



Evans Army Community Hospital

Self Care Program

What is Self Care?



- 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.

What is the Self Care Program?



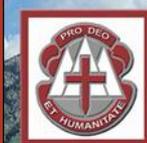
A program that enables access to a variety of over the counter medications without being seen by a provider

Self Care Program



- Soldiers and/or family members will receive a card stating they have completed this training
- One card per family
- The card will be used to access the pharmacy for self care medications

Evans Army Community Hospital (EACH) SELF CARE CARD



Sponsor's Full Name _____

Sponsor's DOB (Date of Birth) _____

Family Member _____

Family Member _____

Family Member _____

Questions or concerns? Call (719) 526-7648 *IAW AR 40-3

Objectives of the Self Care Educational Component



- Describe treatable illnesses and explain when immediate intervention is necessary
- Identify different types of Over the Counter (OTCs) Medications available through the EACH self-care program
- Understand the procedure for obtaining (OTC) Medications
- Explain the rationale for and proper method of medication storage and disposal

Conditions You Can Treat



- Allergies
- Fungal infections
- Blisters
- Cough, sinus congestion and sore throat
- Earache
- Headache
- Minor wounds that are not deeply penetrating
- Bug bites



- <http://www.nlm.nih.gov/medlineplus/aboutmedlineplus.html>

When Should You NOT Use Self-Care?



- To treat a major injury/illness
- If someone has no pulse or is not breathing or unconscious
- If there is active bleeding
- If the individual is in severe pain
- To treat shortness of breath
- Anytime you are unsure or unclear of symptoms or the medication itself
 - <http://www.triwest.com/en/beneficiary/tricare-benefits/urgent-care/>

Over-The-Counter (OTC's) Medications



- These are medications available without a prescription
- Can still cause problems if not used correctly
- Can have side effects
- Should not be used for an extended period of time without consulting a provider
- Should be kept out of reach of children

Non-Steroidal Anti-Inflammatory (NSAIDS)



- Uses: NSAIDs are used primarily to treat inflammation, mild to moderate pain, and fever
- Common Types include: Ibuprofen (Motrin), Aspirin, Naproxen (Aleve), Indocin, Bayer, Celebrex
- Can be used in combination with Acetaminophen (Tylenol) to reduce fever since NSAIDS are a different type

NSAIDS – Precautions



- Side effects: Use of more than one type of NSAID, combining medications that contain NSAIDs or overuse, can result in stomach upset, stomach ulcers and bleeding
- NSAIDS also reduce blood clotting. Using more than one type of NSAID can greatly increase the risk of bleeding
- Some products such as Excedrin are ‘combination drugs’ in that they contain acetaminophen, aspirin and caffeine. Do **NOT** combine them.

NSAIDS – Precautions



- Be aware that aspirin has been linked with Reye's syndrome, a rare but serious illness, so use caution when giving aspirin to children or teenagers

<http://www.mayoclinic.com/health/reyes-syndrome/DS00142>

Antihistamines



- Uses: Temporarily relieves symptoms such as watery eyes, runny nose and sneezing due to hay fever or other upper respiratory allergies
- Common types include: Actifed, Allegra, Atarax, Benadryl, Chlor-Trimeton, Claritin, Dramamine, Phenergan, Unisom, Zyrtec
- Side effects include: Drowsiness in adults, excitability in children (paradoxical effect). Antihistamines raise blood pressure. Persons with hypertension and glaucoma should consult physician prior to use
- Slight Increase Risk of Heat Injury

Acetaminophen (Tylenol)



- Uses - Temporarily relieves pain and fever
- Tylenol does **not** irritate the stomach as NSAIDS may
- Side effects – acetaminophen is processed through the liver, taking too much of this medication or in combination with other medication that contain it, can be potentially damaging
- As with most other medications, **do not use alcohol** when using acetaminophen.

OTC Categories

Gastrointestinal Symptoms



OTC Medication	Dosage	Quantity	Minimum age
1. Loperamide (Imodium)	2 mg	12 tabs	6 yrs
2. Pepto Bismol	liquid	240 ml bottle	12 yrs
3. Mylanta II	liquid	360 ml bottle	12 yrs

Remember: some of these medications are not to be taken by children or if pregnant or breastfeeding; and may slow absorption of medicine.

OTC Categories

Generalized Itching, Miscellaneous



OTC Medication	Dosage	Quantity	Minimum age
1. Saline Nasal Spray	Spray 1-2 times per use	45 ml spray/drops	2 yrs
2. Calamine lotion	Lotion	120 ml bottle	2 yrs
3. Hydrocortisone cream 1%	15 gm	15 gm tube	2 yrs
4. Tolnaftate cream 1%	15 gm	15 gm tube	2 yrs
5. A&D ointment	57 gm	15 gm tube	As directed



Drug Facts

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

Therapeutic substance in drug

Product type

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

- sneezing ■ runny nose ■ itchy, watery eyes
- itchy throat

Symptoms or diseases the drug treats

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

When not to use this drug, when to stop using it, when to see a doctor, and possible side effects

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 breastfeeding, 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

Read carefully: how much to use, how often to use it, and when to stop using it

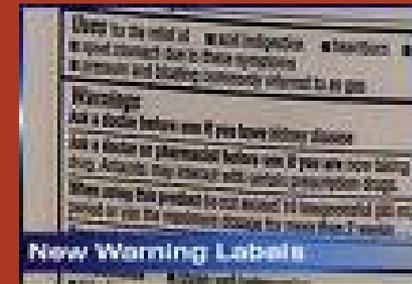
More information on how to store the drug

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

Other things in the drug, such as colors or flavorings

OTC Medication Labels



<http://www.consumerreports.org/health/best-buy-drugs/prescription-labels/overview/index.htm>

<http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/ucm096407.pdf>

Medication Storage



- Medications should be stored in their original container, in a cool dry place to maintain their integrity and effectiveness
- Family members should monitor all medications for expiration dates
 - <http://www.fda.gov/Drugs/ResourcesForYou/SPecialFeatures/ucm252375.htm>

Medication Disposal



- Proper disposal of medications can help prevent accidental poisoning and limit opportunities for intentional misuse.
- **Never flush medications down the toilet or drain. Flushing** sends them to rivers, lakes and streams causing potential harm to aquatic life and drinking water supplies.

Medication Disposal



- For Medication Take-Back services
 - Call (303-692-2903) or visiting the website (www.coloradomedtakeback.info) of the Colorado Department of Public Health and Environment's Medication Take-Back Pilot Project to see if there is a collection box in your area.
- <http://www.cdphe.state.co.us/hm/mwhmfaq.pdf>
- <http://www.smarxtdisposal.net/>
- <http://www.evans.amedd.army.mil/Pharmnew/bulletins/Medication%20Disposal%20EI%20Paso%20and%20Teller%20County.pdf>

Self Care Program Notes



- At first opportunity- laminate that card!
Family members are required to use this card to access pharmacy for OTC medications
- This program applies at all of EACH's pharmacies

Self Care Useful Links



- **EACH's Self Care Program description:**
<http://www.evans.amedd.army.mil/PM/self-care-program.htm>

EACH Pharmacy

<http://www.evans.amedd.army.mil/Pharmnew/>

- **AR 40-3** Self-care certificates/cards originally obtained from one MTF will be honored by another MTF provided that the MTF has an established self-care program.

http://www.apd.army.mil/pdf/files/r40_3.pdf#page=48

- **EACH OTC request form**



ARMY MEDICINE
Serving To Heal...Honored To Serve



EACH Pharmacy
(719) 526-7648

Educational component:
Public Health Nursing
(719) 526-2939



I, _____, have participated in the educational component of EACH's Self Care Program by viewing the slide set on _____, 20__.

Signature

****Please bring this completed certificate to exchange for a Self Care Card at either the EACH Pharmacy, SFCC Pharmacy, or any outlying satellite pharmacies on Ft. Carson.***