

The Role of Medicines



Prescribed Medicines ~ Recap

Prescribed drugs are drugs which require a prescription from a medical professional. Click [here](#) to watch a short video about medicines.

- Asthma Inhalers
- Penicillin
- Diclofenac
- Insulin (for diabetes)
- EpiPen for allergies



Over the Counter Medicines ~ Recap

Unlike prescription medicines, over the counter medicines can be bought in supermarkets or pharmacies without medical advice.

- Cough syrup
- Congestion relief
- Flu Relief medicine
- Paracetamol or Calpol



Asthma

Asthma is a health problem that makes it hard to breathe. This happens because airways in the lungs swell up, fill with mucus, and get smaller. Some people say having asthma feels like breathing through a straw.

Click [here](#) to watch a video about Alesha dealing with asthma.

What to do if someone is having an asthma attack:

1. Stay as calm as you can and encourage them to stay calm too.
2. Sit them down, loosen any tight clothing and encourage them to take slow, steady breaths.
3. If they do not start to feel better, they should take more puffs of their reliever inhaler.



Having an Injection

There are several reasons why you might need an injection:

- A vaccination (prevention against disease and illness)
- A blood test
- To deliver medication such as anaesthetic
- If you have diabetes (insulin is injected daily)
- If you have a nut or severe allergy (adrenaline is injected when someone goes into anaphylactic shock)



Where were you when you had the injection?

Who was there?

Having an injection

TASK: Download and print the activity sheet, following the instructions on there. If you can't print it off, then just copy the diagram onto a piece of paper.

How do you feel when you have an injection?

What could you do to help you feel better?

Having an Injection

Remember that the syringes used in medical procedures are disposed of safely.

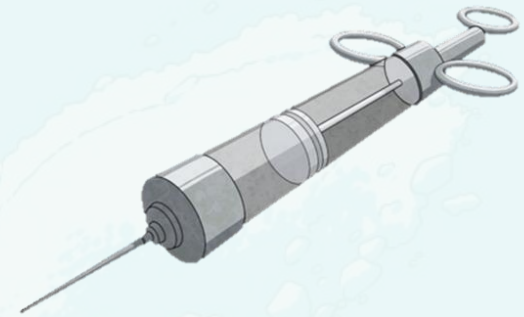
What should you do if you find needles discarded as litter?

DO NOT:

Touch the needle or syringe

Try to put them in a litter bin

Try to put them down the drain or flush down toilet



TELL AN ADULT IMMEDIATELY SO THEY CAN REPORT IT TO THE LOCAL COUNCIL.