

LEADER MANUAL

SCOUTStrong

Be MedWise Award



— **Being MedWise** —

Educational Training on the Safe Use
of Over-the-Counter Medicines



BOY SCOUTS OF AMERICA®

EDUCATE *before*
YOU MEDICATE
The NCPiE
Coalition-working
together to promote
safe medicine use
National Council on Patient Information/and Education
www.talkaboutrx.org



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SCOUTStrong “Be MedWise” Award Overview

The Boy Scouts of America and the National Council on Patient Information and Education (NCPPIE) developed the SCOUTStrong “Be MedWise” Award as an interactive way to educate members of the Boy Scouts program, the Venturing program and American youth in general about the benefits of over-the-counter (OTC) medicines and the harm that they can cause if they are misused.

This award is designed to compliment existing Boy Scout and Venturing programming. This award’s training curriculum consists of four lessons that could be reviewed at the start of a unit meeting, taking no more than 12 to 15 minutes each. The program is self-paced which allows the unit leader to determine how quickly it is completed.

This curriculum has been prepared specifically for ages 11-17 and each lesson must be followed specifically as written.



Over-The-Counter Medicine Safety

Boy Scouts and Venturers are entering a period in their lives when they will be more responsible for their own health and self-care. They will be making decisions about their health and the medicines they use. With this in mind, it is important to raise awareness of over-the-counter (OTC) medicines and how to use them safely.

FAST FACTS ON OTC MEDICINE SAFETY

Teens are medicating WITH and WITHOUT adult supervision. Misuse—taking an OTC medicine in a manner other than what is directed by the Drug Facts label or a doctor—is dangerous. Here are some facts about OTC medicines and young adults:

- 50 percent of adolescents begin to self-medicate with OTC medicine as early as ages 11 to 12.
 - » 22 percent self-medicate without checking with an adult.
 - » 43 percent self-medicate after checking with an adult.
 - » 32 percent are given medicines by adults.
- Each year, there are 10,000 emergency room visits for medicine overdose in persons younger than 18 caused by adolescents self-administering OTC medicines. (Journal of the American Pharmacists Association)
- In 2012, poison centers across the country managed more than 140,000 cases of pharmaceutical exposures involving children ages 6 to 19.



Over-The-Counter Medicine Safety

YOUTH NEED TO RECOGNIZE AND AVOID MISUSE OF OTC MEDICINES

Many people think OTC medicines are safer than prescription medicines, but all medicines can cause harm if not used properly. By equipping ourselves and our families with the knowledge and training to make safe choices relating to OTC medicines, we can prevent some of the following mistakes from happening:

- Taking more than the recommended dose.
- Taking medicine more frequently than directed on the label.
- Taking medicine for reasons or symptoms other than what is directed on the label.
- Using more than one medicine with the same active ingredient at the same time.
- Taking medicines for longer than directed on the label.



Over-The-Counter Medicine Safety

The SCOUTStrong Be MedWise Award has been developed as an interactive and informative way to educate Boy Scouts and Venturers about the many benefits of OTC medicines and the harm that they can cause if they are misused.

Topics discussed in the SCOUTStrong Be MedWise Award educational material include the following:

- How OTC medicines can provide benefits when used correctly but can cause harm if misused
- The Drug Facts label
- Safe dosing and storage of OTC medicines
- Whom to call in the event of misuse or if there are questions about medicines

The National Council of Patient Information and Education (NCPIE)* is proud to be partnering with the Boy Scouts of America on this important health project. Today's medicines, when taken properly, provide tremendous value by promoting better health. This program is designed to encourage Boy Scouts and their families to discuss safe medicine use in the home and to support safe and appropriate use of over-the-counter medicines.

**NCPIE encourages health care professionals and community groups to foster patient-professional communication about medicines. However, NCPIE does not supervise or endorse the activities of any group or professional. Discussion and action concerning medicines are solely the responsibility of the patient and his or her health care professionals, and not NCPIE*



Program Description and Objectives

SCOUTSTRONG BE MEDWISE AWARD OBJECTIVES

Upon completion of the SCOUTStrong Be MedWise Award training, Boy Scouts and Venturers will:

- Understand what prescription and OTC medicines are, and the ways they are the same and different.
- Know how to use OTC medicines safely.
- Know what's on the Drug Facts label.

SCOUTSTRONG BE MEDWISE AWARD PROGRAM

The SCOUTStrong Be MedWise Award training consists of three lessons and a final review, which are as follows:

- Lesson 1: What Is Medicine?
- Lesson 2: Using Medicines Safely
- Lesson 3: The Drug Facts Label
- Lesson 4: Wrap Up!

The training has been designed such that each lesson could be reviewed in a unit meeting, taking up no more than 12 to 15 minutes. While completing the training over a span of four consecutive meetings is optimal, the program is self-paced and it is up to the unit leader as to how quickly to complete it.



Program Description and Objectives

EARNING THE SCOUTSTRONG BE MEDWISE AWARD IS EASY!
JUST FOLLOW THESE STEPS:

Step 1

COMPLETE the lessons and activities: Have your unit complete each of the four lessons in this training. While it is best if the training is completed over the span of four consecutive unit meetings, the training is self-paced and can be completed over a timeframe that is at the discretion of the unit leader.

Step 2

COMPLETE review exercise: Have all of the youth participants successfully complete the review exercise in lesson four.

Step 3

PRINT YOUR CERTIFICATES AND ORDER YOUR PATCHES! Go to www.scouting.org/SCOUTStrong (click on the Be MedWise icon) to download a fillable PDF file of the SCOUTStrong Be MedWise Award Certificate. The name of each participant can be typed into a separate certificate for printing.

Also, the SCOUTStrong Be MedWise Award Patch can be ordered at www.scoutstuff.org

Additional Resource Links

OTC Literacy—Developed by Scholastic and the American Association of Poison Control Centers (AAPCC). OTC Literacy is a website where educators, students, and families can access valuable information and resources about over-the-counter (OTC) medicine safety.

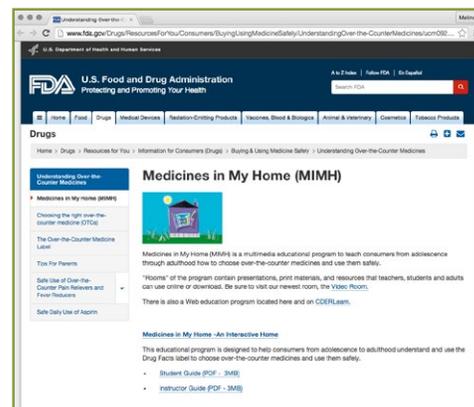
<http://www.scholastic.com/otcliteracy/>



Medicines in My Home (MIMH)

—is a multimedia educational program developed by the Food and Drug Administration to teach consumers from adolescence through adulthood how to choose over-the-counter medicines and use them safely.

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm092139.htm>



Be Medicine Wise — A NCPIE website focused exclusively on promoting safe and appropriate OTC medicine use.

<http://www.bemedwise.org/>



Glossary Of Terms

Active Ingredient: An active ingredient is any component that provides pharmacological activity or other direct effect in the diagnosis, cure, mitigation, treatment, or prevention of disease, or to affect the structure or any function of the body of humans or animals.

Drug: A drug is defined as:

- A substance recognized by an official pharmacopoeia or formulary.
- A substance intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease.
- A substance (other than food) intended to affect the structure or any function of the body.
- A substance intended for use as a component of a medicine but not a device, or a component, part, or accessory of a device.
- Biological products are included within this definition and are generally covered by the same laws and regulations, but differences exist regarding their manufacturing processes (chemical process versus biological process.)

Generic Drugs: Generic drugs are safe, effective, and approved by the U.S. Food and Drug Administration (FDA). They have the same dosage, safety, quality, performance, and strength as brand-name drugs. The color or flavor of a generic medicine may be different, but the active ingredient is the same. After the patent runs out on a brand-name drug, companies can apply to the FDA to make a generic copy of that drug. Generic drugs usually cost less than brand-name drugs.

Label: The FDA-approved label is the official description of a drug product and includes indication (what the drug is used for); who

should take it; adverse events (side effects); instructions for uses in pregnancy, children, and other populations; and safety information for the patient. Labels are often found inside drug product packaging.

Medication/Medicine: Any substance or substances used in treating disease or illness.

Over-the-Counter (OTC) Drugs: The FDA defines OTC drugs as drugs that are safe and effective for use by the general public without a doctor's prescription.

Pharmacist: A person licensed to prepare and give out (dispense) prescription drugs and medicines and who has been taught how they work, how to use them, and their side effects.

Pharmacy: A place where drugs are sold; a drugstore.

Prescription: A direction written by the physician to the pharmacist for the preparation and use of a medicine or remedy.

Prescription Drug Product: A prescription drug product requires a doctor's authorization to purchase.

Side Effect: An effect of a drug, chemical, or other medicine that is in addition to its intended effect, especially an effect that is harmful or unpleasant. **Strength:** The strength of a drug product tells how much of the active ingredient is present in each dosage.

Symptom: A sign or indication that a person has a condition or disease. Some examples of symptoms are headache, fever, fatigue, nausea, vomiting, and pain.



About NCPIE

Organized in 1982, the National Council on Patient Information and Education (NCPIE) is a nonprofit coalition of diverse organizations committed to promoting the wise use of medicines for better health through trusted communication. NCPIE works to address critical safe medicine use issues such as adherence improvement, prescription drug abuse prevention, reduction of medication errors, and quality improvements in health care provider-patient communication. For more information, visit www.BeMedWise.org



Prepared. For Life.®

About the Boy Scouts of America

The Boy Scouts of America provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life." The Scouting organization is composed of 2.6 million youth members between the ages of 7 and 21 and more than a million volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit www.scouting.org



About the SCOUTStrong Healthy Living Initiative

The SCOUTStrong® Healthy Living Initiative is a Boy Scouts of America initiative that integrates active lifestyles, healthy eating, and emotional fitness into everything that the BSA does through alliances, campaigns, and updated programs.



About the SCOUTStrong Be MedWise Patch

In many other cultures, owls represent wisdom and knowledge because their night-time vigilance is associated with that of the studious scholar or wise elder. The owl in the Be MedWise patch is shown clutching a shield with a medicine pill on it. This is meant to represent the knowledge needed to make wise and safe choices in medicating with over-the-counter medicines.