

Hello and welcome everyone, to

our basic information on over-the-counter

and prescribed medications for caregivers.

My name is Erica Jones and I am one

of the nurse educators here with the sky program.

Am with Aetta Better Health of Kentucky.

And presenting alongside me today is Melissa Dean and

she is the other nurse educator here with sky.

And we once again just want to thank you

for being here and for watching today's presentation.

And we'll go ahead and get started.

Today we're going to talk about what the difference

is between an overthecounter medication versus a prescription medication

that you may receive from your provider.

We're going to talk about how to fill

your prescriptions, some questions you may have for

your doctor or for your pharmacist whenever you

try to fill your prescription.

And then we'll look in an actual medication, label a bottle

and kind of go over how to read that, what makes

a prescription, what you're going to see on that, and then

how to report any side effects to your prescriber.

And we'll provide you with a

lot of resources towards the end.

So the basics on this slide, you'll see some

of the basics regarding medications that we want to

take some time in discussing with you today.

We want to talk about the purpose of

medications, again, what the difference is between overthecounter

versus prescription, some risks and questions to ask

your doctor, and the importance of working with

your health care team.

So medications can improve health conditions, and

it's important to understand the difference between

over the counter and prescription.

Prescription medications require dispensing by a pharmacist, and the

process for filling a prescription written by your doctor

is outlined a little bit more in detail a

little bit later in this presentation.

But prescription medications require a pharmacist

because they are only available under

the supervision of a licensed provider.

And also prescribed medications are

intended only for one person.

So it's a little different than just going

to the drug store and picking up a

bottle of over the counter ibuprofen.

And anyone in the household can take that.

Your prescribed medication is for you and you only.

So just because you can get some medications

over the counter, that doesn't mean that all

of those medications are completely without risk.

So anytime you want to add an overthecounter

medication to your healthcare regimen, you should always

just talk to your doctor or pharmacist first

just to make sure it's safe for you.

And over the counter medications can especially have

more risk if you don't take the correct

amount or take as it's intended for use.

So the side effects can interact and mingle

in the wrong way with different medications that

you may already be on and prescribed.

So just make sure that you're always

mentioning any medication that you're going to

start taking to your doctor.

Over the counter medications can be bought in

stores like I said, for example, Molten or

ibuprofen, Tylenol and they can help with mild

pain relief, mild allergy symptoms, or reduced fever.

And they can also come in the form of

creams for itching and pain and things like that.

So you do not need a prescription

to buy over the counter medication.

They can also mix in the wrong

way with other medications that you're taking.

So again, make sure you're following the directions

on the package and always letting your doctor

know whenever you're taking a new medication.

Aspirin Alert here's your parenting tip.

It's important to never give aspirin to kids during

viral illnesses because using aspirin during an illness caused

by a virus such as the flu or chickenpox

or an upper respiratory infection can cause Reye syndrome

and extreme tiredness that progresses into a coma.

So some over the counter medications, including some that

treat headache and nausea, they can contain aspirin.

So always make sure you're reading labels and checking

with your daughter or pharmacist before using them.

And then also some aspirin containing medications use words

other than aspirin, such as salicylatate and you need

to make sure you avoid those as well.

So, prescriptions, as I said earlier, they

are ordered by a licensed provider.

A pharmacist is required to fill a prescription drug

and it is only intended for one person.

And another thing you might want to keep

in mind is medications usually have two names

and that's the brand name and the generic.

So here's a knowledge check

over the counter medications.

Which one do you think pertains to the prescription?

Medications for overthecounter and prescriptions?

They're both going to have a risk, right?

And the difference being in between these two,

that over the counter medication does not require

a prescription, whereas the prescription medication has to

be given by a pharmacist and requires that

prescription from your provider.

So the only other differences on this is it

can be bought off the shelf, that's going to

be your over the counter and only meant for

one person, that's going to be your prescription medication.

So with both of these two, you can always make

sure your provider knows the medications that you're taking.

So what's on a prescription?

This slide shows the details of a prescription.

You're going to see your doctor's name or your provider's name, their address that's going to be located kind of at the top of the prescription and then you're going to see exactly the prescription it's going to have, like the medication name, the dosage or strength instruction on how to take the medication that's also going to be listed.

And then it's also going to include some other instructions such as take by mouth or apply topically on the skin.

And it will also tell how often you take the medicine, three times per day as an example.

The doctor's signature will then be located near the bottom and it will also show any refills that may or may not be available,

which means you can get another prescription filled.

Using that same prescription, you'll be

able to get another month supply.

If you have any refills when reading prescription labels,

it's very important to learn how to read them.

As we just discussed in the last slide.

The prescription label provides the following information:

the pharmacy name, the pharmacy address and phone number,

your prescriber (your doctor's name), your prescription number,

which is specific to this particular medication in

this bottle, the date that the prescription was

filled, your name and address, instructions on how

to take the medicine.

The medicine name.

The strength.

How many numbers of tablets or MLS are in the bottle.

The number of refills allowed. If any.

The date which the refill date is allowed.

And then the date that the

medication should no longer be taken.

All of that will be on your prescription label.

So, let's say you don't feel well and

you go to your primary care doctor and

they order a prescription medication for you.

Now, what you want to make sure that

when you go, while you're still at the

doctor's office, you talk to your doctor, right?

And then take your prescription to the

pharmacy and show the pharmacy staff your

ID as well as your insurance card.

They're going to answer any

questions at the pharmacy there.

If you have questions and you need to make sure

you tell them that if you have any allergies that

you're aware of and the reactions that you experienced for

the things that you are allergic to, and then make

sure you fully understand your prescription instructions.

Do I need refills after the prescription runs out?

Do I take this medicine by mouth or

do I rub it on my skin?

How long does it take for

this medicine to begin working?

Are there any side effects?

What if I notice some side effects?

Who do I need to contact?

What if I miss a dose?

Are there any lab tests or other monitoring that  
needs to be done while I'm taking this medicine?

And when will I see you again for follow up?

Make sure that you know all of these things

if you have any questions about your medicine.

And here's another parenting tip never call medicine candy

to try to get your child to take it.

This can backfire and a child should

never thinking that it's candy they are

at risk for accidentally overdosing, right?

Thinking that it's a tasty treat.

So instead, you need to explain that medicine can

make your child feel better, but it must always  
be taken with you or another caregiver supervising.

When you see the doctor,

you should discuss several items.

Certain things can affect what medication you may  
be prescribed, and it's important that your doctor  
honestly knows all of this information.

So talk openly with them so that they

have a full picture of your condition.

And this is important because certain things can  
affect what medicine you need to be prescribed.

Be sure to tell them if you're pregnant or think  
that you might be if you smoke, drink, if you  
use any drugs, and then make sure they have an

accurate list of any medications that you currently take.

Again, this should include those over the counter

medications, herbal supplements, birth control, any medication that

you're on, and then also make sure you

tell them any allergies or reactions that you've

experienced in the past.

Share how you feel.

Tell them any physical symptoms that

you're having, like fever or pain.

And then be sure to tell them

any emotional symptoms that you're having too

depression, trouble sleeping, things of that nature.

Tell them about your lifestyle, such as if you

have small children at home or you have a

job that requires driving or using heavy machinery.

So these are some of the things that you

should ask your doctor if you are prescribed a

medication, what is the name of the medication?

And remember, medicines typically have two names

that brand name and a generic name.

An example of that would be ibuprofen is the

generic name and the brand name is Motrin.

So you also want to ask, why

is this medicine being prescribed to me?

What do I need it for?

Does this medicine replace one that I'm already taking?

Or should I take it in

addition to what I'm already taking?

Are there interactions I should know about?

Are there foods or drinks that I

should avoid while taking this medicine?

Should I take it with food or on an empty stomach?

How do I take this medication properly?

What time of the day should I take it?

How much do I need to take it? Once a day? Twice a day?

Weekly?

How much of the medicine? One pill? One capsule?

A half a teaspoon?

And then for how long do I take it?

Until this whole thing is gone?

For a month, for six months,

for a year, or indefinitely?

And then?

Side Effect always ask your doctor about anything you

should watch for and that you need to report.

Call your doctor to report

any side effects or reactions.

Your prescription may come with an information sheet,

and it should tell you how to take

your medicine and what to watch for.

If you notice any of those side effects while taking

the medicine, make sure you just let your doctor know,

even if you think that it's not serious.

You should also ask your pharmacist for help.

Pharmacists are trained in the science of how

medications work and how they can help you.

Always ask your doctor about anything you should

watch for and report, and have numbers handy

to report any of these effects or reactions.

Your prescription may come with an information sheet

and probably one from the pharmacy too.

So these other useful information there are other useful

information on how to take medication and side effects

to watch out for, so just make sure that

if you're having any of these side effects that

you are letting your provider and your pharmacist know.

So, parenting tip always make sure that other people

who may help you care for your child know

what to do in case of an emergency.

So, thinking about that, who do

you think that might include?

People who are left in charge of

your kids can include coaches, babysitters teachers,

school personnel, grandparents, daycare workers.

All of these folks need to know what to

do for your child in case of emergency.

Never stop, start, or change your child's medications

without talking to their provider first because it

could cause the condition to get worse.

Your child may need to stay

on a medication to stay healthy.

So just make sure that you are doing any of

those above at the advice of your child's provider.

So now we're going to talk

about psychotropic medications and informed consent.

Informed consent is an important part of your health

care, and informed consent happened when you and your

health care provider talk about the benefits and risks

of a treatment or a medicine.

And then patients or guardians then give the

go ahead for the treatment to take place.

Patients have the right to say yes

or no to treatments and medications.

Sometimes a parent can say no to treatment,

which could cause harm to a child.

And if a child's welfare is at risk of this decision,

then a case could be filed in court with a judge.

So now I'm going to go ahead and

turn things over to Melissa, and she is

going to talk to you about psychotropic medications.

Thank you, Erica.

We're going to spend a little time

on some more specifics around psychotropic medications.

Erica just went over informed consent, so

we're going to pick this up.

And what are psychotropic medicines?

Well, they can help people to be healthy.

And some medicines can affect how we feel and change

behaviors that get in the way of our well being.

So they can help us focus on things that

we want to do, like staying in school, holding

a job, and enjoying time with friends.

These medicines may help us to feel more control

and more satisfied with our life and lifestyle.

So why are these medicines used?

If the medicine is taken according to

directions and ordered correctly by a skilled  
clinician, these medicines may help lessen or  
even remove some troubling symptoms.

Children and teens with certain disorders, like  
those on the right side of your  
screen, may be able to function better.

And although this list is not exhausted, on the right  
side of your screen, you do see some conditions.

Eating disorders, bipolar schizophrenia, severe aggression,  
or obsessive compulsive disorder or OCD  
are just a few.

So when should these medicines be used?

Before suggesting any medicine, the child  
and team psychiatrist interviews the youngster  
and complete the check up.

In some cases, this evaluation or checkup

may include a physical exam, psychological testing,

some laboratory tests, other medical tests and

consultation with other specialists.

Psychiatric medicine should not be used alone.

The use of medicine should be based on a

complete psychiatric evaluation and just be one part of

a whole treatment plan that includes ongoing medical checkups

and in most cases, individual and or family psychotherapy.

Without reading this entire slide to you, we'll just point

out some of the items that you see here.

Erica has made this chart to

show some types of psychotropic medications.

Children and teen psychiatrists and other clinicians

use information from research, clinical practice and  
experience, and information about the individual child.

This is all on an individualized basis to  
determine which medicines might be most effective for  
a particular child and their diagnosis.

Before recommending any medicine.

The prescriber conducts a complete psychiatric assessment  
and then discusses the following with the  
parents the results of the assessment.

Including your child's diagnosis any target symptoms.

The risk if the illness is left untreated  
versus the potential benefits of the medicine.

Any known risk side effects.

FDA warnings whether the medicine has been  
approved first for children and teens.

And then second.

For the condition for which it is prescribed.

And then when an experienced clinician orders medicine correctly

and the person follows the direction and takes the

medicine accordingly, it may help reduce or even remove

some of the troubling symptoms and improve daily function

of children and teens with disorders.

Some of the medications that Erica has

listed here are antipsychotics, mood stabilizers, antidepressants,

sedative, hypnotic, psychostimulants, and others.

So, who should be prescribing?

So we've talked about why they're prescribed, then we

talked about when they're prescribed, and now we're going

to talk about who should prescribe them.

Getting help is the most important thing

that parents can do for their children

and teens with any mental health concern.

So we should try to find a mental

health professional with advanced training and experience working

with children, teens and their families.

And it's important to find that comfortable

match right between your child and your

family and the mental health professional.

A child and teen psychiatrist is a

physician who has that specialized training in

the diagnosis and treatment of mental health

disorders and that affects children and teens.

So the particularly skilled in treating this age

group child and teen psychiatrists have completed the

four years of medical school, at least three

years of on the job training in general

psychiatry with adults, and then two more additional

years in psychiatric work of children and teens.

So, very specialized group of clinicians.

And now we're on to the what.

What should the physician explain

before starting a medicine?

The following should be fully explained and discussed.

And as Erica mentioned, you are

the best advocate for your child.

So if you want to bring a notepad or a pen

with you and have some questions ready at your appointment.

Some people have told us that that's the way

that they prompt a discussion with their physicians.

So the reasons why we're suggesting this medicine.

The reason results of the assessment of

our child's diagnosis, any target symptoms.

Again, those risks if left untreated

versus the benefits of the medicine.

What other options are there?

What other treatments should therapy or support groups

or what else can we do to go

along and help promote the best possible outcome?

Questions that we can ask when our child is

prescribed as psychotropic medicine is on this side and

I think also on the next one.

Can you explain this to me in a way

that I understand what's good and what's bad?

What are some side effects?

Are there things that should

be checked, like blood work?

How long is this going to take to start taking effect?

What are some side effects?

And what happens if I miss a dose?

What happens if I see some of these

symptoms or some of these side effects?

And who am I supposed to call?

And what if it's after hours and do

I need to help the school nurse?

Are there any precautions about any

activities that they might do?

Foods that they should avoid?

How is this going to help?

What am I going to start to notice any

interactions about with things that they're already taken?

All of these are questions that we should

feel free to discuss with our child's provider.

All right, let's do a quick knowledge check.

True or false?

I do not need to ask my

child's provider any questions about their medication.

Once my child is prescribed a medicine, I do

not need to follow up with my provider anymore.

And then medication fixes it.

I do not need to get any supportive services.

If you guess that the answer to all

of these questions is false, you are correct.

All right, now we're going to

talk about, just briefly, about overuse.

So the first thing that we have is a

knowledge check and we have not gone over this.

So this is just an educated guess.

Put a percentage in this question.

Parent make a difference, right?

We know that.

So kids who continue to learn about the risk of

drugs at home so if we talk openly with our

children about the risk of drugs, what percentage do you

think that they're less likely to use drugs than if

we have not talked them about the dangers?

What do you think the answer to that question is?

If you get about half 50%, you are right.

That is a huge impact that we can potentially make

in our children just by being open and honest and

transparent and talking to them about the dangers.

So how common is over

utilization of psychotropic medications?

Over utilization or overuse is defined as using

more than is expected or too much.

According to the Substance Abuse and Mental Health

Services Administration, also known as SAMHSA Medicaid, insured

youth are three times as likely to be

prescribed an antipsychotic medication compared to those with

other types of insurance.

Research shows the elevated rates of antipsychotic medication

is used among youth living in foster care.

Children in foster care were prescribed antipsychotic

meds at twice the rate of other

medicaid insured youth, and then also increased

rates of antipsychotic medication prescriptions were found

in racial and ethnic minority groups.

And now we're going to do another parenting tip.

And these are just some general tips about medications.

We want to speak to

our team about prescription medicines.

So the first thing to note here is

that illegal drugs are not the only threat.

We want to remind them that taking

someone else's prescription or sharing their prescription

with someone else is also illegal.

We want to encourage our team to ask the  
doctor or us any questions that they might have.

We want to start ma'am before they're ready to  
leave our home in speaking up at the doctor's  
office and asking any questions, just giving them an  
opportunity, even if they don't have any questions, before  
the doctor's appointment is over.

Just looking over at that team and  
saying, do you have any questions?

Do you have any concerns?

This kind of helps promote them advocating for their  
self even when they leave home and go off  
to college or start life on their own.

Alert your family physician if you have any concerns  
or that you're noticing things that concern you.

We want to keep our prescriptions in a safe

place and we want to avoid that stockpiling.

If we don't take them anymore, we

want to properly dispose of them.

We want to provide an open and safe environment

for our teams to talk to us about abuse

issues that they have seen or heard about.

We want to monitor our team's use of the

Internet, especially for any purchases that they might make.

So, as Erica mentioned, there are

some resources at the end.

The link to the information sheet on

Deep Prescribing is noted here for your

further research from Kentucky Safe Met.

And on the next slide is a toolkit and a

whole curriculum that is available for youth focused programming.

It's tailored specifically to them in colorful

and easily understood language from Generation RX.

And we want to thank you for joining us today,

and I will turn it back over to Erica.

Thank you once again for attending today's presentation, and

if we can be of assistance to you any

further, please don't hesitate to reach out.

Thank you for watching today. Bye.