

LifeSmarts U Health Lesson Medicine 101: Lesson Plan

Lesson Description:

The need to take both prescription and over-the-counter medications requires the consumer to understand basic medicine terms and the risks and benefits of commonly used medicines.

Lesson Objectives:

- Compare and contrast over-the-counter medicine with prescription medicine.
- Describe the risks and benefits of over-the-counter medicine.
- Explain the appropriate use of over-the-counter pain relievers.

Time:

2-3 class periods

Background:

As young adults, teens begin the transition from parents providing medicine and advice, to managing many aspects of their own health. Part of this transition includes having a basic “medicine vocabulary” to use when making consumer decisions about how to use prescription and over-the-counter drugs safely and effectively.

Materials:

- Reading—Pain Relief 101
- PowerPoint Presentation—Medicine 101
- PowerPoint Presentation—Tell Me the Question
- PowerPoint Presentation Notes—Medicine 101
- MEDGO Vocabulary Game Handout
- MEDGO Vocabulary Game—Directions
- Over-the-Counter Cross—Crossword Puzzle and Key
- Tell Me the Question—Question & Answer Sheet

Procedures

Day 1:

1. View the PowerPoint Presentation—Medicine 101.
2. Distribute—Pain Relief 101, ask students to read silently. Briefly discuss the reading.
3. Distribute MEDGO—Vocabulary Game Handouts.
4. Review Vocabulary using the MEDGO Game.

Note: Students will need to play several rounds of the game to become comfortable with the vocabulary and the game rules.



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Day 2:

1. Play additional games of MEDGO and inform students this activity will help them prepare for the Tell Me the Question Jeopardy-like PowerPoint Presentation.
2. When the students are ready to play Tell Me the Question, divide the class into teams.
3. Using the PowerPoint Presentation as the game board, allow teams to choose questions and accumulate points. Assign one student to keep score and another to track the answered questions.

Note: The Tell Me the Question—Question & Answer Sheet can be used to track the questions that have been answered and the cumulative scores of each team.

Discussion Questions:

1. What are the differences between NSAIDs and acetaminophen?
2. Explain why an acetaminophen overdose is not uncommon.
3. According to the Food and Drug Administration what are the common characteristics of OTCs?
4. How are prescription and over-the-counter drugs alike? How are they different?
5. Create a drug safety visual using the Food and Drug Administration's "SAFER" concept.

Differentiating Instruction Tips:

1. Provide students with a definition sheet when playing MEDGO.
2. Allow students to complete the Over-the-Counter Cross in small groups.
3. Review the vocabulary and concepts used in the Tell Me the Question game before playing.
4. Create posters for your school that focus on the safe use of pain relievers. Target the physical education areas.
5. Assign small groups to use the information in the Medicine 101 Lesson to create a second round of Tell Me the Question.