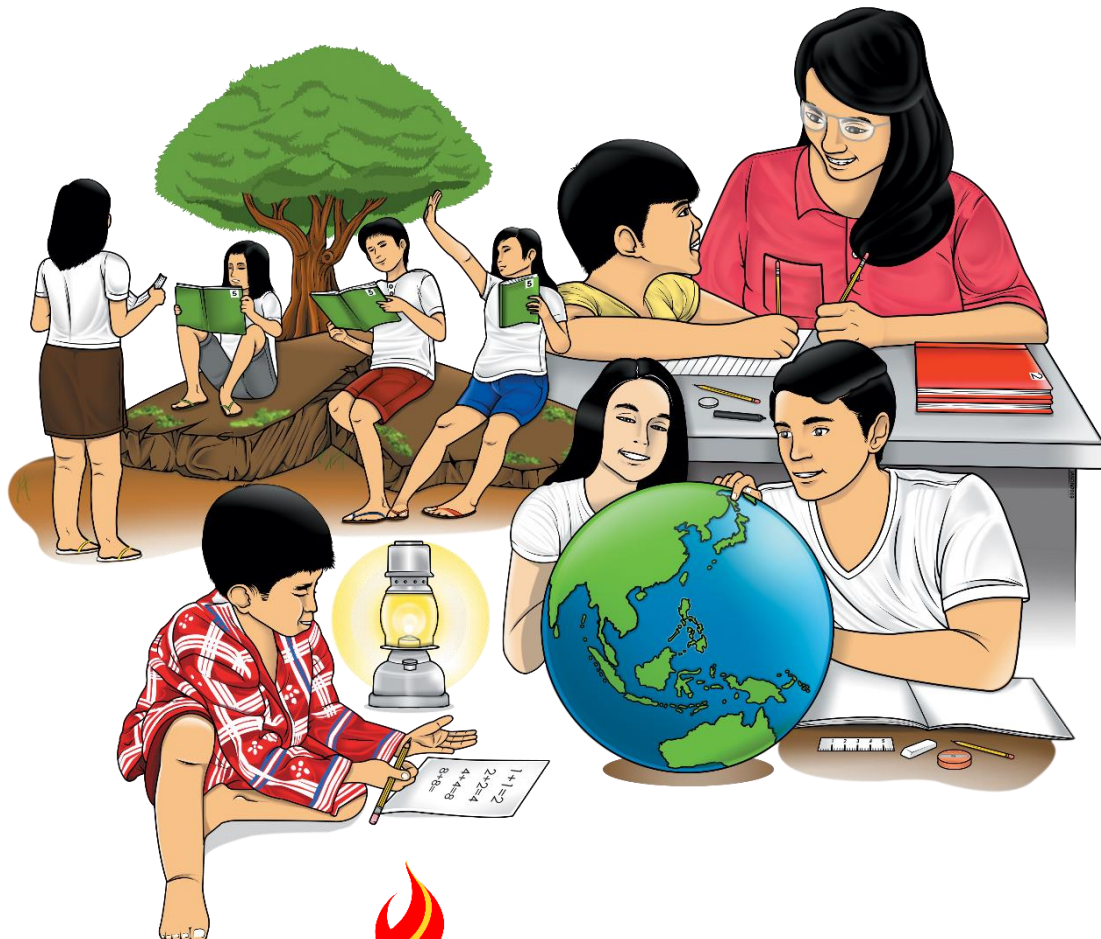


Health

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



Health - Grade 6

Alternative Delivery Mode

Quarter 4 - Module 4: Examples of Over-the-Counter and Prescription Medicines

First Edition, 2019

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Health

**Quarter 4 – Module 4:
Examples of 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 examples of over-the-counter and prescription medicines.

The module consists of only one lesson:

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

After going through this module, you are expected to give examples of over-the-counter and prescription medicines (**MELC-H6CH-IVe-17**).



What I Know

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

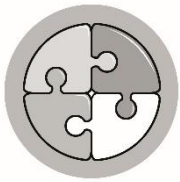
1. vitamins
2. antipyretic
3. antibiotic with Rx symbol
4. antidiarrheal
5. laxative
6. antihypertensive
7. decongestant like nose sprays and drops
8. antidepressant
9. antacids
10. analgesic to treat mild pain

Lesson

1

Examples of Over-the-Counter and Prescription Medicines

Medicines are substances intended for use in treatment, diagnosis or prevention of ailments or diseases. Medicines can help us feel better and get well when we are sick.



What's In

Medicines come in different types. They may be liquid, tablet, capsule, cream or lotion, powder, drops, inhalers, sprays and injections. Medical professionals use medicines to help lessen the symptoms and effects of diseases and can even cure or get rid of the illnesses. Health providers prescribe medicines so that those who are suffering from ailments can continue to live normal lives. There are varieties of medicines that belong to the two types: the over-the-counter medicines or OTC and prescription medicines (Rx). Furthermore, researchers kept on inventing and discovering over-the-counter and prescription drugs to treat or cure diseases.





What's New

Directions: Answer the self-assessment test honestly. 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 medicines have you taken?
 - A. antacid (neutralizes stomach acid)
 - B. analgesic or pain killers (stops pain)
 - C. decongestant (relieves blocked or stuffy nose)
 - D. laxative or purgative (loosens stool or poop or stimulate bowel movement)
 - E. antidiarrheal (slows down action of intestine and reduce number of bowel movements)

2. Have you taken an over-the-counter medicines or medicines that you bought without doctor's prescription? Name two examples.

3. How about prescription medicines or medicines that you bought with doctor's prescription or authorization? Name two examples.

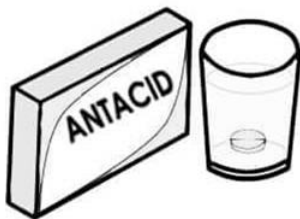
4. Are medicines important to us? Give one reason.



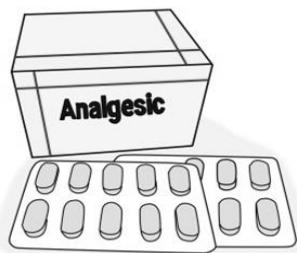
What is It

Directions: The pharmacist is giving examples on the two types of medicines: over-the counter medicines and prescription medicines. Read carefully and answer the questions that follow.

A. Over-the-counter or OTC medicines are drugs that we can buy without doctor's prescription. These are examples of medicines in this type.



Antacid is a medication that neutralizes stomach acid. It may be liquid, chewable gummy or tablet that dissolves in water to drink.



Analgesic, also called painkiller or pain reliever, is a medicine used to relieve pain or discomfort caused by disease, injury or surgery. Simple painkillers are OTC drugs but painkillers to treat severe pain like narcotics need prescription from a doctor.



Decongestant is a medicine that relieves congestion by reducing swelling, inflammation and mucus formation within the nasal passages or the eye. It is a relief for congestion of the nose and sinuses like blocked or stuffy nose (nasal congestion).



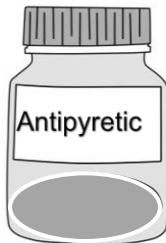
Have you taken some of the over-the counter-medicines that I mentioned? Let us add some more examples.



Laxative, also called purgative is a substance that loosens or softens stool and increases bowel movement. This medicine is used to treat and prevent constipation or hard bowel movement.



Antidiarrheal is a type of medicine that stops or slows diarrhea or the frequent passage of a watery loose stool.



Antipyretic is a medication used to lower body temperature or reduce fever.

Answer the following questions:

1. Among the over-the-counter or OTC medicines mentioned by the pharmacist, can you give one that you have already taken? What was it?
2. Did you get well after taking the medicine?
3. Are over-the-counter medicines important? How?

B. Prescription medicines are drugs that we can buy with doctor's prescription or authorization. Let us have the poem below to learn the examples of prescription medicines. You may also sing this to the tune of "Paruparong Bukid".



Prescription Medicines

by: Francilet R. Padios

Here is an **antibiotic**, a drug that needs prescription
 It kills and fights bacteria and other infections
 If you're going to take it, in liquid form or a pill
 This oral antibiotic will no longer make you ill.



Topical antibiotic which is applied to the skin
 It may be an ointment, may be lotion or cream
 This antibiotic that is applied externally
 May be a prescription drug or an OTC.

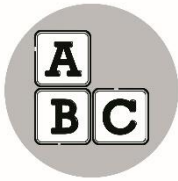


Antidepressant is also a drug that needs prescription
 It helps relieve the symptoms of sadness or depression
 It also helps patients reduce anxiety disorder
 That is characterized by nervousness or fear.



Antihypertensive drug treats a high blood pressure
 You need doctor's prescription to buy this, yes for sure!
 Heart diseases and stroke caused by hypertension
 Will likely lead to severe health complication.





What's More



Directions: Let us sort the different examples of medicines by putting their corresponding numbers in the proper medicine box. Write your answers on a sheet of paper.

1. antidiarrheal

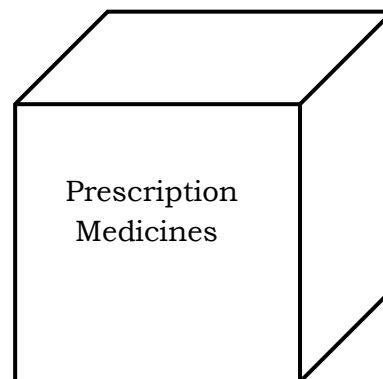
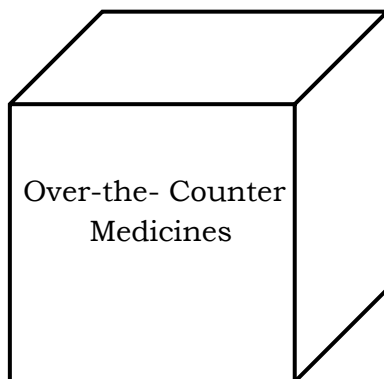
4. laxative

2. antihypertensive

5. oral antibiotic

3. antacid

6. antidepressant





What I Have Learned

Directions: Choose the letter of the correct answer and write it on a separate sheet of paper.

1. It is an over-the-counter medicine that treats diarrhea or watery stool.
 - A. antacid
 - B. antidiarrheal
 - C. laxative

2. This prescription or over-the-counter medicine fights bacterial infections.
 - A. antidepressant
 - B. analgesic
 - C. antibiotic

3. This OTC medicine provides short-term relief for a blocked or stuffy nose (nasal congestion).
 - A. laxative
 - B. purgative
 - C. decongestant

4. It is an over-the-counter medicine that neutralizes acid build-up in the stomach.
 - A. antacid
 - B. antihypertensive
 - C. analgesic

5. This prescription medicine helps relieve the symptoms of depression and anxiety.
 - A. antihypertensive
 - B. antacid
 - C. antidepressant



What I Can Do

Directions: Write **Agree** if the use of the given examples of over-the-counter and prescription medicines is correct and **Disagree** if it is not.

Write your answers on a separate sheet of paper.

1. Sevilla is suffering from diarrhea. She bought an over-the-counter antidiarrheal medicine to ease her pain.
2. Mr. Retome was diagnosed with a high blood pressure. He bought an antihypertensive drug which is a prescription medicine in the local drugstore.
3. The 8-year old Toto Dane had constipation. He was given a laxative which was a prescription drug.
4. Juvy suffered from blocked or stuffy nose. She bought nasal decongestant which was an over-the-counter medicine in the nearby pharmacy.
5. The Rubio clan hosted a grand family reunion. Antacid, a prescription medicine, was used by Aida to neutralize her stomach acid due to over-eating.



Assessment

Directions: Put a check (✓) if the given example for each type of medicine is correct and **(X)** if it is not. Write your answers on a separate sheet of paper.

1. Analgesic – prescription medicine
2. Antihypertensive – prescription medicine
3. Oral antibiotic - over-the-counter medicine
4. Antidepressant - prescription medicine
5. Laxative - prescription medicine
6. Painkiller like narcotics – prescription medicine
7. Antidiarrheal medicine - over-the-counter medicine
8. Antipyretic - over-the counter medicine
9. Decongestant - prescription medicine
10. Antacid - over-the-counter medicine



Additional Activity

Directions: Write **True** if the statement is correct and **False** if it is not. Write your answers on a separate sheet of paper.

1. Symptoms of depression and anxiety can be relieved by using antidepressant which is an over-the-counter medicine.
2. Fever reducer or antipyretic is an over-the-counter medicine that lowers fever.
3. The child with a blocked or stuffy nose was given a nasal decongestant which was an over-the-counter medicine.
4. Antidiarrheal medicines can be bought at the supermarket because it is an over-the-counter medicine.
5. Antibiotic in a form of ointment or cream that has an Rx symbol is an over-the-counter medicine.

Thank you for accomplishing this module. Congratulations!



Answer Key

<p>Assessment</p> <p>1. X 2. ✓ 3. X 4. ✓ 5. X 6. ✓ 7. ✓ 8. ✓ 9. X 10. ✓</p> <p>Additional Activity</p> <p>1. False 2. True 3. True 4. True 5. False</p>	<p>What's More</p> <p>Over-the-Counter Medicine – 1, 3, 4 Prescription medicine 2, 5, 6</p> <p>What I Have Learned</p> <p>1. B 2. C 3. C 4. A 5. C</p> <p>What I Can do</p> <p>1. Agree 2. Agree 3. Disagree 4. Agree 5. Disagree</p>	<p>What I Know</p> <p>1. OTC 2. OTC 3. P 4. OTC 5. OTC 6. P 7. OTC 8. P 9. OTC 10. OTC</p> <p>What's New</p> <p>Pupil's answers may vary</p> <p>What is It</p> <p>Pupil's answers may vary</p>
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