet
  - Handout will be a reference tool for treatment
  - Helpful during registration for exam
  - Helps answer the questions on the post test
- The post test has 10 questions with no time limit
- Passing grade is 70%
- Be sure to make a copy of your passing test results for your OTC medication card and books



# What is Health?

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- 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.
- Health is a positive state of well-being.



# What Affects Health?

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- You are a synthesis of nature and nurture. You have inherited your genetics and can not change this. But you create 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 Health And Self-Care

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



# What Is Self-Care?

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- 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 WBAMC

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- Once the class is completed, patients may obtain up to 4 different items per two weeks per parent in their family(DoD card beneficiaries).
- Patients obtaining medications for their family MUST present a valid military ID card.
- Patients may select items for themselves or family members as long as they meet the age requirement





# Medication Usage

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- OTC medications are used for minor and temporary conditions
- Use OTCs as directed/when indicated
- Use fewest possible medications for shortest possible time
- Take medication correctly
- If no relief of symptoms in 24/48 hours, contact your healthcare provider
- **Always consult your child's doctor if under 2 years of age**



# Medication Storage

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- Store as directed on package
- Protect from light and moisture
- Always keep in original container
- Keep lid tightly closed
- **Keep all medications out of reach of children**



# Commonly Available OTC Medications at Medical Treatment Facilities(MTFs)

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- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Diphenhydramine (Benadryl)
- Actifed
- Cepacol
- Sudafed
- Maalox
- Mylicon infant drops
- Guaifenesin (Robitussin)
- Pepto Bismol
- Afrin nasal spray
- AYR nasal drops
- Hydrocortisone 1% cream
- Bacitracin Ointment
- Lotrimin 1% cream
- Gyne Lotrimin
- Foot Powder

**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 WBAMC Pharmacy and "Healthwise Handbook or Soldier Health Maintenance Manual. 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**

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

**SELF-CARE PROGRAM EVALUATION**

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

# Administering Medication Guidelines



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- Read and Understand the instructions
- Double check strength of medication
- Does the patient have any medication allergies to the medication?
- Use product 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

# Medication Checklist-

## Things to think about before dosing!

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- What is medication name (is it a generic brand for another product I already have?)
- What does the medication do?
- How much of the medication do I 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? (Can this with my other medications?)
- Can I take or use this medication with my medical condition?( for example high blood pressure)

# What are my symptoms?



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- The symptoms that you or your child are experiencing should guide your selection of OTC 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 of OTC Products

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- Antihistamine products
  - Diphenhydramine (Benadryl), chlorpheniramine (CTM)
- Decongestant products
  - Pseudoephedrine (Sudafed)
- Cough suppressant
  - Guaifenesin/Dextromethorphan (Robitussin DM)





# Examples

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- Expectorants
  - Guaifenesin (Robitussin)
- Pain reliever
  - Acetaminophen (Tylenol)
  - Ibuprofen (Advil) also helps with swelling
- Fever
  - Acetaminophen (Tylenol)
  - Ibuprofen (Advil) in children greater than 6 months old



# Fever

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- ***If your child is less than 3 months old and has a fever greater than 100.5°F, seek medical care as soon as possible.***
- If your child is ages 3 months to 3 years has a fever of 103 degrees or higher for 24 hours, seek medical care
- Seek medical care for fevers lasting 3 days that require the repeated use of fever reducer
- If symptoms persist, worsen, or if new symptoms develop, contact a physician.



# Dosing Medications

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- Disclaimer: Read all over-the-counter (OTC) package for proper directions and precautions. A pharmacist is available on duty to answer any of your questions.
- **“Know your MEDICINE, Know Your Pharmacist”**



# Acetaminophen (APAP)

## Tylenol

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- Treatment of pain and fever.
- Do not exceed a total dose of 3,200 mg per day of Acetaminophen.
- It is important to read the ingredients on the label!! APAP is a common abbreviation for acetaminophen and the brand name is Tylenol. Be aware of other OTC and Prescription drugs that contain this.
- **Talk to your doctor about giving to children less than 2 years and ask for the correct dose!**
- Avoid alcohol consumption and aspirin while taking this drug.



# Ibuprofen(Advil)

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- Pain reliever and fever reducer
- Helps reduce inflammation and pain due to inflamed muscles
- Do not give to children less than 2 years of age without consulting a physician



# Pseudoephedrine (Sudafed)

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- Nasal Decongestant
- Should consult with provider before using if you have heart disease, high blood pressure, diabetes, thyroid disease, or problems with enlarged prostate.



# Pseudoephedrine (Sudafed)

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- Can cause increased blood pressure
- Stop taking if causes dizziness, anxiety, or sleepiness
- 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



# Hydrocortisone 1% Cream

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- Relief of inflammatory and pruritic (itchy) manifestations of minor skin irritations, inflammation, and rashes.
- For external use only.
- Apply sparingly in a light film; rub in gently. Washing or soaking the area before application may increase drug penetration.





# Hydrocortisone 1% Cream

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- Use only as directed. Do not put bandages, dressing, cosmetics, or other skin products over the treated area unless directed by a physician.
- Notify a physician if the condition being treated worsens, or if burning, swelling, or redness develops.



# Hydrocortisone 1% Cream

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- Avoid prolonged use around the eyes, genital and rectal areas, on the face, armpits, unless directed by your physician. Avoid contact with the eyes.
- Pediatric patients should consult a physician. Do not use topical steroids to treat diaper rash.



# Triple Antibiotic Ointment

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- Help 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.



# Triple Antibiotic Ointment

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- 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

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- Clean the affected area prior to applying the drug.
- May be covered with sterile bandage if desired.
- For external use only.
- Do not use in or near the eyes.



# Maalox (Aluminum Hydroxide and Magnesium Hydroxide)

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- Symptomatic relief of heartburn, gastroesophageal reflux, acid indigestion, sour stomach, gastritis, and peptic ulcers.
- If symptoms worsen or persist for longer than 7 days, consult a physician.



# Maalox

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- Consult your physician if you have kidney disease.
- Maalox may interact with certain prescription drugs. Consult with your physician or pharmacist.



# Maalox Dosage and Administration

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- Shake well before using.
- Children under 12 years of age: consult a physician.





# Guaifenesin (Robitussin)

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- Facilitate the removal of mucus from the respiratory tract.
- Not for persistent, nonproductive cough.
- If cough persists for more than 7 days, tends to recur, or is accompanied by fever, rash, or persistent headache, consult a physician.



# Guaifenesin (Robitussin)

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- 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 DM (Robitussin DM)

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- Guaifenesin DM is a combination product that contains guaifenesin and dextromethorphan (DM). This is an expectorant and cough suppressant
- DM is indicated for the control of a dry, nonproductive cough.



# Guaifenesin DM (Robitussin DM)

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- Do not use Guaifenesin DM for persistent or chronic cough.
- Do not use Guaifenesin DM when cough is accompanied by excessive secretions.
  - You could be suppressing a cough and not allowing the secretions to get out of the lungs



# Guaifenesin DM (Robitussin DM)

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- Patients with the following conditions should use Guaifenesin DM only under medical supervision:
  - High fever
  - Rash
  - Persistent headache
  - Nausea
  - Vomiting



# Guaifenesin DM (Robitussin DM)

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- If a cough continues beyond 7 days, consult a physician.



# Saline Nasal Mist

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- To provide moisture to inflamed nasal passages and facilitate drainage of thickened nasal secretions.
- Do not share intranasal containers with other patients.



# Diphenhydramine HCL (Benadryl)

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- Antihistamine
- For the relief of mild, uncomplicated allergic skin manifestations.
- May cause drowsiness.
- Keep out of reach of children





# Diphenhydramine HCL (Benadryl)

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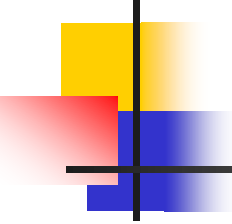
- May cause nervousness.
- Avoid alcohol and other CNS depressants.
- May cause dry mouth.



# Diphenhydramine (Benadryl)

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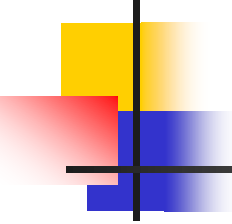
- Avoid prolonged exposure to sunlight.
- Consult a physician if you have the following conditions:
  - Glaucoma
  - Peptic ulcer
  - Asthma
  - Urinary retention
  - Pregnancy



# Disposal of medications that are expired or not needed

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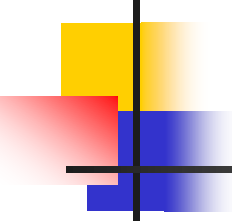
- For several years, many people thought that the best way to dispose of medications was to flush them down the toilet or to dissolve them in the sink.
- We know now that this is not good routine practice as these unwanted medications can get into our drinking water.



# Disposal of medications that are expired or not needed

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- 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 trash.



# Disposal of medications that are expired or not needed

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- 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 to register

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- 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.**

DISCLAIMER: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the United States Government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States Government, and shall not be used for advertising or product endorsement purposes. With respect to documents available from this server, neither the United States Government nor any of its service members or employees, makes any warranty, express or implied, including the warranties of merchantability and fitness for a particular purpose, or assumes any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed, or represents that its use would not infringe privately owned rights.

# 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)

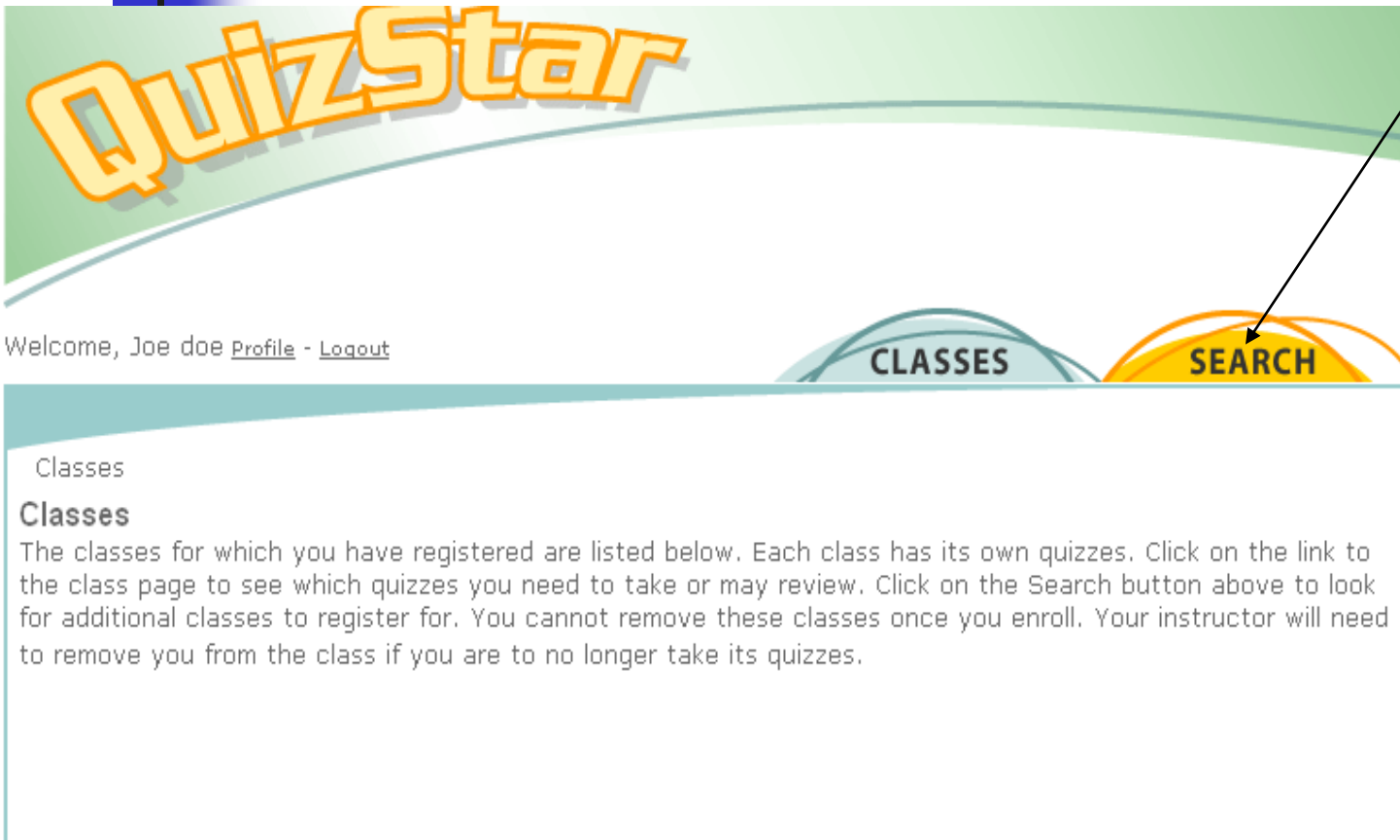
Re-type Password:

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

Register

Cancel

# Finding the Quiz



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- William Beaumont 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

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#### 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

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#### Quiz Search

Quiz #1:	Quiz Title	---	>	<b>Self Care- William Beaumont Army Medical Cen</b>	---	>	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- WILLIAM BEAUMONT ARMY MEDICAL CEN "
- Click Register

The screenshot shows the QuizStar 'students' interface. At the top, there is a navigation bar with 'students' on the right and 'CLASSES' and 'SEARCH' buttons. Below this, a welcome message for 'michael ludwig' is displayed. The main content area is titled 'Search for Classes/Quizzes > Results'. It includes a 'Search Results' section with instructions: '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.' A flow diagram shows three steps: 'Search' (Type in a class or a quiz to look for), 'Results' (Select the class you want to register for), and 'Finished' (Find out what you have been registered for, then go to Classes). Below the flow diagram, there are 'New Search', 'Register', and 'Cancel' buttons. The 'Class #1 Results' section shows a search for 'SELF CARE- WILLIAM BEAUMONT ARMY MEDICAL CEN'. A table lists the results with checkboxes in the first column. The first result is 'Self Care- William Beaumont Army Medical Cen' with a checked checkbox. The table also shows 'Instructor Name Email' as 'QS\_RESEARVED\_NULL\_VALUE' and 'Class Type' as 'Public'. Below the table, it says '1 result(s)' and 'Register (to top)'. At the bottom, there are 'New Search', 'Register', and 'Cancel' buttons, with a 'Register to selected classes' button highlighted.

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 your Registered

- Click Classes

The screenshot shows the QuizStar student interface. At the top, there is a navigation bar with the QuizStar logo on the left and the word "students" on the right. Below the logo, there is a welcome message: "Welcome, michael ludwig" followed by links for "profile" and "logout". To the right of the welcome message are two buttons: "CLASSES" and "SEARCH". An arrow from the "Click Classes" bullet point in the slide points to the "CLASSES" button. Below the navigation bar, there is a yellow banner with the text "Finished". Underneath the banner, there is a message: "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." Below this message is a flowchart with three steps: "Search" (Type in a class or a quiz to look for), "Results" (Select the class you want to register for), and "Finished" (Find out what you have been registered for, then go to Classes). Below the flowchart, there is a yellow banner with the text "You have successfully registered or pre-enrolled to:". Underneath this banner, there is a list of classes: "Self Care- William Beaumont Army Medical Cen" with instructor "QS\_RESEARVED\_NULL\_VALUE" and a note "QS\_RESEARVED\_NULL\_VALUE time: already enrolled in this public class". At the bottom of the page, there is a footer with the "4teachers.org" logo, a list of other tools (TrackStar, RubiStar, NoteStar, Profiler Pro, More Tools), and links for Privacy Policy, Terms of Use, Contact Us, and ALTEC. The footer also contains the text "QuizStar copyright © 2000-2008 ALTEC - Advanced Learning Technologies Center for Research on Learning at The University of Kansas".

# 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

Click Take



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

[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	---	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.						

**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 the Quiz

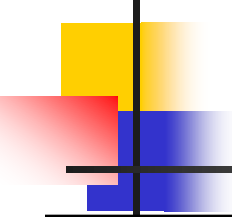
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- You may now start the Quiz
- Feel free to refer to the slides throughout the quiz
- If you receive a score of 70% or higher, *print your results page* (see next slide).  
Come to any of the OP Pharmacy locations throughout Ft. Bliss or the Wellness Center (2402 Cassidy Rd.) to get your OTC Medication Card and Self Care book



# Results Page Example

Print page and present to WBAMC staff



Self Care- William Beaumont Army Medical Cen QuizStar

Self Care Class-William Beaumont Army Medical Center

**Your Score : 70 out of 100 (70%)**  
**Self Care Class-William Beaumont Army Medical Center**  
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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Center for Research on Learning at The University of Kansas



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# THANK YOU

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FROM  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
DEPARTMENTS OF PHARMACY,  
PREVENTIVE MEDICINE,  
ARMY PUBLIC HEALTH NURSING  
&  
HEALTH PROMOTION & THE WELLNESS  
CENTER SERVICE (915) 742-1869



# References

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- Covington, T.R., Nonprescription Drug Therapy: Guiding Patient Self-care, 2<sup>nd</sup> Edition; Facts and Comparisons; 2003
- Lacy, C.F. et al. Drug Information Handbook. Lexi-Comp; 2009-2010.