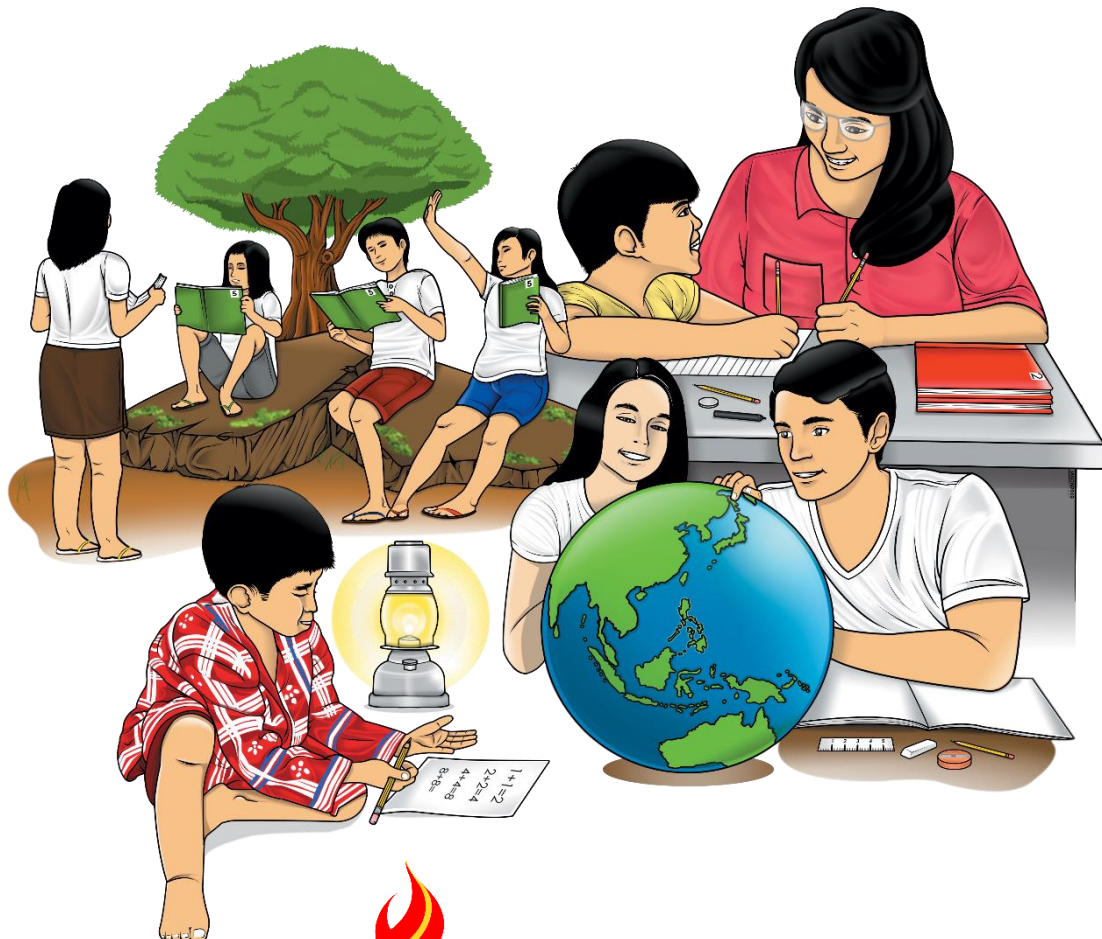


Health

Quarter 4 – Module 3: Over-the-Counter and Prescription Medicines



Health - Grade 6
Alternative Delivery Mode
Quarter 4 - Module 3: Over-the-Counter and Prescription Medicines
First Edition, 2019

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Health

**Quarter 4 – Module 3:
Over-the-Counter and
Prescription Medicines**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you identify the difference between over-the-counter from prescription medicines. The module consists of only one lesson.

- Lesson 1 – Over-the-Counter and Prescription Medicines

After going through this module, you are expected to differentiate over-the-counter from prescription medicines (**MELC-H6CH-IVcd-16**).



What I Know

Directions: Write **Yes** if the statement about over-the counter and prescription medicines is correct and **No** if it is not. Write your answers on a separate sheet of paper.

1. Over-the-counter medicines can be bought without prescription from the doctor.
2. Prescription medicines are readily available in the supermarket's shelf.
3. Over-the-counter medicines are safe. We can take this type of drug without reading labels and warnings.
4. Prescription medicines need authorization from the doctor before they can be purchased.
5. Pharmacists give prescription medicines to customers even without written notice or prescriptions from health professionals.
6. Prescription medicine is specially prescribed for and intended to be used by one person.
7. We can go directly to medicine counters and purchase over-the-counter medicines. Anyone can buy this type of drug.
8. Prescription drugs can only be availed in the pharmacy or drugstore.
9. An over-the-counter medicine needs authorization from the doctor before we can purchase them in a drugstore or pharmacy.
10. Prescription medicines could harm our health if misused or abused while over-the-counter medicines are still safe even if misused or abused.

Lesson 1

Over-the-Counter and Prescription Medicines

Medicines can improve our health and treat diseases. Some people take medicines every day while others take them once in a while. However, we need to be sure that medicines are safe and should be taken correctly to help us get better from sickness or illness.



What's In

The Bureau of Food and Drug Administration (BFAD) is in charge of ensuring that medicines are safe and effective. The two types of medicines are over-the-counter medicines and prescription medicines. Over-the-counter medicines can be bought in drugstores and supermarkets without doctor's prescription. Prescription medicines need prescription from the doctor or prescriber before it can be purchased in the pharmacy or drugstores.

We need to be careful to avoid mistakes in taking drugs or medicines. It is a must to follow and understand the instructions on the drug labels when doing self-care. It is wise to visit the doctors and health providers regularly to guide us on how are we going to improve our health through careful use of medicines.





What's New

A. Directions: Be honest in answering this self-assessment. Choose all the letters that apply to you. Write the letter or letters of your answers on a separate sheet of paper.

1. Which of the following symptoms have you experienced when you were not feeling well?
 - A. headache
 - B. fever
 - C. cough
 - D. stomach ache
 - E. vomiting

2. Which of the following have you done when you were not feeling well or ill?
 - A. went to the doctor for check-up or consultation
 - B. had rest or sleep
 - C. drank lots of water and natural fruit juices
 - D. ate balanced diet
 - E. took medicines
 - F. stayed at home

3. Which of the following medicines have you taken?
 - A. cough medicines
 - B. vitamins
 - C. medicines for fever
 - D. pain killer
 - E. antidiarrheal
 - F. herbal medicines

4. What type of medicine did you take?
 - A. over-the-counter medicine (without doctor's prescription)
 - B. prescription medicine (with doctor's prescription)



B. Directions: Let us have this poem about medicines. You can also use the tune of “There Was a Farmer Who Had a Dog” if you wish to have it as a song.



Medicines

by: Francilet R. Padios

There was a person who went to the doctor
For a consultation
“Doctor, I am sick
Please treat me very quick
Let my health be fixed
By giving me prescriptions”.

The doctor wearing her white suit
Answered after examination
“Buy this medicine
Along with my prescription
You can avail prescription drug
With my authorization”.



Then another person came
To seek medical attention
“Doctor, I don’t feel well
I’ve been very ill
I suffer cough and chill
Should I drink a pill?”

The doctor wearing her white suit
Answered after examination
“Oh you need a medicine
An over-the-counter-medicine
No need of prescription when you purchase
It will heal your disease”.




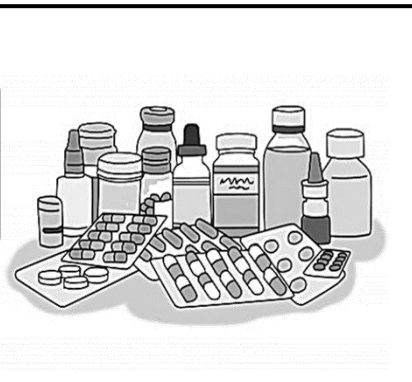

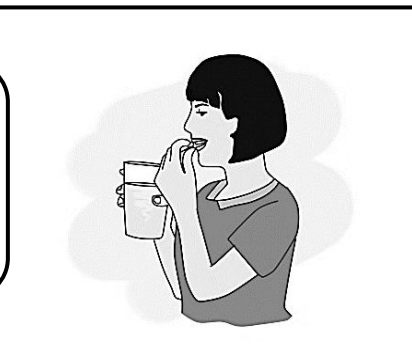

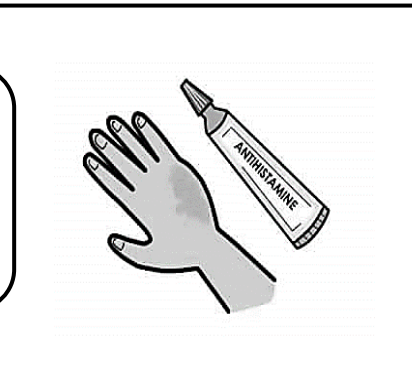


C. Directions: Answer the following questions. Write your answers on a separate sheet of paper.

1. According to the song/poem, where did the persons go and why?
2. What did the doctor do to the patients or persons who seek medical attention?
3. What did the doctor prescribe to the first person who visited her clinic?
4. How can prescription drug be availed?
5. The second person who visited the doctor is suffering from cough and chill. After health examination, what kind of medicine did the doctor recommend?





What is It


Directions: The children are reading the article in the book about the different types of medicines. Let's read with them carefully and answer the questions that follow.

	<p>A drug or medicine is a substance used in the diagnosis, cure, treatment and prevention of diseases.</p>	
	<p>They come in different forms. Medicines like syrup, tablet, capsule, chewable medicine and oral drops are taken orally or by the mouth.</p>	
	<p>Some medicines are applied directly to the skin like ointment, cream or lotion when we have insect bites, skin rashes or allergy.</p>	
	<p>Others are injected into the bloodstream using needle and a syringe which is pierced through the skin into the body.</p>	


We also have the following medicine drops:


nose or nasal drops




oral drops





eye drops





Bear in mind that there are two types of medicines: Over-the Counter (OTC) and Prescription (Rx) medicines.




Over-the counter medicines are drugs that we can buy in pharmacy, drugstore or supermarket without the need for a doctor's prescription.


This means we can go directly to medicine counters and purchase the medicines. Anyone can buy this type of drug.



Yes, you are right! We can simply avail this type of medicine in supermarket and store shelves. Vitamins are examples of OTC drugs.




OTC drugs



Have you seen this? This is a prescription. It is often an abbreviated Rx. It is a written authorization from a doctor for the patient to buy a prescription drug.




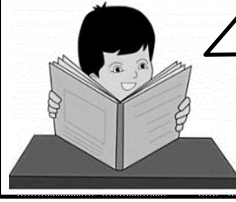



Correct! Prescription medicines are prescribed by a doctor and are bought from a pharmacist in the pharmacy or drugstore.










It is specially prescribed for and intended to be used by one person.

Remember that we can only avail prescription drugs in the pharmacy.

There you have it! Over-the-counter medicines can be bought without doctor's prescription while prescription medicines can only be bought with prescription or authorization from doctors or health workers.

 <p>OTC drugs should only be used to treat minor ailments or diseases.</p>	 <p>Major illnesses require the use of more powerful prescription drugs.</p>
 <p>OTC drugs are not as strong as prescription drugs. They have a wider margin of safety.</p>	 <p>This means a wider range of people can safely use OTC drugs rather than the more specific prescription drug.</p>
 <p>The Food and Drug Administration (FDA) strictly monitors prescription drugs for side effects and safety.</p>	 <p>OTC drugs are also monitored by FDA but the process is not as strict for prescription drugs.</p>
 <p>Over-the-counter and prescription medicines need to have FDA approved labels and specific dosage.</p>	 <p>Be aware that medicines carry a risk! It is recommended to talk to health providers for you to take the correct dosage.</p>

Answer the following questions on a sheet of paper:

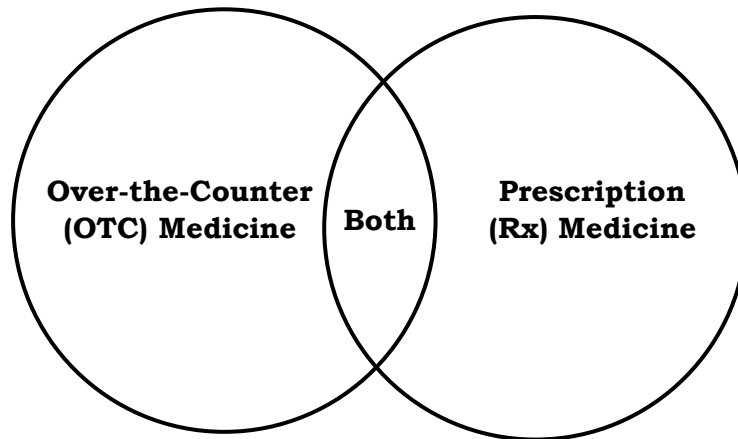
1. After reading the article, what are the two types of medicines differentiated by the children?
2. What type of medicine needs a prescription upon purchase? Where can we buy the drugs?
3. What type of medicine can be bought in stores and drugstores that do not require authorization from doctors or health workers?
4. Where can we purchase over-the-counter medicines?
5. Why should over-the-counter and prescription medicines need to have Food and Drug Administration (FDA) approved labels and specific dosage?



What's More



A. Directions: Let us see if you can differentiate over-the counter medicine from prescription medicine. Sort the ideas by number and put them correctly in the Venn Diagram. Write your answers on a separate sheet of paper.



1. It is a medicine that requires prescription from doctors and health professionals.
2. Children should use this medicine with adult supervision.
3. The medicine labels should be read and followed carefully before use.
4. This can be bought without doctor's prescription.
5. This medicine is intended for the person whom the medicine was prescribed.
6. Anyone can get and buy this medicine in the supermarket or store's shelf.



B. Directions: Here are our health professionals. They have something to tell us about medicines. Read carefully and learn from them.

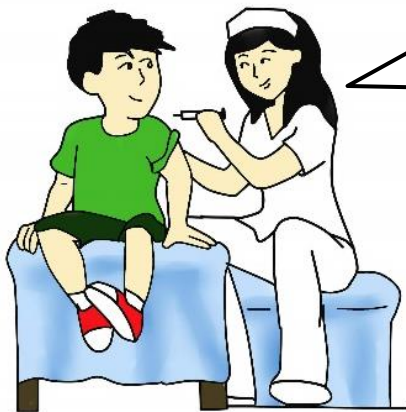
Instructions are printed in the label to help make sure that the medicine is taken correctly.

Every medicine comes with dosing directions that we can read on the drug facts label.

When you do not follow directions, the medicines may not work well. It can make you feel worse or even hurt you.



You may also experience allergic reactions. There are times that when you mix food with a medicine, the medicine does not work properly.



Always remember that over-the-counter and prescription medicines are dangerous when misused or abused. These two types of drugs are only safe if warnings and directions are carefully followed.



What I Have Learned

Directions: Write **OTC** if the statement refers to over-the-counter medicine and **P** if it is a prescription medicine. Write your answers on a sheet of paper.

1. This type of medicine can be bought in the pharmacy or drugstore with doctor's prescription.
2. We can purchase this drug without authorization and prescription from health workers.
3. This drug can be purchased right off the shelves at a store without a visit to a prescriber or consultation with a pharmacist.
4. The medicine's label has an Rx symbol.
5. The medicine is regulated. It requires a visit to a doctor or prescriber to ensure that the medication is working safely.



What I Can Do

Directions: Put a check (✓) if the statement correctly differentiates over-the-counter medicine with prescription medicine and (✗) if it does not. Write your answers on a separate sheet of paper.

1. Over-the-counter medicines can be bought without doctor's prescription while prescription medicines can only be bought with doctor's prescription and authorization.
2. Children could use over-the-counter medicines with adult supervision while prescription medicines do not need permission of parent or adult upon use.
3. Prescription medicines are prescribed by a doctor for one person to treat a specific medical problem while over-the-counter medicines do not require prescription but could be used with self-care.
4. We can readily purchase prescription medicines in supermarket's shelf while over-the-counter medicines could only be bought in a pharmacy or drugstore.
5. Prescription medicines are always safe to use while over-the-counter medicines are dangerous to use without doctor's advice.



Assessment

Directions: Write **Agree** if the statement is correct about over-the-counter and prescription medicines and **Disagree** if it is not. Write your answers on a separate sheet of paper.

1. Andrei went to the supermarket and bought a vitamin that he found on the shelf of an over-the-counter medicine.
2. Lolita visited a doctor and was given a prescription. She showed the prescription to the pharmacist and was given a prescription medicine.
3. Francisco was not given a prescription medicine at the drugstore because he was not able to bring the prescription from his doctor.
4. Prescription drugs can be bought in *sari-sari* stores or *tyangge*.
5. Loy had a high fever. The school nurse gave an over-the-counter medicine from the medicine cabinet as a medication.
6. Over-the-counter medicines can be bought without doctor's authorization.
7. Pharmacists could give a prescription medicine to a customer even without a doctor's prescription.
8. Over-the-counter medicine could treat major illnesses while prescription medicine could treat minor diseases or ailments.
9. Aida was in the drugstore to buy an over-the-counter medicine and was given a medicine right away.
10. Prescription medicines needed prescription or authorization from the doctor before they can be purchased.

Thank you for accomplishing this module. Congratulations!



Additional Activity

Directions: Differentiate over-the-counter from prescription medicine by filling the blanks to complete the thought. Use the template in answering the activity. Do this on a clean sheet of paper.

1. We can buy over-the-counter medicines in _____ while prescription medicines can only be bought in _____.
2. An over-the-counter drugs need _____ from a doctor or health provider while prescription drugs _____.
3. Over-the-counter medicines _____ while prescription medicines _____.



Answer Key

<p>Assessment</p> <ol style="list-style-type: none"> 1. Agree 2. Agree 3. Agree 4. Disagree 5. Agree 6. Agree 7. Disagree 8. Disagree 9. Agree 10. Agree <p>Additional Activity</p> <ol style="list-style-type: none"> 1. buy over-the-counter medicines in drugstore, pharmacy, supermarket, sari-sari store etc. 2. buy prescription medicine in pharmacy or drugstore over-the-counter drugs do not need prescription or authorization from a doctor 3. buy over-the-counter drugs do not need prescription or authorization from a doctor <p>Pupil's answers may vary</p>	<p>What's More</p> <p>What I Have Learned</p> <ol style="list-style-type: none"> 1. P 2. OTC 3. OTC 4. P 5. P <p>What I Can Do</p> <ol style="list-style-type: none"> 1. ✓ 2. X 3. ✓ 4. X 5. X 	<p>What I Know</p> <ol style="list-style-type: none"> 1. Yes 2. No 3. No 4. Yes 5. No 6. Yes 7. Yes 8. Yes 9. No 10. No <p>A. Pupil's answers may vary</p> <p>B.</p> <ol style="list-style-type: none"> 1. Doctor. For consultation/check-up 2. He examined them. 3. Prescription medicine 4. With written authorization or prescription 5. Over-the-counter medicine <p>What is It</p> <ol style="list-style-type: none"> 1. Over-the counter and Prescription 2. Prescription. Drugstore, 3. Over-the-counter pharmacy 4. Supermarket, store, pharmacy 5. To use the medicines properly. Pupil's answers may vary.
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