

HEAL (Health Education & Adult Literacy) Program
ACURI Project at EHS Sites
Module # 1

Lesson Title: Supportive Care for Upper Respiratory Infections & Antibiotic Resistance.

Purpose: To improve the prevention and treatment (i.e. flu vaccine and proper hygiene) of the common cold and flu by informing parents about the facts of both upper respiratory infections. Clarify any misconceptions parents may have regarding the Swine Flu/H1N1 Virus in regards to its prevention and treatment. Decrease the inappropriate use of antibiotics by explaining what it treats (bacterial infections), and what happens when antibiotics are misused (antibiotic resistance).

Objectives:

- Caregivers will compare and contrast the common cold and flu.
- Caregivers will know how to prevent and treat the common cold and flu.
- Caregivers will learn the facts about the swine flu (how it spreads, its symptoms, and how it could be prevented).
- Caregivers will understand that antibiotics do not cure the common cold and flu (seasonal and swine) because they are all infections caused by viruses.

Materials:

Module 1: Supportive Care for Upper Respiratory Infections & Antibiotic Resistance.

- Posters # 2 through 13 and Cold Care Kit (thermometer, oral syringe, saline, nasal syringe bulb, Purell and Kleenex tissues).

Activities:

Part 1A: **Duration is 7 Minutes**

- Establish the parents' interest by asking them a question they can all relate to:

Question 1: Has any of your children had the cold or flu in the last year?

What were some of the things you did to treat it?

What steps did you take to prevent it from spreading to the rest of the family?

Part 1B: Upper Respiratory Infections **Duration is 43 Minutes**

- Once parents/caregivers have the opportunity to discuss the topic, reinforce some of the information they shared and introduce them to new information by demonstrating the Venn-diagram (poster #2) to show the differences and similarities that exist between the common cold and flu. **(5 minutes)**

- Once parents understand the differences and similarities that exist between the two upper respiratory infections, discuss what they can do to treat it (use Poster #3). Show parents the contents found in the cold care kit and how it is all useful to treat and prevent the cold and flu. Demonstrate how to use nasal syringe bulb and how to use the thermometer. Discuss how they can make saline by following the recipe found in the cold care kit. **(10minutes)**

- Ask caregivers to share their thoughts regarding the flu vaccine (any reservations or concerns regarding the flu. Discuss the facts about the flu vaccine, which may help clarify any existing misconceptions regarding it (use Poster #4). Reiterate the importance of getting the flu vaccine on a yearly basis to prevent the flu. **(8 minutes)**

- Introduce information about the Swine Flu by having caregivers share what they know. Build upon prior knowledge by clarifying information they may have already acquired from the media, family, and friends. Review the facts regarding the Swine flu using (posters # 5 through 9). Help parents understand that it is a type of flu similar to the seasonal flu, except that it is caused by another type of virus. Reiterate that since the type of virus is different from the one that causes seasonal flu, the vaccine is also different and would only work to treat that specific type of virus. **(15 minutes)**

- Discuss preventive steps caregivers can take to stop the spread of all upper respiratory infections (use poster #10). **(5 minutes)**

Part 2A: Antibiotics Resistance **Duration is 15 Minutes**

- Set a purpose for caregivers/parents. Determine caregivers' prior knowledge regarding (ask them if they know what it is and what it is used to treat). **(5 minutes)**

- Demonstrate Poster #11 to describe what antibiotics are; its purpose; and what it does NOT treat. **(5 minutes)**

- Use poster 12 & 13 to emphasize the importance of using antibiotics correctly (i.e. finishing the entire treatment as prescribed by the doctor, not sharing it among family members, or getting them without a doctor prescription). Explain what happens when antibiotics are not used correctly (bacteria becomes stronger and resists future treatment) **(5minutes)**

Closing Lesson: **(15 minutes)**

Reiterate key points of lesson by asking parents questions. Also allow parents to ask questions or make comments about what they have learned.

Entire lesson is projected take 1 hour and 20 minutes.

Give caregivers brochures that relate to the Common Cold & Flu; Swine Flu and Use of Antibiotics in addition to cold care kits.