

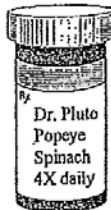
## T. Medication Management

### Intermediate

Knows the dosages and how often to take their prescribed medications	Individualized instruction H-61 through 62
Knows and recognizes potential side effects of their medications	<a href="http://www.drugs.com/sfx/">http://www.drugs.com/sfx/</a>
Knows what to do in the event of an overdose	<a href="http://www.webmd.com/first-aid/drug-overdose-treatment">http://www.webmd.com/first-aid/drug-overdose-treatment</a> <a href="http://www.aapcc.org/">http://www.aapcc.org/</a> <a href="http://www.emedicinehealth.com/drug_overdose/page3_e_m.htm">http://www.emedicinehealth.com/drug_overdose/page3_e_m.htm</a>
Knows how to fill a weekly pill organizer with supervision	<a href="http://www.youtube.com">www.youtube.com</a>
Recognizes/makes correct use of “over the counter” drugs for pain, stomach upset, diarrhea, fever, cold, allergy, etc.	<a href="http://www.drugs.com/otc/">http://www.drugs.com/otc/</a> H-34
Knows how to read a prescription label correctly and follow the instructions	<a href="http://www.ehow.com/how_5189768_read-prescription-labels.html">http://www.ehow.com/how_5189768_read-prescription-labels.html</a> <a href="http://www.consumerreports.org/health/resources/pdf/best-buy-drugs/money-saving-guides/english/ReadingLabels.pdf">http://www.consumerreports.org/health/resources/pdf/best-buy-drugs/money-saving-guides/english/ReadingLabels.pdf</a> H-61 through 62
Knows how to call in refills and pick up medications at the pharmacy independently (if age 18 or over)	<a href="http://kidshealth.org/teen/your_body/health_basics/rx_refills.html">http://kidshealth.org/teen/your_body/health_basics/rx_refills.html</a>
Knows how to utilize all equipment/supplies related to medications with supervision	Individualized instruction
Knows how to obtain OTC meds and the need to discuss all meds, vitamins and supplements with prescribing physician(s)	<a href="http://kidshealth.org/teen/your_body/medical_care/talk_doctor.html">http://kidshealth.org/teen/your_body/medical_care/talk_doctor.html</a>
Knows how to dispose of discontinued or expired medication safely	<a href="http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm">http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm</a> <a href="http://kidshealth.org/teen/your_body/medical_care/old_meds.html">http://kidshealth.org/teen/your_body/medical_care/old_meds.html</a> H-63


Individual Living Skills Module II

TAKING CARE OF YOURSELF



Prescription medicine is ordered by a doctor to treat a patient's specific condition. The label on the bottle or container will tell you how many times to take the medication each day. It will also have your name, your doctor's name, the date the prescription was filled as well as the expiration date, the name of the drug store and the prescription number. Other red, orange, or yellow labels may also be pasted to your prescription bottle. Read all labels carefully. The smaller labels will tell you about some possible side effects of the medication and specific directions about how to take the medicine.

Read the following medication labels. Describe in the box beneath each label where and how often you would take the medication as well as what possible side effects each medication might have or what precautions you would want to take.

 XXX Pharmacy  
555 Main St  
Boston, Mass.

Rx 000      Refills 0

Dr. XXXXXX


John Smith  
1243 North St  
Boston, MA

Take 1 capsule 3Xday  
for 10 days.

MedicNAME  
Orig. Date 6/1/95  
Disc. After 6/1/95

**FINISH ALL MEDICATION**

**TAKE WITH FOOD ONLY**

 XXX Pharmacy  
555 Main St  
Boston, Mass.

Rx 001      Refills 0

Dr. XXXXXX

John Smith  
1243 North St  
Boston MA

Take 1 Tablet every four hours for  
one week.

**WARNING:**  
MAY MAKE YOU DROWSY.  
DO NOT DRIVE AN AUTOMOBILE OR  
OPERATE HEAVY MACHINERY WHILE  
TAKING THIS MEDICATION.

**NOT TO BE TAKEN WITH DAIRY PRODUCTS.**

[Empty box for describing medication 1]

[Empty box for describing medication 2]

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## Independent Living Skills Module II

Remember to ask your doctor, nurse or pharmacist the following questions before you take any medication:

- Why do I need to take this medication?
- Are there any special instructions I should follow?
- What effects will the medication have on my body?
- Does this medication react with any other substances?
- How will I know if I am allergic to this medication? What are the symptoms of an allergic reaction?



If you think you have the symptoms of an allergic reaction, stop taking the medication immediately and call your doctor.

If there is no allergic reaction or any other complication, be sure to finish all the doses of medicine prescribed for you. Do this even if you feel better and you think you are "well" before you have completed the doses.

Independent Living Skills Module II

MINOR ILLNESSES


If you do not have any symptoms which indicate the need for medical attention, you might be able to treat minor illnesses with over-the-counter medication. However, always evaluate carefully whether or not you should see a medical professional. If any symptoms persist, you need to get medical assistance! As with all prescription drugs, you need to read the instructions and warnings carefully before using any over-the-counter medication.



ACTIVITY

Visit your local pharmacy or drug store and research products designed to treat various minor illnesses. Record your findings in the chart below.

Minor Illness	Medication	Price	Possible Side Effects/ Warning Signs
Upset stomach			
Fever			
Common cold			
Headache			
Allergies			
Heartburn			
Others:			



# Proper Disposal of Prescription Drugs

## ***Federal Guidelines:***

- ❖ Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so. For information on drugs that should be flushed visit the [FDA's website](#).
- ❖ To dispose of prescription drugs not labeled to be flushed, you may be able to take advantage of community drug take-back programs or other programs, such as household hazardous waste collection events, that collect drugs at a central location for proper disposal. Call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community.
- ❖ If a drug take-back or collection program is not available:
  1. Take your prescription drugs out of their original containers.
  2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
  3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
  4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.
  5. Place the sealed container with the mixture, and the empty drug containers, in the trash.

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