

RESOURCES

P6

Key Stage
Two

9 - 10 year olds

LEARNING ACTIVITY A: List and Sort Worksheet

Medicine I have taken	Medicine I have heard about
<p>Include below:</p> <ul style="list-style-type: none">• Name of the medicine.• Who advised you to take it?• Where did you get the medicine?• Did the medicine make you feel better or worse?• How long did you take the medicine for?	<p>Include below:</p> <ul style="list-style-type: none">• Name of the medicine.• What the medicine might be used for?• Where might you get the medicine?

LEARNING ACTIVITY B: Using the right medication in the right way Worksheet

Medicine A		Medicine B	
Paracetamol – 3 months to 5 years		Paracetamol – 6 years and over	
Child's age	How much per dose	Child's age	How much per dose
3-5 months	2.5 ml	6-7 years	5 ml
6 months – 1 year	5 ml	8-9 years	7.5 ml
2-3 years	7.5 ml	10-11 years	10 ml
4-5 years	10 ml	12-15 years	10-15ml
Strength: Each 5 ml contains 120mg of paracetamol.		Strength: Each 5 ml contains 250mg of paracetamol.	
Do not give more than 4 doses in any 24 hour period. Leave at least 4 hours between doses.		Do not give more than 4 doses in any 24 hour period. Leave at least 4 hours between doses.	

Can you help your parent or carer work out the correct dosage for the following scenarios? Use the table above to help you.

Q1 Does Medicine A or Medicine B have a higher strength per 5 ml? _____

Q2 How many mg can a 7 month old take in one dose, where each 5ml contains 120 mg of paracetamol? _____mg

Q3 How many mg can a 3 month old take in one dose, where each 5ml contains 120 mg of paracetamol? _____mg

Q4 How many mg can a 6 year old take in one dose, where each 5ml contains 250 mg of paracetamol? _____mg

Q5 How many mg can a 11 year old take in one dose, where each 5ml contains 250 mg of paracetamol?? _____mg

Q6 What is the total number of mg that can be given to a 5 year old over a 24 hour period? _____mg

Q7 What is the total number of mg that can be given to a 10 year old over a 24 hour period? _____mg

Q8 How many doses can you have in a 24 hour period from either Medicine A or Medicine B? _____

Q9 How would you measure the medicine – would you use a regular spoon or a measuring dosage spoon? _____

Q10 The instructions tell you to leave 4 hours between each dose, with no more than 4 doses in 24 hours. If you took the first dose at 8 o'clock in the morning, when would you give the next three doses, if at 4 hour intervals?

Dose 2 _____

Dose 3 _____

Dose 4 _____

5 Moments for Medication Safety



Starting a medication

- ▶ What is the name of this medication and what is it for?
- ▶ What are the risks and possible side-effects?



Taking my medication

- ▶ When should I take this medication and how much should I take each time?
- ▶ What should I do if I have side-effects?



Adding a medication

- ▶ Do I really need any other medication?
- ▶ Can this medication interact with my other medications?



Reviewing my medication

- ▶ How long should I take each medication?
- ▶ Am I taking any medications I no longer need?



Stopping my medication

- ▶ When should I stop each medication?
- ▶ If I have to stop my medication due to an unwanted effect, where should I report this?

The 5 Moments for Medication Safety are the key moments where action by the patient or caregiver can greatly reduce the risk of harm associated with the use of their medication/s. Each moment includes 5 critical questions. Some are self-reflective for the patient and some require support from a health professional to be answered and reflected upon correctly.

This tool for patient engagement has been developed as part of the third WHO Global Patient Safety Challenge: *Medication Without Harm*.

It is intended to engage patients in their own care in a more active way, to encourage their curiosity about the medications they are taking, and to empower them to communicate openly with their health professionals.

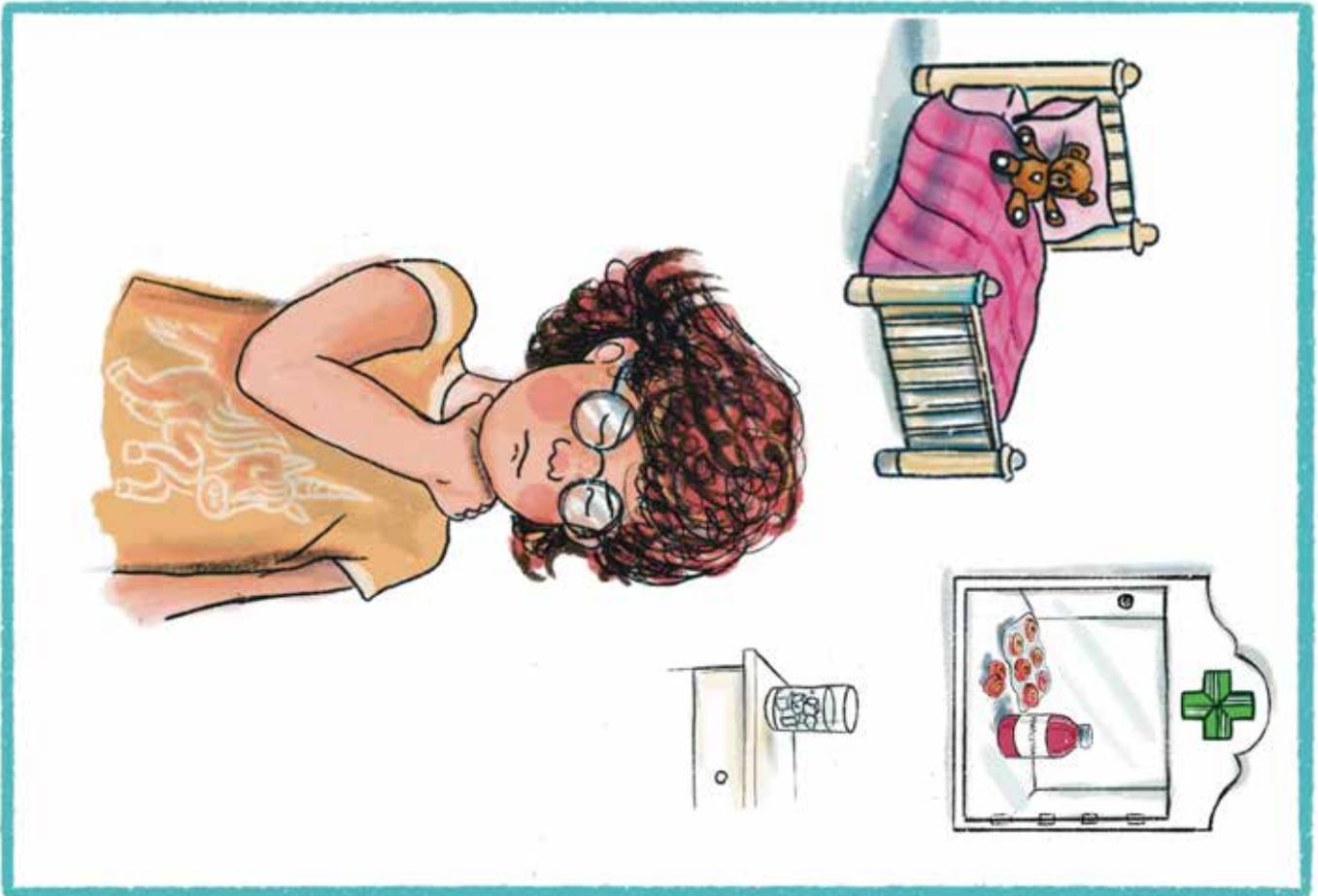
This tool is intended for use by patients, their families and caregivers, with the help of health professionals, at all levels of care and across all settings.

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For more information, please visit:
<https://www.who.int/patientsafety/medication-safety/5moments/en/>



LEARNING ACTIVITY D: Dear Pharmacist - Scenario Cards for sore throat and hay fever



Autumn

Dear Pharmacist,

My name is Patrick. My parents tell me that I have sore throat as it really hurts when I swallow, and they said it looks red. The symptoms started yesterday after I was playing with my friends. I forgot to bring my water bottle, but my friend offered me some of hers, which was kind. I was wondering if there is anything I can do besides staying in bed and just thinking about my throat. My dad says I should try and drink cold water with ice cubes in. I try too, but I am not that keen. Any advice would be great.

From Patrick

Three options:

Dear Patrick,

It must be very hard listening to adults all day long. I would recommend you drink a nice warm drink as you need to keep warm. Try eating some raw vegetables too as it will help with the soreness – hot foods, like a nice spicy curry would help too. Anyway, I am sure it is not really a sore throat as you would be feeling sore all over, not just your throat. Your symptoms will go away once you get out of bed and run around.

Yours sincerely or falsely,
The Pharmacist

Dear Patrick,

If I were you I would get out of bed immediately and meet with your friends. Don't worry about what you have been advised. You will be fine. Sore throats disappear after a few days if you just leave them untreated.

If I can be of any further help just contact me again.

Yours sincerely or falsely,
The Pharmacist

Dear Patrick,

It does sounds like you have a sore throat, which is an inflammation of the throat. Your dad is right to advise you to try to drink cold water with ice in it, as it will help sooth your throat. If your throat gets worse, you could ask your parent or carer for some paracetamol, or you could visit a pharmacist or doctor. The best advice I can give you is to stay in bed and rest, drink plenty of cold water, eat cool or soft food and suck ice cubes, lollies or hard sweets. Drink plenty of cold water. If you need any more advice, please just ask.

Yours sincerely or falsely,
The Pharmacist

Spring

Dear Pharmacist,

My name is Hannah. My parents tell me that I have hay fever as I have red and itchy eyes, my throat is sore, my nose keeps running, and I keep sneezing. The symptoms started as soon as the flowers started to bloom in our garden. I was wondering if there is anything I can do besides using eye drops. My mum says I should stay indoors. I try to, but I love going outside. Any advice would be great.

From Hannah

Aged 9

Three options:

Dear Hannah,

It must be very hard listening to adults all day long. I would recommend you go outside and make lots of daisy chains with your friends. The more time you spend outside the better. Anyway, I am sure it is not hay fever as you did not mention you had been near hay, only flowers. Your symptoms will go away once the weather gets warmer.

Yours sincerely or falsely,
The Pharmacist

Dear Hannah,

If I were you I would avoid going outside when people are planting flowers, but go outside the rest of the time. Don't worry about what you have been advised. You will be fine. Hay fever symptoms disappear after a few days if you just leave them untreated.

If I can be of any further help just contact me again.

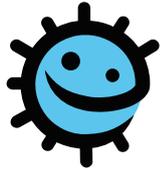
Yours sincerely or falsely,
The Pharmacist

Dear Hannah,

It does sounds like you have hay fever, which is when you react to the pollen from flowers. It normally only occurs in spring and summer. I know it is hard to take medicine regularly, but if it helps your hay fever then I would continue. Your mum is right to advise you to try and stay indoors if the pollen count is high. I am afraid there is no cure for hay fever, but there are one or two tips that might help as you cannot always be inside! Here are two of them: put Vaseline on your nostrils to trap the pollen and wear wraparound sunglasses.

If you need any more advice, please just ask.

Yours sincerely or falsely,
The Pharmacist



e-Bug

Super Sneezes



My Observations

How far did your sneeze travel?



		Student 1	Student 2	Student 3	Student 4	Student 5
Sneeze	Length (cm)					
	Width (cm)					
Sneeze with hand	Length (cm)					
	Width (cm)					
Sneeze with tissue	Length (cm)					
	Width (cm)					

Hand in front of sneeze

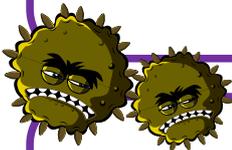
1. What did you think would happen when you put the hand over the mouth to sneeze?

2. What actually happened? (Where and how far did the sneeze travel?)

Tissue in front of sneeze

3. What did you think would happen when you put the tissue over the mouth to sneeze?

4. What actually happened? (Where and how far did the sneeze travel?)



My Conclusions

1. If we don't wash our hands after sneezing into them what might happen?

2. What should we do with a tissue after sneezing into it?

3. Which is best for preventing the spread of infection, sneezing into your hand or into a tissue? Why?





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KEY STAGE TWO

