

PharmPAC Public Health Subcommittee: Presentations to Washington, D.C. Area Schools

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May 7, 2009



Presentation on Safe & Effective Use of OTCs at Colvin Run Elementary School

- ☑ Presenters: CDR Aaron Sigler, LCDR Elaine Cunningham, LCDR Diem-Kieu Ngo, LCDR Mimi Phan, LT Stephanie Victor, and LT Jade Pham
- ☑ Team was provided with Plain Language Resources document, the FDA MIMH website, and the slides several weeks before the presentation; had a conference call before the day of the presentation to assign roles and work out the logistics (uniform, items to bring, etc.)
- ☑ Three 1-hour presentations were given on April 16, 2009, with ~55 sixth-graders per session and two presenters per session

Presentation on Safe & Effective Use of OTCs at Colvin Run Elementary School

- ☑ We used slides from FDA's Medicines In My Home website, which were developed in conjunction with Montgomery County Public School system.
 - ☑ Slides are in plain language, have interactive questions built-in, have 2 "cases", and contain a script
- ☑ The teachers and students were very interactive, inquisitive, and a pleasure to work with.
- ☑ Some improvements need to be made in our presentation delivery style and in the slides.
- ☑ Overall, this was a very rewarding experience for the presenters as we all had fun while promoting public health.

Presentation on Safe & Effective Use of OTCs at Colvin Run Elementary School



FDA Medicines in My Home Website

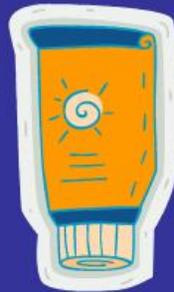
<http://www.fda.gov/medsinmyhome/>



The screenshot shows the homepage of the 'Medicines in My Home' website. At the top, there is a blue header with the FDA Centennial logo (1906-2006) on the left, the text 'U.S. Food and Drug Administration' in the center, and the U.S. Department of Health and Human Services logo on the right. Below the header is a navigation bar with links: 'FDA Home Page', 'CDER Home Page', 'CDER Site Info', 'Contact CDER', and 'What's New @ CDER'. The main content area has a yellow background and is titled 'Medicines In My Home'. On the left side, there is a vertical menu with six purple buttons: 'Teachers' Room', 'Students' Room', 'Consumers' Room', 'Press Room', 'About Us', and 'Contact Us'. In the center, there is a cartoon illustration of a purple house with a white picket fence, a chimney, and a sun in the sky. The house's window is open, revealing a medicine cabinet filled with various bottles and boxes. To the right of the illustration, there is a welcome message: 'Welcome to **Medicines in My Home**, an interactive and educational program about the safe and effective use of over-the-counter medicines. This program was developed by the Food and Drug Administration with Maryland's Montgomery County Public School system and in cooperation with the National Council On Patient Information and Education.' Below this message, it states: '**Medicines in My Home** is growing and changing. You can  [receive an email notification](#) when new materials are added.'

MIMH Presentation on OTCs

Who Has Used an Over-the-Counter
Medicine This Week?

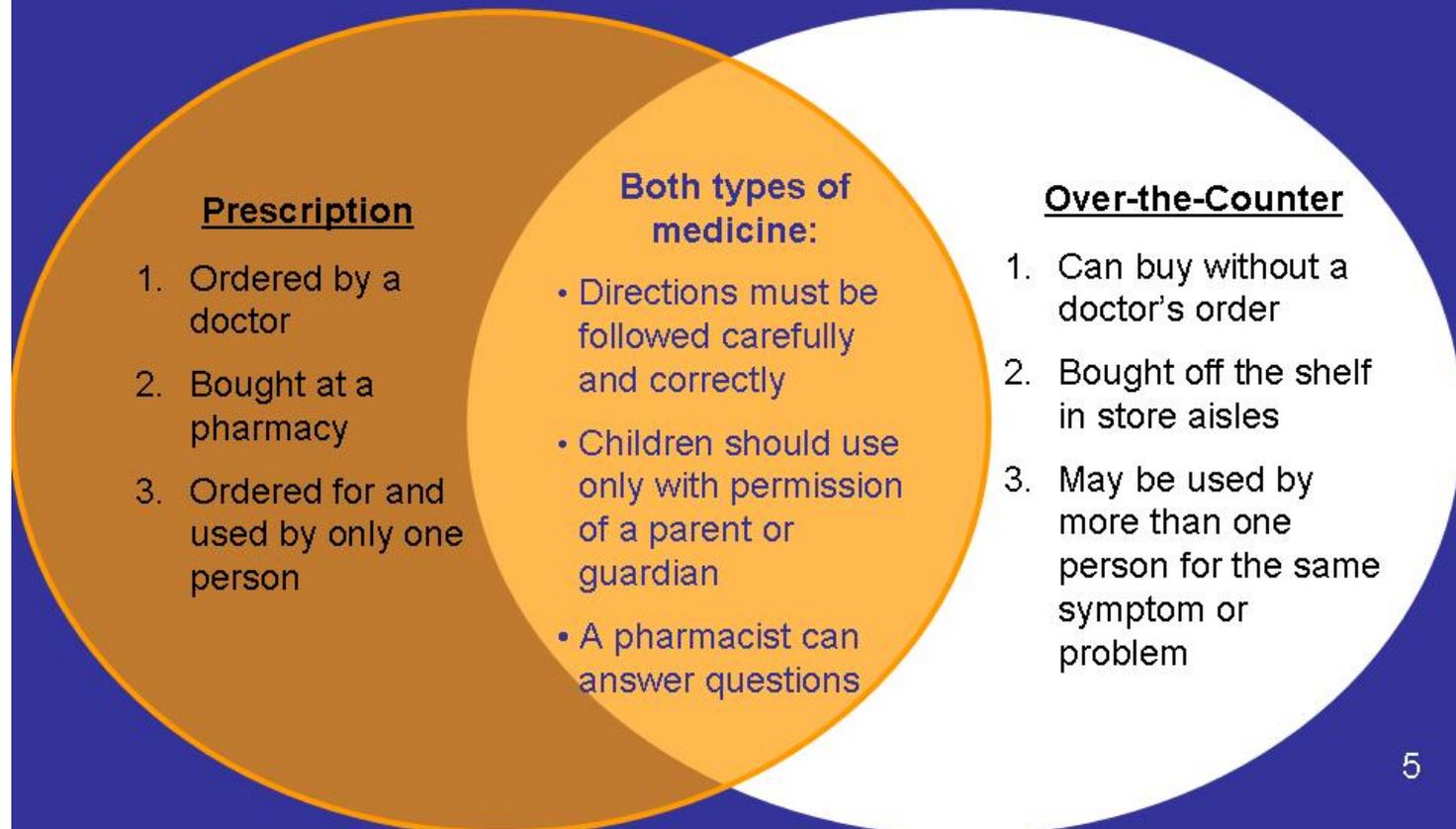


What are some reasons for using an
OTC medicine?

MIMH Presentation on OTCs

Prescription and Over-the-Counter Medicines

How are they different? How are they the same?



MIMH Presentation on OTCs

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Important Medicine Rules

- Never share your prescription medicine with someone else.
- Never use someone else's prescription medicine.
- With all medicines, always check the dose.
 - The right dose for you may be different than for your friend or family member.

MIMH Presentation on OTCs

What does this medicine treat?



Children's
Feel Better
Cold and Fever
Suspension

★★★★★★★★

Ibuprofen ► Pain reliever/
(NSAID) Fever reducer

Pseudoephedrine HCL ►
Nasal decongestant

Relieves: **Fever,
Sore Throat
Stuffy Nose**

Grape Flavor



Drug Facts

Active ingredients	Purposes
(in each 5 ml teaspoonful) Ibuprofen 100 mg (NSAID)*.....	Pain reliever/ fever reducer
Pseudoephedrine HCl 15mg.....	Nasal decongestant
*nonsteroidal anti-inflammatory drug	

Uses temporarily relieves

- nasal and sinus congestion
- stuffy nose
- head ache
- minor body aches and pains
- sore throat
- fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- asthma (wheezing)
- skin reddening
- facial swelling
- shock
- rash
- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

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Stop use and ask a doctor if...

- Reasons to stop taking a medicine include:
 - If you have an allergic reaction
 - If you have new problems like stomach pain, throwing up, or dizziness
 - If you are not feeling better after a certain number of days



MIMH Presentation on OTCs

Measuring Tools for Medicines



- Use the measuring spoon, cup, or syringe that comes with your medicine. This is the most exact way to measure your dose.
- If your medicine doesn't come with a special measuring tool, ask for one at the pharmacy.
- A silverware spoon may hold the wrong amount of medicine.
- Make sure the tool can measure the right dose - check the markings on the tool.

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Take Home Messages

- Speak with a parent or adult before using any medicine.
- Read the label carefully.
 - The information you need to use your OTC medicine safely and correctly is in the Drug Facts Label.
- OTC medicines are serious medicines.
 - Be smart about what you put into your body - it's the only body you have.



We hope you will share this information
with your family.
Thank you.



MIMH Presentation on OTCs



Children's Feel Better Cold and Fever Suspension



Ibuprofen ► Pain reliever/
(NSAID) Fever reducer

Pseudoephedrine HCL ►
Nasal decongestant

Relieves:
Fever,
Sore Throat
Stuffy Nose

Grape Flavor



4 Fl Oz (120 mL)

Drug Facts

Active ingredients (in each 5 ml teaspoonful)
Ibuprofen 100 mg (NSAID)*.....Pain reliever/
fever reducer
Pseudoephedrine HCl 15mg.....Nasal decongestant
*nonsteroidal anti-inflammatory drug

Purposes

Uses temporarily relieves
 ■ nasal and sinus congestion
 ■ stuffy nose ■ head ache ■ sore throat
 ■ minor body aches and pains ■ fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- asthma (wheezing)
- skin reddening
- facial swelling
- shock
- rash ■ blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use

- if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
- right before or after heart surgery
- in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

Ask a doctor before use if the child has

- problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants
- stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
- ulcers
- bleeding problems
- not been drinking fluids
- lost a lot of fluid due to vomiting or diarrhea
- high blood pressure
- heart or kidney disease
- taken a diuretic

Ask a doctor or pharmacist before use if the child is

- taking any other drug containing an NSAID (prescription or nonprescription)
- taking a blood thinning (anticoagulant) or steroid drug
- under a doctor's care for any continuing medical condition
- taking any other drug

Drug Facts (continued)

When using this product

- take with food or milk if stomach upset occurs
- long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if

- an allergic reaction occurs. Seek medical help right away.
- the child does not get any relief during the first day (24 hours) of treatment
- fever, pain, or nasal congestion gets worse or lasts for more than 3 days
- stomach pain or upset gets worse or lasts
- symptoms continue or get worse
- redness or swelling is present in the painful area
- the child gets nervous, dizzy, or sleepless
- any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- this product does not contain directions or complete warnings for adult use
- do not give more than directed
- do not give longer than 10 days, unless directed by a doctor (see Warnings)
- shake well before using
- find right dose on chart below. If possible use weight to dose; otherwise use age.
- use only with enclosed measuring cup
- if needed, repeat dose every 6 hours
- do not use more than 4 times a day
- replace original bottle cap to maintain child resistance
- wash dosage cup after each use

Dosing Chart

Weight (lb)	Age (yrs)	Dose (teaspoonful)
under 24	under 2	ask a doctor
24-47	2 to 5	1 tsp
48-95	6 to 11	2 tsp

Other information

- do not use if printed neckband is broken or missing
- store at 15-30°C (59-86°F)
- see bottom of box for lot number and expiration date

Inactive ingredients acesulfame potassium, citric acid, corn syrup, D&C red #33, FDA&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polysorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
<http://ChildrensFeelBetter.com>

Future Presentations

- ☑ Currently working with Francis S. Key Middle School in Rockville, MD to coordinate a presentation on Obesity/Healthy Lifestyles to 7th graders and Bike and Pedestrian Safety to 6th graders
- ☑ Exact date TBD, but aiming for the week of May 18
- ☑ Already have 7 volunteers for these presentations

Future Presentations

- ☑ Safe and Effective Use of OTC Presentation Team will work on modifying the MIMH slides to better tailor the presentation to our needs; we hope to make this presentation again this summer to school-age children at summer camps, church youth groups, or other organizations
- ☑ We will also look into presenting the OTC topic to adults at senior centers (MIMH website also has slides already developed for adults)



Acknowledgements

Thank you to CAPT Sharon Gershon, CDR John Quinn, and LCDR Sheryl Gunther for their support with these presentations.