

CATCH-UP FRIDAYS TEACHING GUIDE

Catch-up Subject:	(HEALTH EDUCATION) 6	Grade Level:	6																																																																																										
Quarterly Theme:	National and Global Awareness	Date:	April 12, 2024																																																																																										
Sub-theme:	Drug Education	Duration:	60 mins (time allotment as per DO 21, s. 2019)																																																																																										
Session Title:	Over-the-Counter and Prescription Medicine	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. give example of over-the-counter and prescription medicine and its usage.																																																																																												
References:																																																																																													
Materials:	Powerpoint Presentation Pictures Graphic Organizer Worksheets																																																																																												
Components	Duration	Activities																																																																																											
Introduction/ Warm-Up	15 mins	Direction: Look for the word that is related to medicine. Write your answers on the space provided below the grid .																																																																																											
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Concept Exploration	25 mins	Over-the-counter medicine It is also known as nonprescription medicine. It is ordered and bought over the counter of drugstore or pharmacies.																																																																																											
		Common OTC medicines include:																																																																																											
		1. Analgesics – helps treat mild body pain but is not an anti-inflammatory. Example of an analgesic is paracetamol and mefenamic acid.																																																																																											
		2. Antidiarrheal - helps treat loose bowel movement or LBM, a loose , watery, and frequent defecation.																																																																																											
		Two Types																																																																																											
		a. One that solidifies the stool																																																																																											
		b. One that relieves stomach pain and slows down intestinal contraction																																																																																											

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		3. Antacid – helps control the acid level of the stomach and relieve the pain and discomfort caused by such condition. It helps treat heartburn and indigestion. <i>Heartburn</i> is a burning sensation in the chest caused by an ulcer or other gastro-esophageal problem . <i>Indigestion</i> is the inability to digest food properly producing high acid level. 4. Antipyretic – helps lower blood temperature during a fever. Aspirin and paracetamol are examples of antipyretic medicines . 5. Anti - inflammatory – helps treat swelling of the body parts due to infection. Examples are aspirin and ibuprofen. 6. Antiseptic – helps prevent the spread of pathogens. There are antiseptics that are for external use only and applied on skin, or taken orally to cleanse the mouth but are not to be swallowed. Rubbing alcohol, hydrogen peroxide, and iodine are examples of which . 7. Decongestant – helps to relieve nasal and chest congestion and difficulty in breathing caused by building-up of phlegm and mucus around the nasal and bronchial linings. Decongestant medicines help by decreasing swelling around the affected area and makes breathing easy again. 8. Laxative – helps regulate normal bowel movement. It also helps to relieve the pain and discomfort caused by constipation <i>Constipation</i> is a condition in which there is irregularity and difficulty in emptying the bowel. Prescription Medicine It can be ordered and bought from drugstores and pharmacies upon presentation of a prescription from a medical professional. 1. Antibiotic – destroys pathogens or harmful microorganism that cause diseases. 2. Antihypertensive – helps control and maintain blood pressure. 3. Depressants – are sedatives or tranquilizers. It slows down the central nervous system, which includes the brain, spinal cord and nerves. They alter one’s mood and make the body feel relaxed. These are given to people who experience depressions, have mental problem or disorders, or those about to undergo surgical operations. 4. Narcotics – are medicines that can relax the body and cause numbness. They relieve body pains and create pleasurable feelings . They are given to people with mental disorders or those undergoing psychiatric treatment and rehabilitation. 5. Stimulants – energize the central nervous system. They can make the heart beat faster than normal and raise breathing patterns .
Valuing/Wrap-up	10 mins	After playing under the rain, your body temperature rises to 38.5°C with slight cough. What is the best thing to do?
Individual / Group Activity	10 mins	<i>Direction: Complete the chart of classification of medicine by writing the name of medicines in the proper column.</i>

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		<table><tr><th>Over-the-Counter Medicine</th><th>Prescription Medicine</th></tr><tr><td></td><td></td></tr></table> <table><tr><td>antibiotic</td><td>depressant</td></tr><tr><td>analgesic</td><td>antacid</td></tr><tr><td>narcotics</td><td>antiseptic</td></tr><tr><td>antihypertensive</td><td>antidiarrheal</td></tr><tr><td>decongestant</td><td>stimulants</td></tr></table> Write the letter of the correct answer. 1. Ana is suffering from loss bowel movement. What medicine is the best to take in? A. Antibiotic B. Analgesic C. Antidiarrheal D. Antacid 2. To maintain your mother’s blood pressure, she needs to take _____ medicine prescribed by her doctor . A. Anti-inflammatory B. Antiseptic C. Laxative D. Antihypertensive 3. Alcohol, and hydrogen peroxide are examples of _____ . A. Antacid B. Analgesic C. Antiseptic D. Stimulants 4. Narcotics is prescribed by a doctor when the patient suffers from _____. A. Severe nausea B. Severe hunger C. Severe body pain D. Severe vomiting 5. Constipation is a condition in which there is irregularity and difficulty in emptying the bowel. What medicine should a person suffers from this ailment? A. Anti-inflammatory B. Antiseptic C. Laxative D. Antihypertensive	Over-the-Counter Medicine	Prescription Medicine			antibiotic	depressant	analgesic	antacid	narcotics	antiseptic	antihypertensive	antidiarrheal	decongestant	stimulants
Over-the-Counter Medicine	Prescription Medicine															
antibiotic	depressant															
analgesic	antacid															
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Prepared By:

Juan Dela Cruz
Teacher I

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Approved:

Juan Dela Cruz
Principal II