



**30 MDG Self Initiated Care Kit
(S.I.C.K) Program Training**



Objectives



- The Learner will identify appropriate reasons to go to the Emergency Room (ER)
- The Learner will identify the process for Urgent Care Clinic access
- The Learner will verbalize the forms of identification needed for medication pick-up at the Pharmacy
- The Learner will list eligibility requirements for the S.I.C.K. program



What is Self-Care?



- Self-care means being an active member of your own Healthcare Team
- Self-care is learning how to recognize when you are getting sick and taking steps to get better
- Self-care is making sure you do what's best for you when you do get sick....either taking care of yourself at home or seeing a provider
- We are always here to help! You are an important part of your healthcare team and we depend on you to help us take the best possible care of you



Purpose of the S.I.C.K. Program



- The S.I.C.K. program is intended to allow members to self-medicate for minor illnesses, without having to wait for an appointment at the Medical Group
- The S.I.C.K. program allows enrolled beneficiaries to receive up to three, free, over-the-counter medications, per month
- The S.I.C.K. program also helps members identify medical emergencies that may require medical treatment at an ER



Self Care Program



- Members will receive a S.I.C.K. program card of this training and the subsequent upon completion quiz
- Present S.I.C.K. card at the 30 MDG Pharmacy to access up to three, eligible, free, over-the-counter medications per month
- The card is only valid at the 30 MDG Pharmacy and may not be used at other DoD pharmacies





➤ **ELIGIBLE**

- Patients who are enrolled in the to the 30 MDG Clinic

➤ **NOT ELIGIBLE**

- Patients on PRP or flying status
- Pregnant or breastfeeding women
- Patients who are not enrolled at the 30 MDG



Medical Emergencies



■ Medical Emergencies

- Call 911
- Go to the Emergency Room

■ Medical Emergencies include:

- Difficulty breathing
- Chest pain
- Severe pain
- Bleeding that won't stop
- Fainting or an inability to move arms and legs/walk
- Worst headache of your life
- Thoughts of harming yourself or someone else
- Car accidents
- Drug overdose/poisoning

If you think you need help immediately, call 911! If you are not sure you have a medical emergency, please call the clinic appointment line at 606-CARE or the after-hours Nurse Advice Line at 1-800-TRICARE.



Urgent Care Centers (UCCs)



- UCCs are a great option for care, when the clinic is closed, you are out of the local area, or you cannot get in for an appointment
- UCCs are great for helping with:
 - Colds, flu and fevers
 - Ear aches and sore throats
 - Rashes, without difficulty breathing
 - Sprains and strains
 - Cuts and small injuries
- If you are not sure if you should go to the UCC, please call our Nurse Advice Line at 1-800-TRICARE, option 1



Staying Healthy



- The best and easiest thing you can do is wash your hands
- Wash with soap & warm water for 15-20 seconds
 - Rub your hands together firmly
 - Sing “Happy Birthday” 2 times
- Alcohol based hand sanitizer (60% to 95% ethanol or isopropanol)
 - Use only 5 times in a row
 - Wash your hands with soap and water
- Limit contact with sick people and their things, like keyboards etc.
- And of course...
 - Eat a healthy diet
 - Get regular exercise
 - Get adequate sleep



Allergy Symptoms



- We offer S.I.C.K. Program medications for allergy symptoms
 - Itchy/watery eyes
 - Runny nose
 - Hoarse voice
 - Slight sore throat
 - Sneezing

- ◆ **See Primary Care Provider for routine appointment to discuss chronic allergy management if needed.**



Allergy Medications

(Antihistamines)



- Claritin
 - Allergy
- Benadryl
 - Allergy
- Zyrtec
 - Allergy
- Allegra-D
 - Stuffy Nose/Allergy
 - Seasonal Allergies, Stuffy Nose, Allergic Reaction
 - ◆ Side Effects: Dry mouth, throat, nose, drowsiness (hyperactivity in some children)



Allergy Medications

(decongestant)



■ Sudafed and Sudogest 12-hour

- Stuffy Nose
- **Don't take if you have: Really high blood-pressure or heart problems.**
- **May cause: Anxiety, nervousness, racing heart, sleeplessness**
- **Will decrease milk production in breastfeeding women**

■ Afrin Nasal Spray

- **Do NOT use for more than 3 days as doing so may result in a worsening of congestion when you stop using the medication**

*******DO NOT TAKE IF YOU ARE USING BLOOD PRESSURE MEDICATIONS*******



Signs of Viral Infection Common Cold



- Temperature: 99.0-101.0 (Low-grade temperature)
 - Temperature >102.0: See provider
 - If not allergic, take Tylenol or Motrin for body aches
- Runny nose
- Cough
- Congestion
- Sore Throat - No WHITE PATCHES
 - ◆ See Provider if you are still sick after 14 days
 - ◆ HYDRATE and REST
 - ◆ If white patches: Call for an appointment



Cold Medications



■ Tylenol:

- Fever/Aches/Pains
- **Don't use if you drink a lot of alcohol or have been diagnosed with alcoholism/liver disease. This medication may cause more liver damage**
- **Adverse reactions:** Yellowing of skin, rash, itching
- If fever lasts more than 3 days, you need to be seen by your PCM
- Many over-the-counter meds contain Tylenol! Read box before giving additional medications

■ Motrin:

- Aches/Pain
- Adverse reactions: Hives, rash, itching, increase in bleeding
- **Don't take if you have ever had a reaction to aspirin/NSAIDS**
- **May make asthma worse**
- Take with food



Cold Medications (cont)



- **Robitussin DM:**
 - Chest Congestion/Cough Suppressant
 - **Adverse reactions: Dizziness, nausea, headache, rash**
- **Mucinex D:**
 - Chest Congestion/Decongestant
- **Mucinex 12-Hour:**
 - Chest Congestion
 - **Adverse reactions: Nausea, headache, rash**
- **Saline Nasal Spray (salt-water spray)**
 - Nasal Moisturizer



Stomach Medications



■ **Miralax**

- **Laxative for Constipation**
- **Do not use for more than 2 weeks unless directed by a health care provider**
- **Mix in 4 to 8 ounces of water or juice**
- **Works in 24 to 96 hours**

■ **Colace**

- **Stool Softener for Constipation**
- **Try to increase fluid and fiber intake first**
- **Can be used in combination with a laxative**

■ **Pepto-Bismol**

- **Heartburn, indigestion, nausea, and upset stomach**
- **May cause discoloration of stool**



Stomach Medications (cont)



■ Mylanta

- Heartburn
- Do not take if you have kidney problems as magnesium or aluminum intoxication may occur
- Take in between meals

■ Prilosec

- Heartburn
- Do not use if you have trouble or pain when swallowing food, have vomiting with blood, bloody or black stools
- Do not use for heartburn with lightheadedness, dizziness, or sweating
- Do not use if you are experiencing chest pain or shoulder pain with shortness of breath, sweating, pain spreading to arms, neck or shoulders or any frequent shortness of breath as these may be signs of a heart attack



Topical Medications



■ Bactracin

- Antibacterial ointment for scratches, cuts and abrasions
- **Don't take if you have an allergy to neomycin**
- **Adverse reactions:** Irritation, redness and itching
- Stop using if it makes symptoms worse: burning, redness, itching wound/rash not healing

■ Hydrocortisone 1% Cream

- Rash
- **Don't take if you have an infection or open sore in treated area**
- **Adverse reactions:** Stinging, burning, irritation or dryness

■ Minerin Crème

- Moisturizer

■ Zinc Oxide Ointment

- Skin protectant



Antifungal Medications



- Lotrimin Athlete's Foot Cream
 - Antifungal for athlete's foot
- Gyne-Lotrimin Vaginal Cream 7-Day Therapy
 - Antifungal for yeast infections
 - Preferable application at bedtime



Eye Medications



- Refresh Plus
 - Dry eyes
- Refresh Celluvisc
 - Dry eyes
 - Thick viscous solution
- LiquiTears
 - Dry eyes



■ **Debrox Ear Drops**

- Earwax removal
- Keep drops in ear for several minutes and gently flush ear with warm water using a soft rubber bulb ear syringe
- Consult a health care provider if use is needed longer than 4 days

■ **Unisom Tablets**

- Sleep aid
- Do not drive or operate any heavy machinery after taking this medication
- May cause dizziness, palpitations, dry mouth, urinary retention, blurred vision



PHARMACY SERVICES



■ How to get medications:

- Fill out S.I.C.K. medication request form at pharmacy
- Present S.I.C.K. medication card to pharmacy staff
- Present Military ID to pharmacy staff

■ Limit of 3 medications per calendar month

- May not receive the same medication twice in the same calendar month
- Don't take S.I.C.K. program medications for longer than 14 days, without seeing your provider



Form Available at the Pharmacy



30th MEDICAL GROUP PHARMACY
SELF-INITIATED CARE PROGRAM

Medication	Restrictions
ALLERGY:	
Benadryl (diphenhydramine) 25mg capsules #24	12 years and older
Benadryl (diphenhydramine) 12.5mg/5mL #118mL btl	6 years and older
Claritin (loratadine) 10mg tablets #20	6 years and older
Claritin (loratadine) 5mg/5mL liquid #118mL btl	2 years and older
Zyrtec (cetirizine) 10mg tablets #30	6 years and older
Zyrtec (cetirizine) 5mg/5mL liquid #118mL btl	2 years and older
ALLERGY WITH DECONGESTANT:	
Allegra-D 12 hour (fexofenadine w/ pseudoephedrine [PSE]) 180-240mg tablets #20	12 years and older
COUGH SUPPRESSANT:	
Robitussin DM (guaifenesin w/ dextromethorphan) 100-10mg #118mL btl	12 years and older
DECONGESTANT:	
Afrin (oxymetazoline) 0.05% nasal spray #15mL btl	6 years and older
Sudafed (pseudoephedrine) 30mg tablets #24	6 years and older
Sudogest 12 hour (pseudoephedrine) 120mg #10	12 years and older
EXPECTORANT:	
Mucinex 12-hour (guaifenesin) 600mg tablets #20	12 years and older
Robitussin (guaifenesin) 100mg/5mL #118mL btl	12 years and older
EXPECTORANT WITH DECONGESTANT:	
Mucinex-D (guaifenesin w/pseudoephedrine) 600-30mg tablets #18	12 years and older
EYE LUBRICANTS:	
LiquiTears (polyvinyl alcohol 1.4%) drops #15mL btl	
Refresh Plus (carboxymethylcellulose 0.5%) drops #70 vials	
Refresh Celluvisc (carboxymethylcellulose 1%) gel #30 vials	
NASAL MOISTURIZER:	
Deep Sea (sodium chloride) 0.65% nasal spray #1	
PAIN/FEVER:	
Ibuprofen 100mg/5mL liquid #120mL btl	2 years and older
Ibuprofen 200mg tablets #100	12 years and older
Tylenol (acetaminophen) 160mg/5mL liquid #118mL btl	2 years and older
Tylenol (acetaminophen) 325mg tablets #100	6 years and older
TOPICAL MOISTURIZER:	
Mineirin Crème #454gm tub	
TOPICAL ITCH/RASH RELIEF AND SKIN PROTECTANTS:	
Hydrocortisone 1% cream #28.4g tube	12 years and older
Zinc oxide 200mg ointment 454g tub	
TOPICAL ANTIBIOTIC:	
Bacitracin ointment #28.35g tube	
ACID REDUCER AND/OR ANTIGAS:	
Mylanta (Al(OH) ₃ , Mg(OH) ₂ , simethicone) 200-200-20mg/5mL liquid #355mL btl	12 years and older
Prilosec (omeprazole) 20mg tablets #14	18 years and older
ANTIFUNGAL:	
Lotrimin-Athlete's Foot (clotrimazole) 1% cream #28.35g	2 years and older
Gyne-Lotrimin (clotrimazole) 1% vaginal cream 7-day therapy #1	12 years and older
CONSTIPATION:	
Miralax (polyethylene glycol) #510g btl	17 years and older
Docusate (Colace) 100mg tablets #100	2 years and older
EARWAX REMOVAL:	
Debrox (carbamide peroxide) 6.5% #15mL btl	12 years and older
SLEEP AID:	
Unisom (doxylamine) 25mg tablets #32	12 years and older

PROVIDER INFO WHEN ENTERING RX:
MICHAEL Hsu, Capt. USAF, BSC, Pharm D.
Chief, Pharmacy Operations NPI: 1831424282
Reviewed by BCOM3: 13 Jan 16

[THIS SECTION FOR PATIENT USE]

Patient's Full Name: _____

Patient's Date of Birth: _____

Patient's DoD ID#: _____

DID YOU AVOID MAKING AN APPOINTMENT BY USING THIS PROGRAM? (circle) Yes or No

BY SIGNING BELOW, I CERTIFY THAT THE ABOVE INFORMATION IS ACCURATE AND THE FOLLOWING STATEMENTS ARE TRUE TO THE BEST OF MY KNOWLEDGE:

- AN ELIGIBLE BENEFICIARY WILL USE THESE MEDICATIONS
- I DO NOT WISH TO SEE A HEALTH CARE PROVIDER FOR ADVICE PRIOR TO RECEIVING THIS MEDICATION
- IF SYMPTOMS WORSEN OR DO NOT IMPROVE WITHIN 48 HOURS, THE PERSON FOR WHOM THE MEDICATION(S) IS/ARE INTENDED FOR SHOULD BE SEEN BY A MEDICAL PROVIDER
- I UNDERSTAND THAT I AM RESPONSIBLE FOR FOLLOWING ALL PACKAGING INSTRUCTIONS (DIRECTIONS, WARNINGS, USE, ETC.) FOR REQUESTED MEDICATIONS
- THE PERSON USING THESE MEDICATIONS IS NOT ON FRP OR FLYING STATUS
- THE PERSON USING THESE MEDICATIONS IS NOT PREGNANT OR BREASTFEEDING
- THE PERSON USING THESE MEDICATIONS HAS NO KNOWN ALLERGIES TO THE MEDICATIONS REQUESTED
- PATIENTS MAY REQUEST A MAXIMUM OF 3 DIFFERENT MEDICATIONS PER FAMILY MEMBER PER MONTH

SIGNATURE: _____

DATE: _____



Join the S.I.C.K. Program



- **Congratulations! You have finished the 30 MDG S.I.C.K. program training**
- **Complete and print out the post test**
- **Bring your completed test to the 30 MDG Pharmacy to receive your grade and your S.I.C.K. card**
- **Once your test is graded and you receive your card, you can access the approved medications from the 30 MDG Pharmacy**
- **We are happy to answer any questions you have about the program. Give us a call at 606-7440 and we will be glad to help.**