



OVER-THE-COUNTER MEDICINE SAFETY

Teaching Tweens to be Medicine Wise



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Agenda

- I. The Case for Teaching Tweens Medication Safety
- II. The *OTC Medicine Safety* Program
- III. Taking the Program to Communities & Case Study
- IV. Q & A
- V. Group Activity
- VI. Share Out (and prizes!)

KNOW THE FACTS:

OVER-THE-COUNTER MEDICINE SAFETY

FOR TEENS & TWEENS

The majority of adolescents begin to self-medicate with OTC medicines between 8-12 years old.

By age 16, approximately **90%** of adolescents report self-administering OTC medications.

UNSUPERVISED SELF-ADMINISTRATION CAN LEAD TO INCORRECT USE
IN INDIVIDUALS UNDER THE AGE OF 18

Medicine errors and misuse of OTC medications result in approximately **10,000 ER visits** for kids under 18 each year.¹

In 2013, America's poison centers managed over **250,000 exposure cases** involving children ages 6 to 19; over half of these cases involved medication errors and misuse.²

These incidents are preventable

A BIG PART OF THE SOLUTION IS EDUCATION

Remember to always use the dosing device that comes with the medicine.

Be sure to read & follow the **Drug Facts** label every time.

Take only one medicine at a time with the same active ingredient.

Store all drugs up & away & out of reach & sight.

Program the Poison Help Number into your phone: 1-800-222-1222

This and other resources are available for free: www.scholastic.com/otcmedsafety

The OTC Medicine Safety program is an educational campaign to raise awareness about over-the-counter medicine safety and is sponsored by Scholastic and the American Association of Poison Control Centers.

¹Choi J, Patel J, Johnson, Quake, Wallis, Miller, Pizzilli, and Campbell. OTC Medication: Improper Medication Use and Concomitant Self-Administration. *Journal of the American Pharmaceutical Association*. 2012; 117:101-106. ²Waller, et al. Medication Overdose Leading to Emergency Department Visits Among Children. *2013 American Journal of Preventive Medicine*. Volume 57, Issue 5, 391-397. ³Sherry, et al. Survey of the American Association of Poison Control Centers' National Poison Data System (NPDS) 2013 Annual Report. *Clin Toxicol (Phila)*. 2013 Dec; 51(12): 849-858.

The Case: Teaching Medicine Safety To Tweens

About Poison Centers & AAPCC

United States Poison Centers



For more information about poison centers, visit www.aapcc.org.

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About Poison Centers & AAPCC

- Poison Help Line: provides free expert information and treatment advice, 24/7.

1-800-222-1222

- Cover 100% of U.S. population; 150 languages.
- PCs save American taxpayers over \$1.8 billion in healthcare costs and lost productivity each year.
- PCs provide extensive educational and preventive outreach through educators.
- National Poison Data System (NPDS)—the only near real-time comprehensive poisoning surveillance database in the U.S.



About Poison Centers & AAPCC

- AAPCC is dedicated to actively advancing the health-care role and public health mission of our members through information, advocacy, education, and research.
- Support member poison centers through:
 - Advocacy Accreditation (centers)
 - Certification (experts)
 - Communication
 - Promotion of local services
 - Public education
- Collate and disseminate national data (NPDS).



Why is Medicine Safety Education Important?

In 2015, **more than 187,000 cases** of pharmaceutical exposures were reported to poison centers involved children ages 6 to 19.

Approximately **10,000 ER visits** per year for medicine overdose in persons younger than 18 are caused by adolescents self-administering OTC medicines.



Why is Medicine Safety Education Important?

2015 Pharmaceutical Substance Exposures:

Pain Relievers – 11% of all human exposures

Young Children (<6 years) = 48%

Older Children (6-12 years) = 5%

Teens (13-19 years) = 14%

Cough and Cold

Teens (13-19 years) = 14%

Antihistamines

Older Children (6-12 years) = 10%

Vitamins

Older Children (6-12 years) = 11%

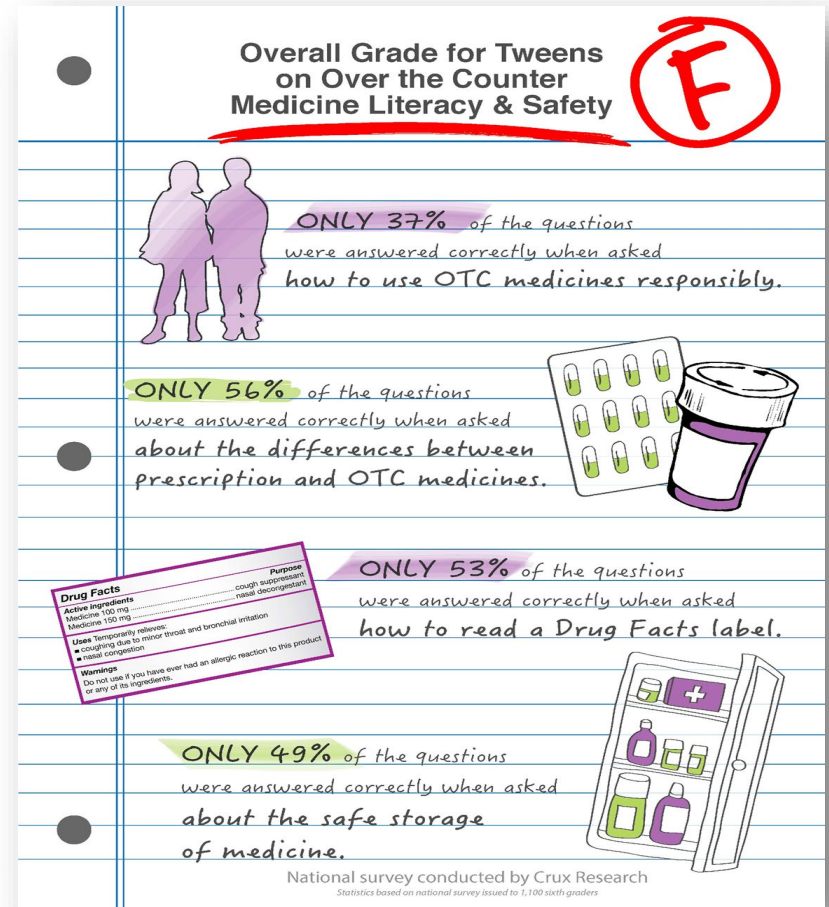
Topical Preparations

Young Children (<6 years) = 75%



Why is Medicine Safety Education Important?

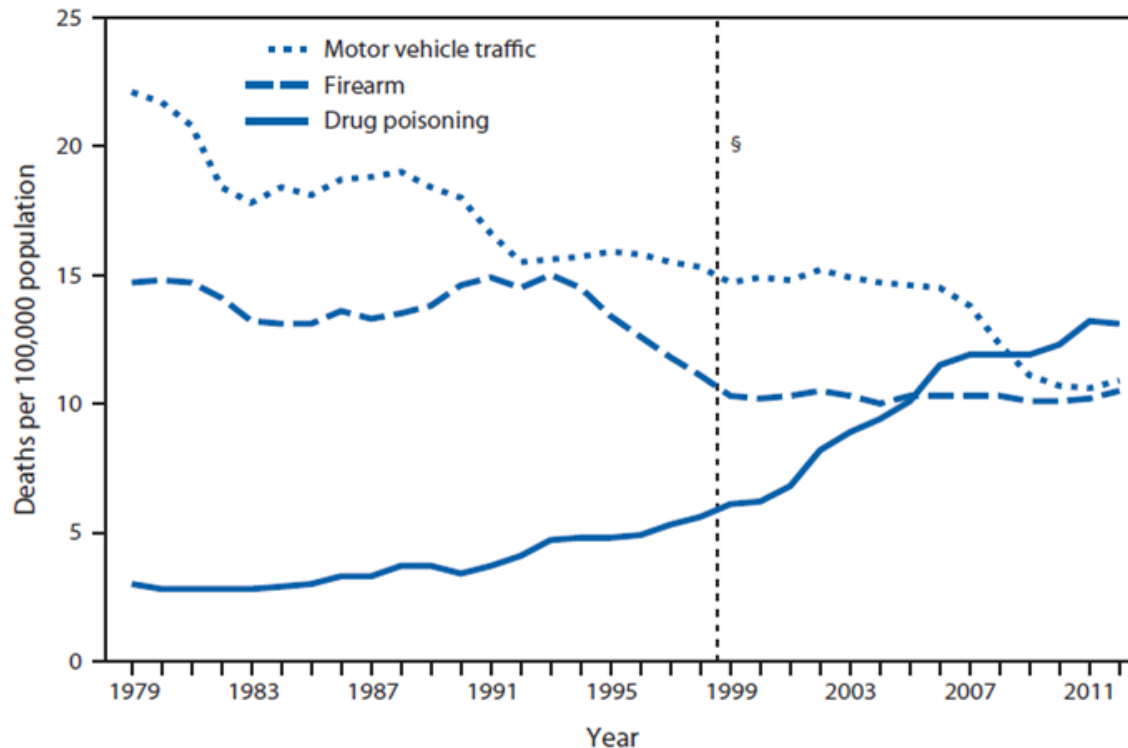
- Research shows that children begin to self-medicate around 11 years old, or in 5th or 6th grade.
- By 16 years of age, approximately 90% of adolescents report self-administering OTC medications.
- In 2012, 1 in 4 teens reported misusing or abusing an Rx drug at least once in their lifetimes.
- Many think OTC drugs are safer than prescription drugs, but “safer” ≠ “safe.”



Drug Poisoning is the #1 Cause of Injury Death in the U.S.

QuickStats: Death Rates* for Three Selected Causes of Injury— National Vital Statistics System, United States, 1979-2012

Weekly
November 21, 2014 / 63(46);1095



* Per 100,000, age-adjusted to the 2000 U.S. standard population.

Age-adjusted death rate for drug poisoning more than quadrupled from 3.0 per 100,000 in 1979 to 13.1 in 2012.

CDC MMWR. Source can be accessed at: <http://1.usa.gov/1BqOA9N>

Unintentional Poisoning as a Cause of Non-Fatal Injury in the U.S.

Unintentional poisoning is a top 10 cause of **nonfatal** injuries in 7 of 10 age groups.

National Estimates of the 10 Leading Causes of Nonfatal Injuries Treated in Hospital Emergency Departments, United States – 2013

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Unintentional Fall 134,229	Unintentional Fall 852,884	Unintentional Fall 624,890	Unintentional Struck By/Against 561,690	Unintentional Struck By/Against 905,659	Unintentional Fall 742,177	Unintentional Fall 704,264	Unintentional Fall 913,871	Unintentional Fall 930,521	Unintentional Fall 2,495,397	Unintentional Fall 8,771,656
2	Unintentional Struck By/Against 28,786	Unintentional Struck By/Against 336,917	Unintentional Struck By/Against 403,522	Unintentional Fall 558,177	Unintentional Fall 814,829	Unintentional Overexertion 638,745	Unintentional Overexertion 530,422	Unintentional Overexertion 461,114	Unintentional Overexertion 266,126	Unintentional Struck By/Against 281,279	Unintentional Struck By/Against 4,214,125
3	Unintentional Other Bite/Sting 12,186	Unintentional Other Bite/Sting 158,587	Unintentional Cut/Pierce 112,633	Unintentional Overexertion 294,669	Unintentional Overexertion 672,946	Unintentional Struck By/Against 599,340	Unintentional Struck By/Against 444,089	Unintentional Struck By/Against 390,931	Unintentional Struck By/Against 261,840	Unintentional Overexertion 212,293	Unintentional Overexertion 3,256,567
4	Unintentional Foreign Body 10,650	Unintentional Foreign Body 139,597	Unintentional Other Bite/Sting 107,975	Unintentional Cut/Pierce 114,285	Unintentional MV-Occupant 627,565	Unintentional MV-Occupant 526,303	Unintentional MV-Occupant 374,231	Unintentional Other Specified 385,221	Unintentional MV-Occupant 227,620	Unintentional MV-Occupant 197,646	Unintentional MV-Occupant 2,462,684
5	Unintentional Other Specified 10,511	Unintentional Cut/Pierce 83,575	Unintentional Overexertion 93,612	Unintentional Pedal Cyclist 84,732	Unintentional Cut/Pierce 431,691	Unintentional Cut/Pierce 402,197	Unintentional Other Specified 300,154	Unintentional MV-Occupant 343,470	Unintentional Other Specified 212,168	Unintentional Cut/Pierce 156,693	Unintentional Cut/Pierce 2,077,775
6	Unintentional Fire/Burn 9,816	Unintentional Overexertion 81,588	Unintentional Pedal Cyclist 74,831	Unintentional Unknown/Unspecified 84,668	Other Assault* Struck By/Against 381,522	Other Assault* Struck By/Against 342,514	Unintentional Cut/Pierce 297,769	Unintentional Cut/Pierce 282,353	Unintentional Cut/Pierce 189,440	Unintentional Poisoning 100,988	Unintentional Other Specified 1,767,630
7	Unintentional** Inhalation/Suffocation 8,294	Unintentional Other Specified 65,120	Unintentional Foreign Body 63,450	Unintentional MV-Occupant 73,692	Unintentional Other Specified 321,914	Unintentional Other Specified 336,990	Other Assault* Struck By/Against 207,287	Unintentional Poisoning 237,328	Unintentional Poisoning 153,767	Unintentional Other Bite/Sting 90,850	Other Assault* Struck By/Against 1,291,100
8	Unintentional Cut/Pierce 7,139	Unintentional Fire/Burn 52,884	Unintentional MV-Occupant 58,114	Unintentional Other Bite/Sting 64,848	Unintentional Other Bite/Sting 177,665	Unintentional Other Bite/Sting 180,922	Unintentional Poisoning 175,870	Other Assault* Struck By/Against 169,688	Unintentional Other Bite/Sting 97,474	Unintentional Other Specified 86,729	Unintentional Other Bite/Sting 1,174,267
9	Unintentional Unknown/Unspecified 5,735	Unintentional Unknown/Unspecified 41,297	Unintentional Dog Bite 43,499	Other Assault* Struck By/Against 62,829	Unintentional Unknown/Unspecified 163,923	Unintentional Poisoning 180,448	Unintentional Other Bite/Sting 138,410	Unintentional Other Bite/Sting 145,349	Other Assault* Struck By/Against 73,674	Unintentional Unknown/Unspecified 74,864	Unintentional Poisoning 1,055,960
10	Unintentional Overexertion 4,985	Unintentional Poisoning 32,443	Unintentional Unknown/Unspecified 35,303	Unintentional Other Transport 35,609	Unintentional Poisoning 152,962	Unintentional Unknown/Unspecified 129,308	Unintentional Unknown/Unspecified 106,498	Unintentional Unknown/Unspecified 110,102	Unintentional Unknown/Unspecified 67,974	Unintentional Other Transport 68,022	Unintentional Unknown/Unspecified 819,878

*The "Other Assault" category includes all assaults that are not classified as sexual assault. It represents the majority of assaults.
 **Injury estimate is unstable because of small sample size.
 Data Source: NEISS All Injury Program operated by the Consumer Product Safety Commission (CPSC).
 Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Source can be accessed at: http://www.cdc.gov/injury/wisqars/pdf/leading_cause_of_nonfatal_injury_2013-a.pdf

Why is Medicine Safety Education Important?

Implications:

- If not equipped with the knowledge and training to make safe choices, mistakes can happen.
- Helps to Develop a healthy respect for medication
- Mitigate risk of error *now* and lower chance of pharmaceutical misuse and/or abuse *later*.



The *OTC Medicine Safety* Program

The Pathway to *OTC Medicine Safety* Program

FDA's "Medicines in my Home" as Model & Starting Point



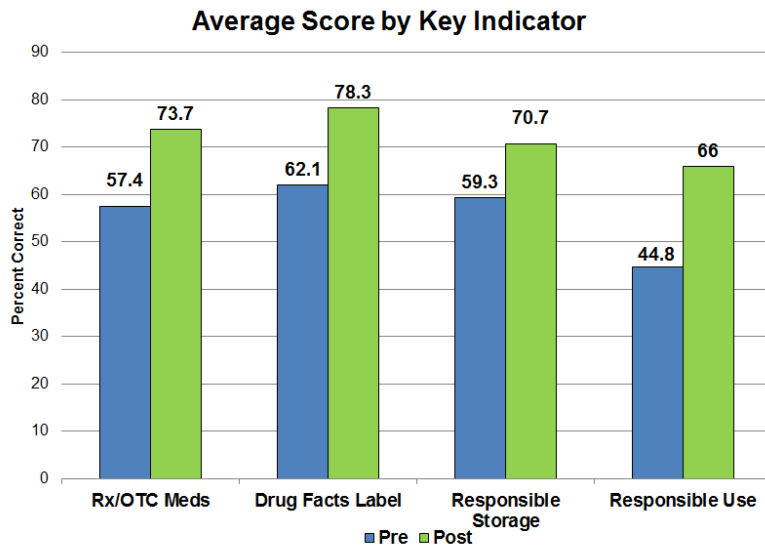
Refined Through Research & Expert Guidance

- Pilot delivered by pharmacists and tested with >1,000 students in Philadelphia/Southern New Jersey
- Evolved with iterative research including qualitative research with teachers, tweens and parents
- Convened a roundtable of experts from over 10 professional societies and consumer advocacy groups to further shape the final *OTC Medicine Safety* program.

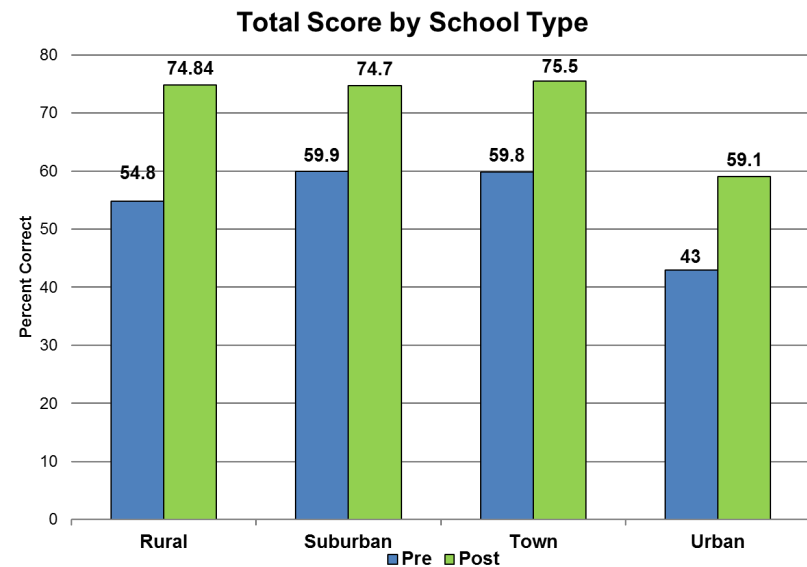
The Pathway to *OTC Medicine Safety* Program

Finding the Right Partners: Building a National In-School Program

- With the efficacy of the pilot program established, J&J sought to find the right partners to expand the program nationally.
- Enlisted Scholastic and AAPCC as partners: the result was *OTC Medicine Safety*
- Program evaluated through an IRB-approved research study with over 1,000 5th and 6th students
- Research study showed that program was effective in increasing student knowledge around medicine safety related topics



Students significantly improved from baseline across all lessons of the test ($p < 0.05$)



Differences existed in pre and post knowledge between urban, suburban, town, and rural students, although all locales showed improvements

OTC Medicine Safety Program Components

Program divided into 4 topic areas:

- Rx and OTC medicines
- How to Read an OTC Drug Facts Label
- Safe Storage, Disposal and Dosing of Medicines
- Dangers of Misusing Medicines

OTC Medicine Safety program can be delivered through:

- PowerPoint presentation (Spanish or English) or teacher lesson plans
- Includes a validated pre/post assessment tool

Secondary Objective:

Encourage conversations between children and their parents/caregivers about what they learned about over-the-counter medicines.

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OVER-THE-COUNTER MEDICINE SAFETY

UNDERSTANDING THE LABEL
Drug Facts help you understand the medicines that you take and how to take them safely. All medicines should be taken with the direct supervision of a parent or trusted adult.

USES
Describes the symptoms that the medicine treats.

ACTIVE INGREDIENTS
The ingredients in the medicine that make it work.

WARNINGS
Safety information, including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time.

OTHER INFORMATION
How to store the medicine.

INACTIVE INGREDIENTS
Ingredients not intended to treat your symptoms (e.g. preservatives, flavors).

QUESTIONS OR COMMENTS?
Call the company if you have questions about a specific medicine.

Directions
Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.

Drug Facts Label Content:
Drug Facts
Active ingredients: 100 mg (100 mg) Purpose: relieve minor aches and pains (analgesic)
Inactive ingredients: 100 mg (100 mg) Other ingredients: see other panels
Uses: Temporarily relieves:
• Headache due to minor throat and bronchial irritation
• Minor aches and pains
Warnings
Do not use if you have ever had an allergic reaction to this product or any of its ingredients.
Ask a doctor before use if you have liver or kidney disease, heart disease, stomach problems or you need a different dose.
When using this product:
• Do not get alcohol, aspirin, ibuprofen, naproxen, or other pain relievers, muscle relaxers, or sedatives.
• Do not use with other medicines unless your doctor says so.
• Stop use and seek medical help right away if allergic reaction or rash appears.
Keep out of reach of children. In case of overdose, get medical help or contact your local poison center at 1-800-222-1222.
Directions
• Usual adult dose: 2 tablets every 4 to 6 hours as needed. Do not take more than 6 tablets in 24 hours.
• Usual children's dose: 1 tablet every 4 to 6 hours as needed. Do not take more than 4 tablets in 24 hours.
Other information
Keep out of reach of children. In case of overdose, get medical help or contact your local poison center at 1-800-222-1222.
Inactive ingredients
Aspirin, ibuprofen, naproxen, acetaminophen, hydrocodone, oxycodone, hydroxyzine, diphenhydramine, dextromethorphan, pseudoephedrine, chlorpheniramine, doxylamine, guaifenesin, menthol, menthyl salicylate, methyl salicylate, polyethylene glycol, polyethylene glycol 400, polyethylene glycol 600, polyethylene glycol 800, polyethylene glycol 1000, polyethylene glycol 1500, polyethylene glycol 2000, polyethylene glycol 3000, polyethylene glycol 4000, polyethylene glycol 6000, polyethylene glycol 8000, polyethylene glycol 10000, polyethylene glycol 15000, polyethylene glycol 20000, polyethylene glycol 30000, polyethylene glycol 40000, polyethylene glycol 60000, polyethylene glycol 80000, polyethylene glycol 100000.
Questions or comments?
Call us today at 1-800-222-1222.

MEASURE IT CORRECTLY
To get an exact measurement, it is important to only use the dosing device that is provided with the medicine. The Drug Facts label tells you how much medicine you should take based on your weight and/or age.

ASK FOR HELP
Always talk with a parent or trusted adult to learn more about the responsible use of all medicines. Other resources include doctors, nurses, and pharmacists as well as your local poison center.

POISON HELP
1-800-222-1222

250,000
exposures cases involving children ages 6 to 19. Over 50 percent of those cases involved medication errors and misuse.

DID YOU KNOW THAT
poison centers are staffed with experts including doctors, nurses, pharmacists, and toxicologists, who can help answer general questions about medicines or can provide help over the phone if you come in contact with a poison?
Save the Poison Help number: 1-800-222-1222, in your phone.

FACT: Household spoons come in various shapes and sizes, which means they hold different amounts of liquid.

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OTC Medicine Safety Program Components

Program is supported by:

- Activity worksheets
- Culminating activities
- Family Resource Guides and Take Home Newsletter (available in 6 languages)

SKILLS LEARNED: compare/contrast information • critical thinking

Student Name: _____

STUDENT WORKSHEET 1

Directions: Sort the statements by number in the correct place in the Venn diagram.

OVER-THE-COUNTER MEDICINES BOTH PRESCRIPTION MEDICINES

WHAT'S YOUR FAMILY'S MEDICINE ACTION PLAN?

As parents, we spend so much time preparing our children for the real world and teaching them the life skills they need to stay informed and safe.

It may sound odd at first to have a medicine action plan for your family, but consider this:

"Students begin to self-medicate around 8 years old. Unfortunately, when not equipped with the knowledge and information to make safe choices, adolescents may end up doing more harm than good."

Creating an action plan is one way to know that you are using and storing medicines safely in your home. Get your whole family involved by talking about over-the-counter (OTC) medicine safety. Follow these steps to guide your discussion:

1. Use the checklist below to inspect your home for OTC medicine hazards.
2. Create an action plan.
3. Practice your plan and continue conversations all year long.

All of these resources and more are available for FREE at scholastic.com/OTCmedsafety/parents

Our OTC Medicine Safety Checklist

- ❑ Read and follow the Drug Facts label every time.
- ❑ Measure carefully. Keep the medicine and the dosing device it comes with together. Never use household spoons to measure medicine.
- ❑ Check that all medicines, vitamins, and supplements are stored up, away, and out of sight of young children.
- ❑ Ensure that the child safety caps are locked on all medicines.
- ❑ Remind visitors to keep luggage, pocketbooks, or anything else that might have children in it out of children's reach and sight.
- ❑ Medicines should not be taken without the supervision of an adult.
- ❑ Make sure your children know that using OTC and prescription medicines incorrectly can cause harm.
- ❑ Program the Poison Help number into your phone: 1-800-232-1232.

Emergency Contacts

Post these numbers in a prominent place in your home. Remember to save them into your cell phone in case of emergency.

Family Doctor: _____
Address and Phone Number: _____

Pharmacy: _____
Address and Phone Number: _____

VIDEO ROOM: Watch this series of informational videos created by the FDA to teach your family about using medicines safely. Click on "Video Room" here fda.gov/medwatch/home.

Help 1-800-232-1232 A.A.P.C.C.

SCHOLASTIC

下載其他免費資源: scholastic.com/OTCmedsafety/parents

家庭資源 #1 • 安全的劑量

了解劑量

仔細量測

藥劑或提供藥物給家人時, 精確性非常重要。若未依照建議的劑量服用, 藥物可能無法發揮效用或造成副作用。

- ❑ 缺少的成分: 兒童、劑量、成分、以藥物性質
- ❑ 缺少的成分: 兒童、劑量、成分、以藥物性質
- ❑ 缺少的成分: 兒童、劑量、成分、以藥物性質

在 2011 年

SCHOLASTIC

Téléchargez GRATUITEMENT d'autres fiches de ressource: scholastic.com/OTCmedsafety/parents

FICHE DE RESSOURCE FAMILLE #4 • ABUS D'AUTOMÉDICATION

L'ABUS EST DANGEREUX

LES JEUNES ET L'AUTOMÉDICATION

En se et 4e, les enfants commencent à s'intéresser à l'automédication. Il est important de surveiller vos enfants et de leur faire comprendre qu'ils ne doivent pas prendre des médicaments en vente libre sans la surveillance d'un adulte. Lorsque des enfants doivent prendre des médicaments régulièrement, les parents doivent rester vigilants. Même s'ils prennent leurs médicaments quotidiennement, les enfants ne sont pas à l'abri d'une erreur de dosage ou de fréquence d'administration.

Discutez librement de ce qu'est la consommation responsable de médicament et choisissez les professionnels de santé comme interlocuteurs privilégiés en cas de doute.

Mal utilisés, les médicaments en vente libre peuvent s'avérer dangereux. Principales erreurs à ne pas commettre :

- ❑ Ne pas lire ni respecter l'étiquette information médicament.
- ❑ Prendre un médicament sur une période plus longue que celle mentionnée sur l'étiquette.
- ❑ Prendre une dose supérieure à la dose indiquée ou prendre le médicament plus souvent que ce qui est précisé sur l'étiquette.
- ❑ Prendre un médicament pour des raisons ou des symptômes autres que ceux mentionnés sur l'étiquette.
- ❑ Utiliser simultanément plusieurs médicaments avec le même principe actif, ce qui peut conduire à un surdosage.

En termes de médication, plus n'est pas nécessairement synonyme de mieux. Si les symptômes persistent ou de nouveaux symptômes apparaissent, consultez un médecin. Prenez le temps de bien comprendre le médicament que vous prenez, lisez l'étiquette information médicament et, en cas de doute, n'hésitez pas à demander l'avis de votre médecin, infirmier ou pharmacien.

Pour plus d'informations sur la prévention des abus de l'automédication, consultez la page consumermedsafety.org/OTC-drug-abuse

Les erreurs et abus de médicaments en vente libre conduisent à près de **10.000** consultations en urgence pour les enfants de moins de 18 ans chaque année.

—SOURCE: American Journal of Preventive Medicine, 2009

Help 1-800-232-1232 A.A.P.C.C.

BESOIN D'AIDE?
Enregistrez le numéro de votre centre antipanique dans votre téléphone: **1-800-232-1232**

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STACKS

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HOME BOOKS & AUTHORS GAMES BLOG VIDEOS MESSAGE BOARDS PROFILE

Sponsored by American Association of Poison Control Centers

Hidden Home Hazards

Be smart about medicine safety at home

Learning Activity

SCHOLASTIC

The Perfect Project

Story by Kiini Ibara Salaam
Illustrations by Anita Morra

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Supporting Materials for Community Leaders

Guided by the feedback of **over 30 community organizations**, program has since been expanded to enable out-of-classroom learning.

Materials for Community Leaders Include:

- Speaker Guide
- After-School Resource Guide
- Press Release Template
- Fact sheets & Infographic
- Template Letter for School Principal

HOME

FOR TEACHERS >

FOR HEALTHCARE PROFESSIONALS >

FOR FAMILIES >

FOR COMMUNITY LEADERS >

SHARE THIS!

Facebook, Twitter, Email

Support for the development of this education material was provided by **McNeil**

OVER-THE-COUNTER MEDICINE SAFETY

It's time to start a critical conversation about responsible medicine use.

Implementing the OTC Medicine Safety Program in Your Community

These resources have been specifically designed to appeal to students at the 5th and 6th grade level and their families.

Community leaders and coalitions are encouraged to tailor the information and resources to the needs of their audiences.

Download All Resources (PDF) >

About The OTC Medicine Safety Program >

Implement The Program >

Spread The Word >

TEACHING MATERIALS

LESSONS & WORKSHEETS Test your audience on knowledge of OTC medicine safety.	VIDEOS Share videos on medicine safety topics.	KNOW THE FACTS Display data on OTC medicine safety.	DIGITAL FLIPBOOK Help teens navigate OTC medicine safety with an original story.
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Thank You. Because of 2016 Forum...

We've made improvements to the *OTC Medicine Safety Program*

¿Por qué es tan importante la seguridad de los medicamentos de venta libre?

Aproximadamente el 50% de los adolescentes comienza a automedicarse a los 11 años.

Las 10,000 visitas anuales a la sala de emergencias por año de menores de 18 años se deben a errores o al mal uso de medicamentos de venta libre.

CONOZCAN LA INFORMACIÓN.

SEGURIDAD DE LOS MEDICAMENTOS DE VENTA LIBRE

PARA ADOLESCENTES Y PREADOLESCENTES

A los 16 años, aproximadamente el **90%** de los adolescentes informo haberse automedicado medicamentos de venta libre.

LA AUTOADMINISTRACIÓN NO SUPERVISADA PUEDE CONducIR AL USO INCORRECTO DE FARMACOS.

Los errores de medicación y el uso incorrecto de los medicamentos de venta libre pueden ser: **aproximadamente, 10,000 visitas al año a la sala de emergencias de niños menores de 18 años.**

Estos incidentes pueden evitarse

GRAN PARTE DE LA SOLUCIÓN ES LA EDUCACIÓN

Recuerden siempre usar el medicamento que necesitan de acuerdo con el medicamento.

1. Tomen solo un medicamento a la vez, a menos que el médico indique lo contrario.

2. Siempre lean y sigan las instrucciones de la etiqueta de información del medicamento.

3. Almacenar todos los medicamentos en un lugar seguro, seco y fresco.

4. Guardar el número de los servicios de emergencia de su comunidad. Llamarlos si necesitan ayuda.

Este y otros recursos están disponibles de forma gratuita en: www.scholastic.com/otcmedsafety

2

Implementing the OTC Medicine Safety Program in Your Community

These resources have been specifically designed to appeal to students at the 5th and 6th grade level and their families.

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[Download All Resources \(PDF\) >](#)



About The OTC Medicine Safety Program >

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Educators Respond to OTC Literacy

SCHOLASTIC

THE OTC LITERACY PROGRAM

Support for the development of this education material was provided by **McNeil**

Poison Help 1-800-222-1222 AAPCC

Educators Respond to OT...
Hear from teachers about their experiences teaching the lessons in the OTC Literacy program.

Drug Facts label
Take a tour of the Drug Facts label and learn about its importance.

The Poison Help Line
Learn why the American Association of Poison Control Centers is a valuable resource.

Download All Videos >

Close Video

DIGITAL STORYBOOK

FAMILY GUIDE

The Perfect Project

用藥安全

Site Demo: [scholastic.com/otcmedsafety](https://www.scholastic.com/otcmedsafety)

Taking Program to Communities & Case Study

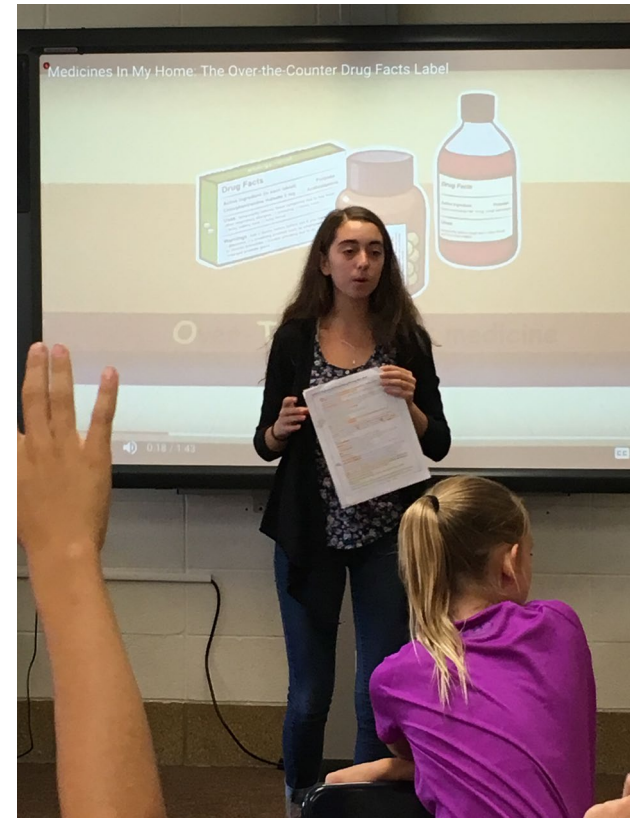
Reaching Communities via CADCA & Coalitions

2015 Program Included:

- Expanding the Reach – 4 coalitions piloted new settings outside of schools
- New opportunities included: summer camps, mentoring programs, libraries, afterschool programs, health classes, homeschooling groups

2016 Program Included:

- Expanding delivery methods – pilot tested the effectiveness of youth as trainers
- Medicine Safety Youth Educators Pilot enlisted 2 youth leaders from 18 coalitions to be trained on the *OTC Medicine Safety* Program and return to their communities to teach the program to 5th and/or 6th graders.



Jefferson County, MO

Community Snapshot

- Located south of St. Louis
- A “bedroom” community
- 224,000+ people in the county with 25% under the age of 18
- 11 different school districts
- Good community collaboration but also very segmented and there tends to be duplication of efforts



Jefferson County Drug Prevention Coalition

Mission: to motivate Jefferson County to change the culture of substance abuse acceptance.

Four Main Priorities:

1. Serve as a local resource for drug prevention information
2. Decrease accessibility of alcohol to minors
3. Increase awareness of safe storage and disposal of medications
4. Increase perception of harm of marijuana

Teen Advisory Board *OTC Medicine Safety*

How we implemented

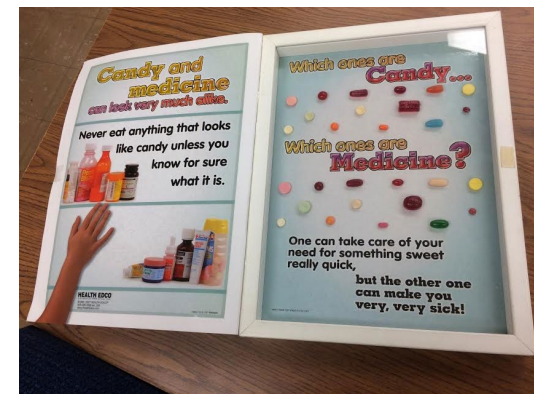
- 146 students (6 class periods)
- 4 sessions about 50 minutes each
- Made booklets with some of the OTC images and worksheets. Created a vocab page

Challenges

- Finding a teacher who could allow that much class time
- Having enough students to do it after school

Successes

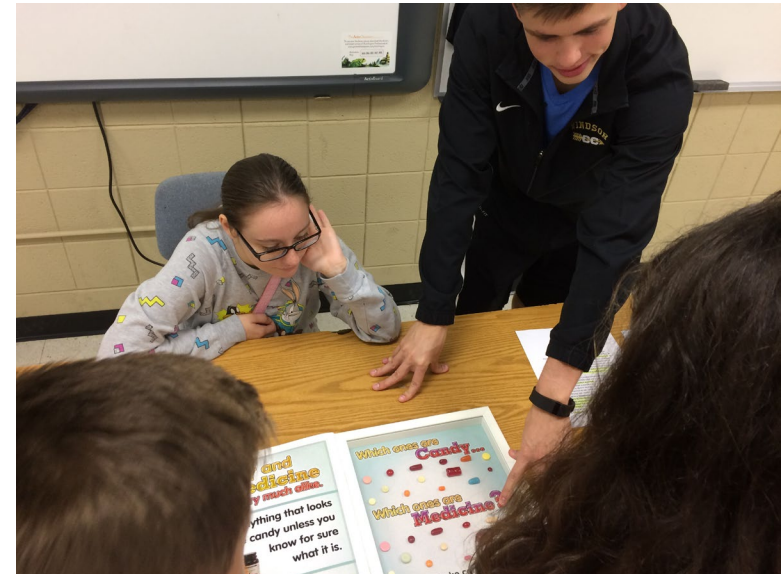
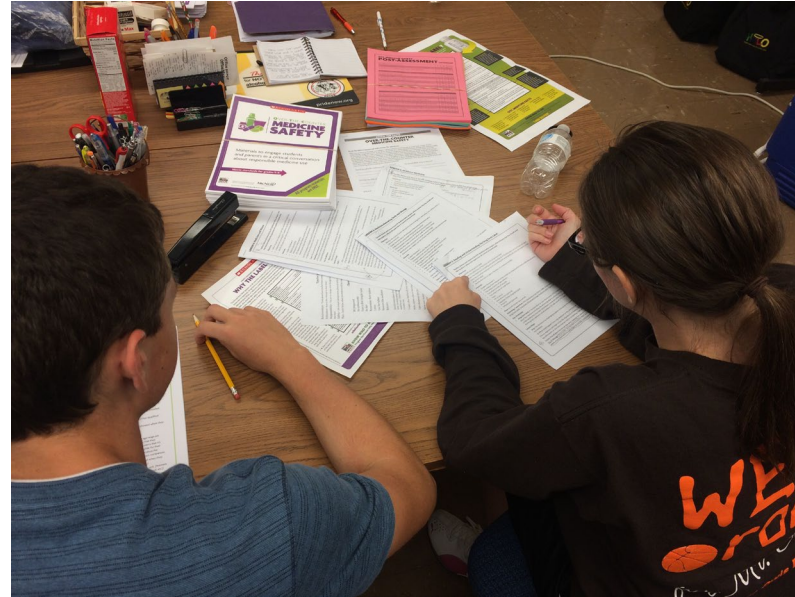
- 146 students!!
- Able to use coalition money for materials (booklets and certificates for each student)
- The educators received scholarships for teaching this program



Teen Advisory Board *OTC Medicine Safety*

Best Practices:

- Utilizing pre and post testing!
- Allowing 40-50 minute “class periods” or sessions
- Stating at the beginning and end of each session that “students should never take medicine without the supervision of a parent or trusted adult”
- Use “trusted adult” vs parent



Teen Advisory Board *OTC Medicine Safety*

Tips:

- Have enough activities to do to keep youth entertained but also enough time to teach the program (some class periods finished early)
- Planning and practicing
 - Go over materials with teacher or adult leader
 - Ensure you have all the materials and any technology you might need
- Create a vocab page, poster, or slide



Teen Advisory Board *OTC Medicine Safety*

Coalition Customization

Argumentative OTC Writing Assignment

- Persuade someone in the community to have a plan for proper use of OTC medicine
- Have to cite evidence from the OTC program
- Why this is important for community to know
- Ideas of who to write to:
 - Principal
 - Superintendent
 - School Head of Nursing
 - State Representative
 - Health Department Director
 - Doctor

Paragraph Format of Essay

1. Attention grabber
2. #1 reason why this is important
3. #2 reason why this is important
4. Counter claims and why they are wrong
5. Plan of action
6. Thank you and follow up contact info

OTC Writing Assignment

To conclude the Over-the-Counter unit, you will write an argumentative letter about what you have learned. Your letter's goal will be to persuade someone in the community to have a plan for proper use of over-the-counter medication. You will need to introduce the concept of OTC medicine. The letter should cite evidence from the unit and your opinion as to why you think it is important for the community to learn about OTC medicine and the dangers of its misuse. You should write your letter to an individual that could help inform the community of the ideas you outline in the letter. Examples of individuals to send the letter to could be the following: Mr. Shinninger, Windsor Head of Nursing Connie Podolsky, Windsor C-1 Superintendent Dr. Joel Holland, State Representative Dan Shaul, and Jefferson County Health Department Director Kelley Vollmar.

Argumentative Letter/Essay Format

Paragraph #1: Introduce the concept of OTC with a hook that will grab the attention of the reader. Effective hooks include the following:

- Sharing a real story or fictional story on the related topic
- Statistical information on the related topic
- A question about the related topic to get the reader thinking
- A quote from an expert on the related topic

Paragraph #2: Number one reason that your way of thinking is something that others should follow. You should have supporting details that back up this stance.

MP#1: _____

SD: _____

SD: _____

SD: _____

CS: _____

Paragraph #3: Number two reason that your way of thinking is something that others should follow. You should have supporting details that back up this stance.

MP#2: _____

SD: _____

SD: _____

SD: _____

CS: _____

Documents for Parents

Free Medicine Safety Program for I.C. Students

The Intermediate Center is partnering with the Jefferson County Drug Prevention Coalition and Windsor P.R.I.D.E. to offer our 5th-grade students a free, 5-part program to learn about medicine safety, particularly with over-the-counter and prescription medication.

The presentation will be presented by the Jefferson County Drug Prevention Coalition and will be presented by Windsor High School students who are part of the organization's Teen Advisory Board. We will also have snacks and water for any students who attend.

The program is after-school from 3:30 PM to 4:30 PM on the following dates:

- September 28
- October 5
- October 19
- October 26
- November 2

If you are interested in your 5th-grader participating in this program, please fill out the permission slip below and return it to your child's teacher. If you have any questions, please contact me at 464-4407 or by email at mcarlton@windsor.k12.mo.us.

Here is what your student will be able to do after attending the program:

- Identify the differences between prescription (Rx) and OTC medicines.
- Understand the importance of the Drug Facts label and be able to identify its different sections.
- Understand safe storage locations for OTC medicines.
- Understand that using OTC medicines irresponsibly can cause harm.
- Recognize unsafe situations involving OTC medicines and brainstorm solutions using problem-solving skills.
- Identify the Poison Help number (1-800-222-1222) and understand that this free resource is available to support safe medicine use.

Thank you,

Dr. Matt Carlton
WIC Principal

I give _____ permission to stay after school for the Medicine Safety Program on the days listed above. I understand that I will have to provide transportation home for my student.

Parent/Guardian Signature _____



OVER-THE-COUNTER MEDICINE SAFETY FOR FAMILIES

Modeled after the FDA's Medicines in My Home program

Did you know that there may be over-the-counter (OTC) medicine dangers in your home that could harm your children?

In class, we've started a new unit called OTC Medicine Safety. As part of our health education studies, this unit teaches students about OTC medicine safety. Open this guide to learn why it is important to inspect your home for OTC medicine hazards and to find easy-to-use tips to make your home safer for your entire family.

Download more FREE resources: scholastic.com/OTCmedsafety/parents



Support for the development of this education material was provided by



All program materials
are FREE.

Testimonials

“I don’t want this to be the last class we teach, I loved doing this!”

-Brittany Dake, Youth Educator

“All my granddaughter has been talking about the last couple weeks is some medicine safety class. And now she is writing a letter to her doctor about medicine safety.”

-Grandmother of one of the students

Q & A

Group Activity & Share Out

Thank You!

Visit Us in the Exhibit Hall!



Visit **Booth 314** to learn more about the *Over-the-Counter Medicine Safety* Program.

Back-Up

Results of OTC Medicine Safety Quantitative Research Study

Methodology

- *OTC Medicine Safety* program was evaluated as part of an IRB-approved Research Study
- Study included a nationally representative sample of 17 schools and was completed by over 1,100 students
- The *OTC Medicine Safety* program assessment is a 46-item instrument utilizing mixed rating scales

Findings

- Assessment tool is a reliable and appropriate measure of student knowledge of the *OTC Medicine Safety* program topics. Live presentation at ISOQOL (10/2014).
- *OTC Medicine Safety* program was shown to be effective in educating 6th grade students on the responsible use of OTC medicines. Won an ISMP Cheers Award for setting a standard of excellence in preventing medicine errors, and accepted for live presentations at ISOQOL, NSC, Safe Kids and ASHA.
- Students significantly improved from baseline across all lessons of the test ($p < 0.05$)
- Differences existed in existing knowledge and outcomes between urban, suburban and rural students, although all geographies showed improvement.
- Overall, girls and boys were roughly equivalent in most lessons. Girls tended to demonstrate higher baseline scores compared to boys

OTC Medicine Safety Program Proven to Increase Knowledge

SUMMARY

- The *OTC Medicine Safety* program assessment demonstrates strong psychometric characteristics while successfully discriminating between levels of student knowledge and understanding
- Students significantly improved from baseline across all lessons of the test ($p < 0.05$).
- Multivariate analyses demonstrate that students improve significantly from this program from pretest however, school setting (location) may impact these improvements
- The *OTC Medicine Safety* program is an effective tool for increasing OTC-medicine-related knowledge among adolescents.
- By engaging adolescents in the *OTC Medicine Safety* program, adolescents have a positive foundation for developing good lifelong habits relating to the use of medicines, and may decrease likelihood of misusing or abusing medicines as teenagers and adults.
- *OTC Medicine Safety* program won an ISMP Cheers Award for setting a standard of excellence in preventing medicine errors

Sources

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