

Module 1

Supportive Care for Upper Respiratory Infections

Proper Use of OTC Medicines

Home Remedies

Similarities

The Flu

Common Cold

✓ It is not caused by getting the flu shot

✓ Caused by a type of influenza virus

✓ May cause a high fever for many days, fatigue, vomiting, diarrhea, loss of appetite, body aches

✓ Can lead to serious health problems

✓ Can be prevented by getting the flu shot & practicing good hygiene

✓ Caused by a virus

✓ Spread from person to person by coughing and sneezing

✓ Can be treated by the body's immune system by resting and drinking lots of fluid

✓ Cannot be treated with antibiotics

✓ The cold is a mild infection of the nose and throat

✓ It can cause a runny, stuffy nose or low grade fever

✓ Generally does not result in serious health problems

✓ Symptoms of the cold usually lasts fewer days than the flu

Ways to Prevent Getting the Common Cold or the Flu



Wash hands with warm water and soap.



Use hand cleanser if there is no water and soap.



Keep all things clean including your children's toys.



Do not share food using the same forks, spoons, cups or plates when you are sick.



Throw away used tissues.



Get the flu shot every year at the beginning of each school year.

Prevent the Flu By Getting the Flu Vaccine

Facts About the Flu Virus

- Each year almost two hundred thousand people in the U.S. are hospitalized and thirty-six thousand people die because of the flu.
- Nearly 20,000 children who are under 5 years of age are hospitalized with flu-related sicknesses every year.
- Three times more children died from the flu in 2009 than in the years of 2006 through 2007.

Facts about the Flu Vaccine

- The flu shot is made with a killed virus.
- The flu vaccine in the form of nasal spray is made with a weakened virus.
- Nasal spray can only be given to healthy people who are not pregnant and are 2 to 49 years old.
- Both vaccines protect against the flu, but NOT against the common cold.
- You can get a low fever from the vaccine, but it DOES NOT give you the flu.
- Every year flu vaccine contains three different flu viruses and one of them this year is the 2009 H1N1 type.

Who Should Get the Flu Vaccine?

- EVERYONE in the family who is more than 6 months old should get a flu shot.
- Children 6 months to 9 years of age who are getting the flu shot for the first time need two doses at least one month apart.
- Children 6 months to 9 years of age also need two doses if they did not get any H1N1 shots last year.

Common symptoms or signs of sickness


High fever




Fatigue




Cough



Ear ache



Stuffy Nose



Stomachache



Rash



Diarrhea



How to Treat the Common Cold or Flu

- You can help your child breathe better by:
 - Using books underneath the mattress to raise the head of the bed
 - Using a humidifier (*it is important to change the filters as directed*)
- Have your child drink a lot of liquids
- Let your child rest.
- Give Tylenol (acetaminophen) or Motrin (ibuprofen) to lower fever (do not give any medicine that has aspirin).
- Call your doctor if your child is an infant and you see signs of the virus.
- Call your doctor if your child has heart problems, suffers from asthma, sickle cell disease, or has a sickness that weakens his or her defense system.
- Use the items in the Cold Care Kit.

Getting Medical Care

Call your doctor if your child might have the Flu and he or she is...

- Is less than 3 months old, especially if has a fever
- Has heart problems, asthma, sickle cell disease, or has a sickness that weakens the defense system.

Go to the emergency room if your child:

- Is breathing fast or having difficulty breathing.
- Has bluish or gray skin color.
- Is not peeing or has no tears when he or she cries.
- Does not wake up or interact with others.
- Is so cranky that he or she does not want to be held.

Over the Counter Medicines

- ✓ Do not give Over the Counter Medicines for children under the age of 2.
- ✓ Talk to your doctor before giving Over the Counter Medicines to a child who is between 2 and 6 years of age.

These medicines are not safe for children under 2 years of age.



Reading an Over-the-Counter Medicines

It is important to read and understand the Over-the Counter Medicine Label before giving the medicine to a child who is six years of age or older.

- ✓ Active Ingredient: Gives you the name of the main medicine. Talk to your doctor if you would like to use more than one medicine. They may have the same active ingredient that can cause an over dose.
- ✓ Uses: Tells you what signs of sickness it treats.
- ✓ Warnings: Tells you the reason(s) you should not use or stop using the medicine.
- ✓ Directions: Tells you how to take the medicine, how much and how often.
- ✓ Other information: Gives you information as to where to store medicine.
- ✓ Inactive Ingredients: These ingredients have no effect on the sickness (consists of coloring and flavor).

Active Ingredients

Uses

Warnings

Directions

Other Information

Inactive Ingredients

DRUG FACTS

Active Ingredients (in each tablet)

Chlorpheniramine maleate 2mg.....

Purpose

Antihistimine

Uses

temporarily relieves these symptoms due to hay fever or other upper respiratory allergies

sneezing

runny nose

itchy, water eyes

Itchy throat

Warnings

As a doctor before use if you have...

glaucoma

a breathing problem such as emphysema or chronic bronchitis

trouble urinating due to an enlarged prostate

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

Directions

adults and children 12 years & 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

Purpose

Home Remedies

Important Things to Know About Home Remedies

- Home remedies are not regulated by the US Food and Drug Administration.
- Some may have toxic levels of metal such as Lead and Mercury
- They may be manufactured. As a result, they may have other ingredients that can be harmful to your child's health.
- Home remedies can sometimes prevent prescribed medicines from working well.
- Some home remedies are okay to use for specific ages and doses.

Home Remedies Generally Used in Central America



Remedy

- Greta



- Azogue/Vidajen



- Albayalde

Information you should know

Commonly used to treat stomachaches. Contains Lead and may be harmful.

Used as an amulet for the evil eye, and is also used to treat stomachaches. This remedy has Mercury in it, and may be harmful.

Used to treat stomach cramps that result in vomiting, and it makes one very tired and have no interest in anything.

Home Remedies Generally Used in the Caribbean

Remedy

Important information to know

- Humphrey's # 3



Used to treat pain that comes with teething. This remedy contains caffeine and belladonna. Only the recommended amounts should be used. If side effects are noted, you should stop using it.

- Miel de Rosa



This remedy contains bee honey. It should NOT be given to children under the age of one.

- Sancochito



Used to treat the flu and congestion. This remedy contains castor oil and can cause diarrhea. It should only be used in the recommended amounts.

- Sebo de Flandes



This remedy is often mixed with bronquina and alcanfor. It should be kept away from the nose and mouth.

- Tussibron
Compuesto

Used to treat congestion and cough. This remedy contains antibiotics. Let your doctor know if you are giving it to your child.

Home Remedies Generally Used in the Caribbean

Remedy

Information you should know

■ Anís



Used to treat digestive problems, toothaches, and colic in babies.

Star Anise is toxic for children when swallowed.

■ Bronquina



Used to treat asthma, colds, congestion, and fever. This remedy may be toxic and should not be drunk. It should be kept out of the reach of children.

■ Cordial De Monell



Used to treat toothaches in babies. This remedy contains bromide, a sedative. It causes sleepiness in children and should NOT be given to your child.

■ Miel



Used to treat constipation, colds, and other things. This remedy should not be given to children under the age of one. If it is mixed with onions it should be taken within three days.

PREPARING FOR A MEDICAL VISIT

Make a list of questions you would like to ask the doctor.



Bring your child's immunization record.



Bring medicines you are giving your child.



Write your child's symptoms or signs of sickness.



Module # 2

Understanding Prescribed Medication, Use of Antibiotics & Medication Management

Types of Medicine



----- Capsule



----- Tablet



----- Liquid



----- Ointment



----- Aerosol



----- Suppository

Use of Antibiotics

What are Antibiotics?

- Antibiotics are medicines that are used to treat infections caused by bacteria.
- They can only be ordered by doctors.
- Some common ones are amoxicillin, azithromycin.
- Tylenol and Motrin are not antibiotics.
- They will NOT work against any symptoms that are NOT caused by bacteria.

Do NOT use antibiotics for :

- The cold or other viral infections
- Runny nose/congestion
- The flu
- Viral sore throats
- Headaches

The right way to use antibiotics.

- Antibiotics should only be used if told or ordered by your doctor.
- Finish the complete treatment of antibiotics as told by your doctor, even if you or your child is feeling better.
- Do NOT share antibiotics with other members of your family.

Use of Antibiotics

What happens if you do NOT use antibiotics correctly?

- The bacteria will become stronger, and you or your child may not completely get better.
- The antibiotics will not work when you need them.
- There is a chance that antibiotics are old and will not work if they are shared among family members.

What can you do if you think your child needs antibiotics?


- Call your doctor
- Follow orders given by your doctor
- Ask your doctor questions if you need more information about the medicine or the sickness

Prescribed Medicines

Some things to double check before giving your child their medicine:

- Patient's Name and address
- Prescription Number
- Dosage
- Expiration Date

It is important to finish treatment as told by the doctor. Even though your child may feel better.

Pharmacy's Name	NPH Pharmacy	PH (800) 555-5555	Pharmacy's phone number
Pharmacy's Address	 17250 Sterling Road Sunrise, CA 33015	Dr. D. Glazer	Doctor's Name
Prescription Number	No 0060032-01421	Date 4/02/02	Actual Date
Patient's Name & Address	Candida Constantino 132 Main Street Anytown, US 33333		
Medicine's Name	AMOXICILLIN QTY 30	Take one capsule by mouth Three Times a Day	Dosage
	500MG MFG TEVA	CAPSULE	Strength
Refill	NO REFILL - DR. AUTHORIZATION REQUIRED	USE BEFORE 4/02/03	Expiration Date

Tools Used to Medicine



→ Dropper



→ Oral Syringe



→ 1 Tablespoon



→ 1 Teaspoon



→ Dosage Cup

How to Measure Liquid Medicines

5 cc = 5 ml = 1 teaspoon (tsp)



=



3 Teaspoons = 1 Tablespoon

**5 ml = 1
Teaspoon**



+

**5 ml = 1
Teaspoon**



+

**5 ml = 1
Teaspoon**



15 ml = Tablespoon

=







When to Give My Child Their Medicine

Name of medicine: _____
medicine: _____

How much

How to give medicine: _____

	 <div><div></div>:<div><div></div><div></div></div><div>AM PM</div></div>	 <div><div></div>:<div><div></div><div></div></div><div>AM PM</div></div>	 <div><div></div>:<div><div></div><div></div></div><div>AM PM</div></div>	 <div><div></div>:<div><div></div><div></div></div><div>AM PM</div></div>
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MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				22