

CATCH-UP FRIDAYS TEACHING GUIDE

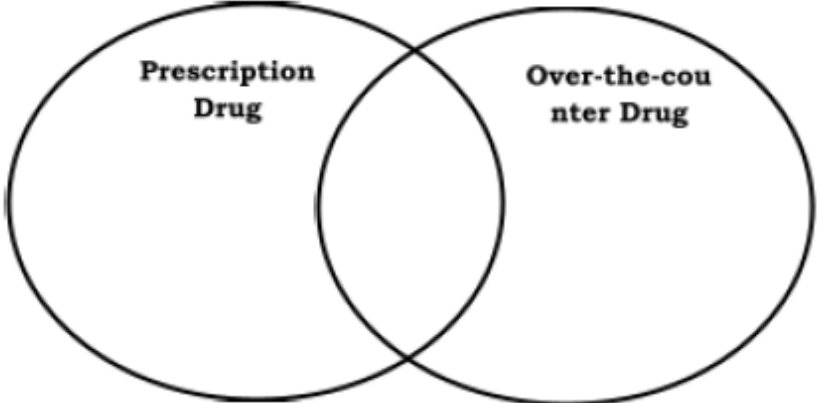
CATCH-UP FRIDAYS TEACHING GUIDE

Catch-up Subject:	(HEALTH EDUCATION) 6	Grade Level:	6
Quarterly Theme:	National and Global Awareness	Date:	April 19, 2024
Sub-theme:	Drug Education	Duration:	60 mins (time allotment as per DO 21, s. 2019)
Session Title:	Medicine and Health Products	Subject and Time:	Health
Session Objectives:	At the end of the session, the pupils will be able to: A. understands the concepts and principles of selecting and using consumer health products B. identify the difference between over-the-counter and prescription medicine		
References:			
Materials:	Powerpoint Presentation Pictures Graphic Organizer Worksheets		
Components	Duration	Activities	
Introduction/ Warm-Up	15 mins	Write TRUE if the statement is correct and FALSE if it is not. _____ 1. Prescription drug can be bought at any store. _____ 2. Over-the-counter medicine requires doctor's prescription. _____ 3. Prescription drugs are usually covered by an insurance. _____ 4. Only drugs with prescriptions were approved by FDA. _____ 5. Medicines for diabetes and heart failure are under prescription drugs.	
Concept Exploration	25 mins	<p align="center">Medicines and Health Products</p> <p>Medicine is the science or practice of diagnosis, treatment and prevention of disease.</p> <p>It is derived from the Latin <i>ars medicina</i> which means "the art of healing". Medicine encompasses a variety of dynamic health care practices that maintain and restore health by the prevention and treatment of illness.</p> <p align="center">Types and Uses Over the Counter Medicine</p> <ul style="list-style-type: none"> • These are the medicines that are intended for minor ailments such as indigestion, headaches or coughing • It does not require doctor's prescription. • They can be handed down to any friend, co-worker, or family member suffering the same ailment as long as the proper instructions are followed. • They can be used without fear of dangerous reactions or overdoses • Most over-the-counter medicines are inexpensive and can be bought cheaply than the branded ones. • Regulated by FDA through OTC Drug monographs. OTC drug monographs are a kind of "recipe book" covering acceptable 	

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		<p>ingredients, doses, formulations, and labeling. Monographs will continually be updated adding additional ingredients and labeling as needed. Products conforming to a monograph may be marketed without further FDA clearance, while those that do not, must undergo separate review and approval through the "New Drug Approval System."</p> <p>Prescription Medicine</p> <ul style="list-style-type: none"> • Bought at a pharmacy • It is intended to treat major ailments such as diabetes, cancer or heart disease. • Licensed medical professionals and qualified individuals can order prescription medicines for their patients and only professional pharmacist can fill their orders. • These medicines are intended for specific patients and cannot be legally shared with others. • It is usually formulated to therapeutically provide aggressive treatment to patients. • Prescription medicines are protected by patent laws for certain number of years which means that the drug company is responsible for creating a prescribed drug which can price their exclusive drugs. • These are usually covered by many insurance plans which means members-patients pay less for his/her prescription medication. • Regulated by FDA through the New Drug Application (NDA) process. This is the formal step a drug sponsor takes to ask that the FDA consider approving a new drug for marketing in the United States. An NDA includes all animal and human data and analyses of the data, as well as information about how the drug behaves in the body and how it is manufactured.
<p>Valuing/Wrap-up</p>	<p>10 mins</p>	<p>Your mother is suffering from diabetes. In order to regulate her blood sugar she needs to be injected with insulin regularly. One day she requested you to buy insulin in other drugstore because it is not available on the drugstore near you.</p> <p>A. Why is it important to bring the prescription when buying medicine?</p> <p>A. What is medicine?</p> <p>B. Differentiate prescription drug with over-the-counter drug?</p>

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<p>Individual / Group Activity</p>	<p>10 mins</p>	<p><i>Direction:</i> Write PD if the statement describes prescription drugs and OTD if it is over-the-counter drug.</p> <p>_____ 1. It is usually formulated to therapeutically provide aggressive treatment to patients.</p> <p>_____ 2. These medicines are intended for specific patients and cannot be legally shared with others.</p> <p>_____ 3. They can be used without fear of dangerous reactions or overdoses.</p> <p>_____ 4. It does not require doctor's prescription.</p> <p>_____ 5. It is intended to treat major ailments such as diabetes, cancer or heart disease.</p> <p><i>Direction:</i> Using a Venn diagram differentiate prescription drug from over-the-counter drug.</p> 
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