

# Health

## Quarter 4 – Module 5: Uses of Over-the-Counter and Prescription Medicines



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 5: Uses of Over-the-Counter and Prescription Medicines**  
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## **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 describe the uses of some over-the-counter and prescription medicines.

The module consists of only one lesson:

- Lesson 1 – Uses of Some Over-the-Counter and Prescription Medicines

After going through this module, you are expected to explain the uses of some over-the-counter and prescription medicines (**MELC-H6CH-IVf-18**).



## ***What I Know***

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

1. Antidepressant is a prescription drug that is used to treat depressive disorder like anxiety and inability to eat and sleep.
2. Antipyretic is an over-the-counter medicine that is used to treat high blood pressure.
3. Analgesics, also called painkillers or pain relievers, are medicines used to relieve pain or discomfort caused by disease, injury or surgery.
4. We use over-the-counter antidiarrheal medicine to stop or slow the frequent passage of a watery loose stool or diarrhea.
5. Laxatives are substances that treat and prevent constipation or hard bowel movement.
6. Antacid is an over-the-counter drug that fights bacterial infection.
7. Decongestant is an OTC drug that relieves stuffy nose.
8. Antidiarrheal drug is an over-the-counter medicine which is used to neutralize acid build-up in the stomach.
9. Antihypertensive medicine which belongs to prescription drug treats high blood pressure.
10. Antibiotic that is taken orally is a prescription medicine that fights bacterial infection.

# Lesson 1

## Uses of Over-the-Counter and Prescription Medicines

Medicines regardless of its types are basically intended for treatment, diagnosis or prevention of ailments or diseases. We take medicines to help us feel better and to get well when we are sick. Medicines help health professionals to cure many diseases. We consider the usage of medicines important because it addresses health problems and improve quality of lives.



### *What's In*

We take medicines to fight diseases, to feel better when we are sick and to keep from getting sick in the first place. Medicines act in many ways. Medicines cure a disease by killing or stopping the spread of germs such as bacteria and viruses. There are pain relievers to kill pain and symptom soothers to relieve signs like coughing and vomiting. Medicines are also used to stop itching or allergy. Some people use medicines to control illnesses that do not immediately or completely heal like high blood pressure and anxiety. Immunizations and vaccines are given to individual to protect the body from infectious diseases. Vitamins and minerals are also taken to boost the immune system. There are also specific medicines that are used to relieve severe pain.

We benefit from medicines that we use when we obtain its helpful effects to our body.





## ***What's New***

Directions: Read the situations carefully. Identify the over-the counter and prescription medicines describe to be used. Write the letter of the correct answer on a separate sheet of paper.

1. Henry has been working in the farm for a whole day to feed his family. What medicine can be used to relieve his headache and body pain? A. Laxative
2. Playing in the rain too long is not good for a kid because it can cause fever. What medicine can help in reducing high fever? B. Antibiotic
3. Liza has hard bowel movement or constipation. She has difficulty to excrete it. What medicine could soften her hardened stool or poop? C. Antipyretic
4. Pedro's toes have bacterial infection. What Should be used to kill bacterial growth? D. Analgesic
5. Ms. Palma has hypertension or high blood pressure. What medicine should be prescribed to this kind of illness? E. Antihypertensive





## What is It

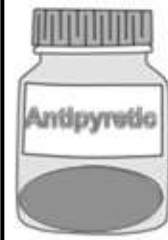
- A. Directions: The pharmacists are giving information on the use of the two types of medicines: over-the-counter medicines and prescription medicines. Read carefully and take note of what they are sharing.



Hello there! I am your friendly pharmacist. Today, I am going to tell you the uses of some over-the-counter and prescription medicines.



Have you experienced fever? A fever is a rise in body temperature and is usually a sign of infection. Fever is common and it occurs to often signal that the body is working to protect itself. The average body temperature is 98.6° F (37° C). A body temperature above 100.4° F or (38° C) is considered to be a fever by medical professionals. **Antipyretic** is a medicine that reduces fever.



**Decongestant** is a type of medicine that provides short-term relief for a blocked or stuffy nose (nasal decongestion). It may be an eye drop, nasal spray, (sprayed to the nose) or taken orally as a pill, syrup or oral drops.



Have you experienced headache, toothache, stomach ache and other body aches? A medicine used to relieve pain is called **analgesic**. It is also known as a painkiller or pain reliever.





**Laxative**, also called purgative is used to loosen stool and increase bowel movement. If you find it difficult to poop or excrete because of hard stool, this drug will help you “poop it out”.



**Antidiarrheal** is a medicine to stop or slow diarrhea. If you keep on coming back to the comfort room with watery stool or diarrhea, this drug is of great help.



**Antacid** is a medicine that helps neutralize acid. It treats symptoms of:

- acid reflux which is caused by stomach acid travelling up towards the throat
- heartburn which is the burning sensation in your chest or throat caused by acid reflux
- indigestion or dyspepsia which is discomfort or pain in your upper abdomen due to overeating or eating too fast



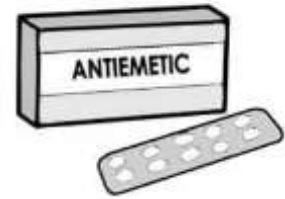
For cough relief, we have cough syrups or tablets. It helps loosen mucus, making it easier to cough up sticky phlegm.





Medicines indeed have many uses. Let us add some more!

When you ride vehicles, boats, planes etc. and experience motion sickness, **antiemetic medicine** could help you. It is effective against vomiting and nausea.



**Antihistamine** is a medicine used to treat allergic rhinitis such as sneezing, runny and itchy nose and itchy watery eyes. It can also relieve itchiness caused by insect bites, skin infection, chicken pox and allergic reaction to food. This medicine comes in tablets, eye drops, nasal sprays, syrups and ointment.



**Antiseptic** is a substance applied to the body to reduce the risk of infection and stop the spread of germs. It is found in medicines that are used to clean wound, mouthwash, soap, alcohol and cleaning solutions.



**Immunization** is a process whereby a person is made immune or resistant to infectious diseases by administering a vaccine.



Another type of medicine is a prescription medicine that can be bought with doctor's prescription. Here are the uses of prescription drugs.

Do you know a person who is suffering from high blood pressure (HBP) or hypertension? Antihypertensive medicine is used to lower blood pressure.



### Antihypertensive



Antidepressant treats symptoms of depression. Inability to sleep, eat, emotional outbursts and hallucinations (seeing things that are not really there) are some of the symptoms that need immediate help from health professionals.



Antibiotic is a medicine that fights bacterial infections. It can be taken in different ways:

- Orally (by mouth). This could be capsules, tablets or liquids
- Topically. This could be an ointment, spray or cream applied on skin or an ear or eye drops.
- Injection or intravenously (I.V) like in dextrose.



Oral antibiotics and injectable are prescription medicines. Antibiotics that are applied topically or externally may be a prescription or an over-the-counter medicine.

Let us have this poem to guide us about the uses of medicines. You can also sing this using the tune of “I’m a Little Teapot or *Sitsiritsit*”.

## Uses of Medicines

by: Francilet R. Padios

Medicines are used to fight fever  
They also serve as painkiller.  
It helps your poop easily go through  
Or slows diarrhea for you.



It neutralizes stomach acid  
And also treats allergy.  
It helps person who are suffering  
From high blood pressure or HBP.

It can treat your nasty cough and cold  
And treats symptoms of depression.  
It relieves nasal congestion  
And fights bacterial infection.



Seek the advice of doctors regularly  
To promote a healthy family.  
If we will use medicines properly  
They can save lives of many.



## ***What's More***



### **Using Medicines Safely**

- Read and follow the directions on the medicine labels carefully.
- Keep medicines in their original containers or packaging as they have instructions on the labels.
- Take medicines on time.
- Put medicines in a safe place away from children and pets.
- Use dropper, syringe, medicine cup, or dosing spoon that comes with the medicine. Never use teaspoons, tablespoons or household spoons to measure medicines.
- Store medicines in a cool, dry place. Warm and damp places like the kitchen or bathroom can damage medicines.
- Some medicines need refrigeration. Check medicine labels for proper storage.
- Check the expiration date. Throw away expired medicines and medicines you no longer use.
- Ask your doctor, nurse or pharmacist if you don't understand the directions in taking the medicines.

#### Activity 1: Is It Safe?

Directions: Read the situation carefully and answer the questions that follow.  
Do it on a separate sheet of paper.

Jenny bought a fever medicine for her younger brother, Rudy at the local supermarket. When she got home, her mother noticed damage on the medicine's packaging. Will they let Rudy drink the medicine? Why? What should be done upon seeing a damaged medicine's packaging?



## *What I Have Learned*



Directions: Complete the thought of the sentence by supplying the appropriate word. Select your answer from the word bank. Write the answer on your answer sheet.

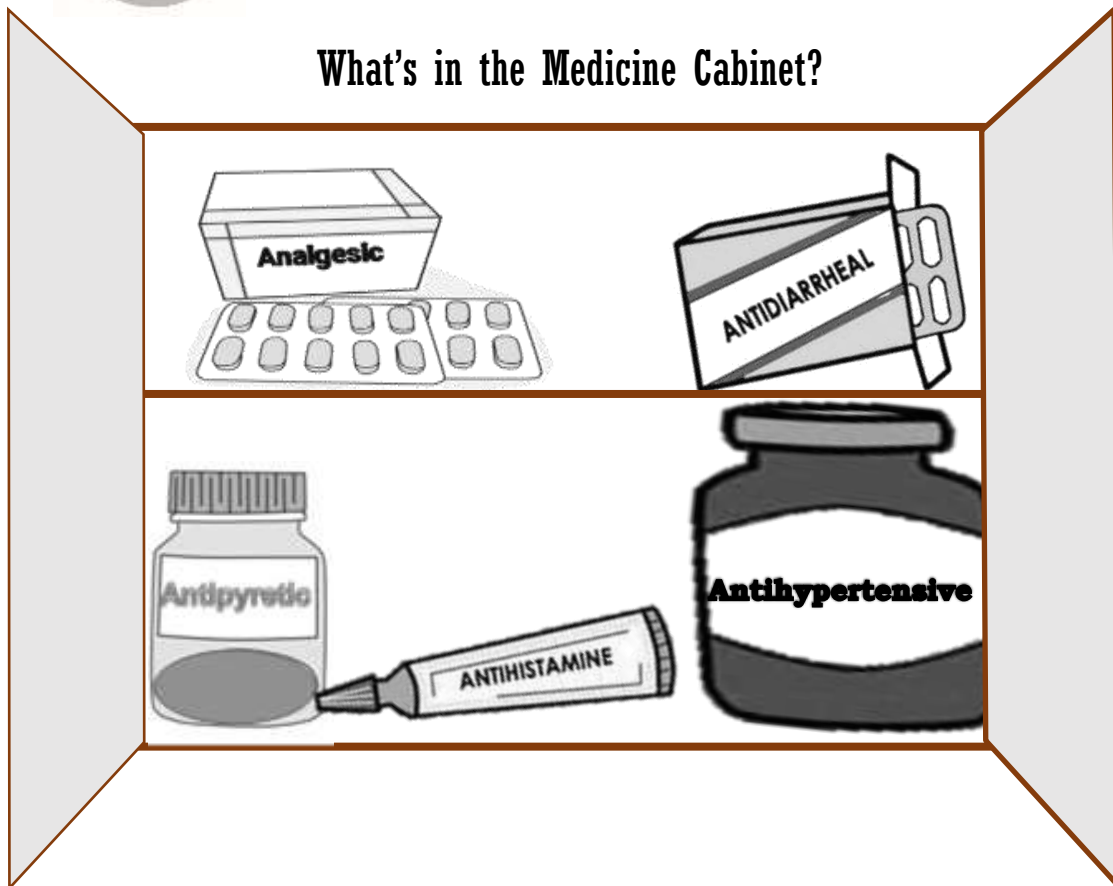
<b>WORD BANK</b>	discard
	label
	reach
	packaging
	medicine cabinet

- 1** Use the medicine containers with safety caps and keep them out of sight and \_\_\_\_\_ of children.
- 2** Store the medicines in their original \_\_\_\_\_.
- 3** Safely \_\_\_\_\_ expired medicines.
- 4** Read the tag or \_\_\_\_\_ and know what's in the medicine.
- 5** Put medicines in the \_\_\_\_\_ where they can't be reached by younger children.



## ***What I Can Do***

### **What's in the Medicine Cabinet?**



Directions: Match each over-the-counter or prescription medications in the medicine cabinet that can help solve the problems found below. Write the answer on a clean sheet of paper.

1. Trisha kept coming back to the comfort room with watery stool. What medicine was given to stop her diarrhea?
2. Nonoy experienced high fever. What medicine did his mother gave him to lower his body temperature?
3. Mr. Santos was diagnosed with hypertension or high blood pressure. What maintenance drug did he use to lower his blood pressure?
4. Tantan suffered from toothache. What did his father offer to him to stop or relieve the pain?
5. Gilda kept on scratching because of her allergy. What did she use to relieve the itchiness?





## Assessment

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

1. Antidiarrheal medicine is an over-the-counter drug. What is the use of this drug?
  - A. It treats watery stool or diarrhea.
  - B. It softens hard stool or poop.
  - C. It relieves blocked or stuffy nose.
  - D. It stops allergy.
2. Dondon is reading the label of an antacid medicine. What is it for?
  - A. To lower blood pressure
  - B. To reduce fever
  - C. To neutralize acid build-up in the stomach
  - D. To stop diarrhea
3. Antidepressant is a prescription drug. What is this drug for?
  - A. To treat cough
  - B. To relieve the symptoms of depression
  - C. To wash wounds
  - D. To relieve itchiness
4. Lita's wound got infected. Her mother told her to buy an antibiotic ointment. What can an antibiotic ointment do?
  - A. It kills or stops bacterial infection.
  - B. It neutralizes acid build-up.
  - C. It lowers blood pressure.
  - D. It reduces fever.
5. The drug in the medicine cabinet is a decongestant. What is the use of this medicine?
  - A. It stops pain.
  - B. It relieves stuffy or blocked nose.
  - C. It relieves constipation or hard bowel movement.
  - D. It lowers high blood pressure.

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

1. Mrs. Palmares used antipyretic medicine to treat hypertension.
2. An analgesic or painkiller is a medicine that is used to relieve or stop pain.
3. The watery, loose stool or diarrhea can be stopped or slowed down by using antidiarrheal medicine.
4. Aunt Rosa bought an antacid medicine to clear her blocked or stuffy nose.
5. Emil used an antipyretic medicine to lower his fever.

**Thank you for accomplishing this module. Congratulations!**



# Answer Key

<b>Assessment</b>	<b>A.</b> 1. A 2. C 3. B 4. A 5. B	<b>B.</b> 1. No 2. Yes 3. Yes 4. No 5. Yes
<b>Additional Activity</b>	1. True 2. True 3. True 4. False 5. True	

<b>What I Can do</b>	1. antidiarrheal 2. antipyretic 3. antihypertensive 4. analgesic 5. antihistamine
<b>What I Have Learned</b>	1. reach 2. packaging 3. discard 4. label 5. medicine cabinet

<b>What I Know</b>	1. Yes 2. No 3. Yes 4. Yes 5. Yes 6. No 7. Yes 8. No 9. Yes 10. Yes
<b>What's New</b>	1. D 2. C 3. A 4. B 5. E
<b>What's More</b>	Pupil's answers may vary.

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