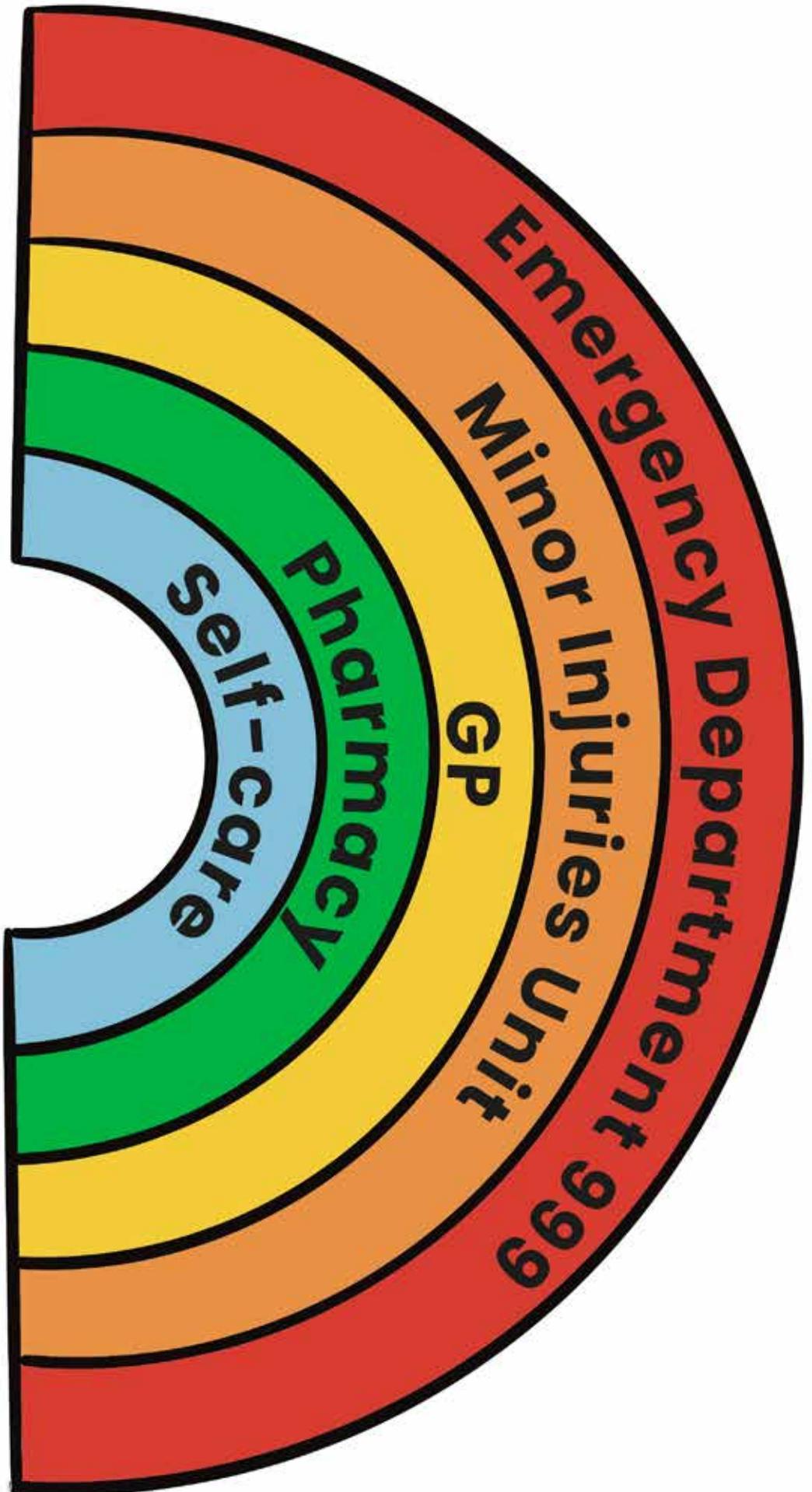


**RESOURCES**

**P5**

Key Stage  
Two

**8 - 9 year olds**



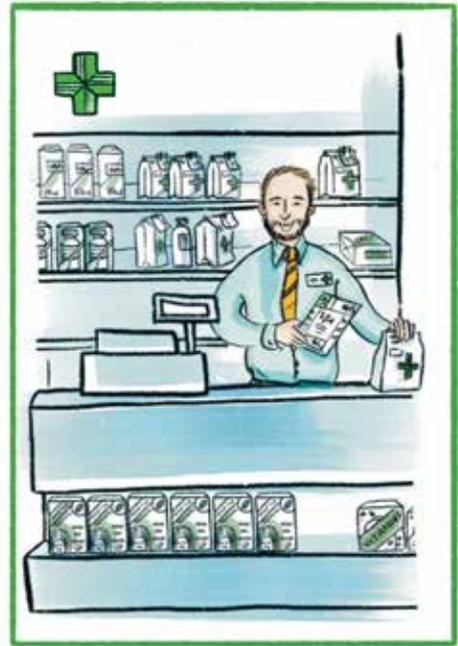
# Our Health Services Rainbow

Working in groups, write short sentences about how they help us stay healthy.

**DOCTOR**



**PHARMACIST**



**Differences**

**Similarities**

**Differences**

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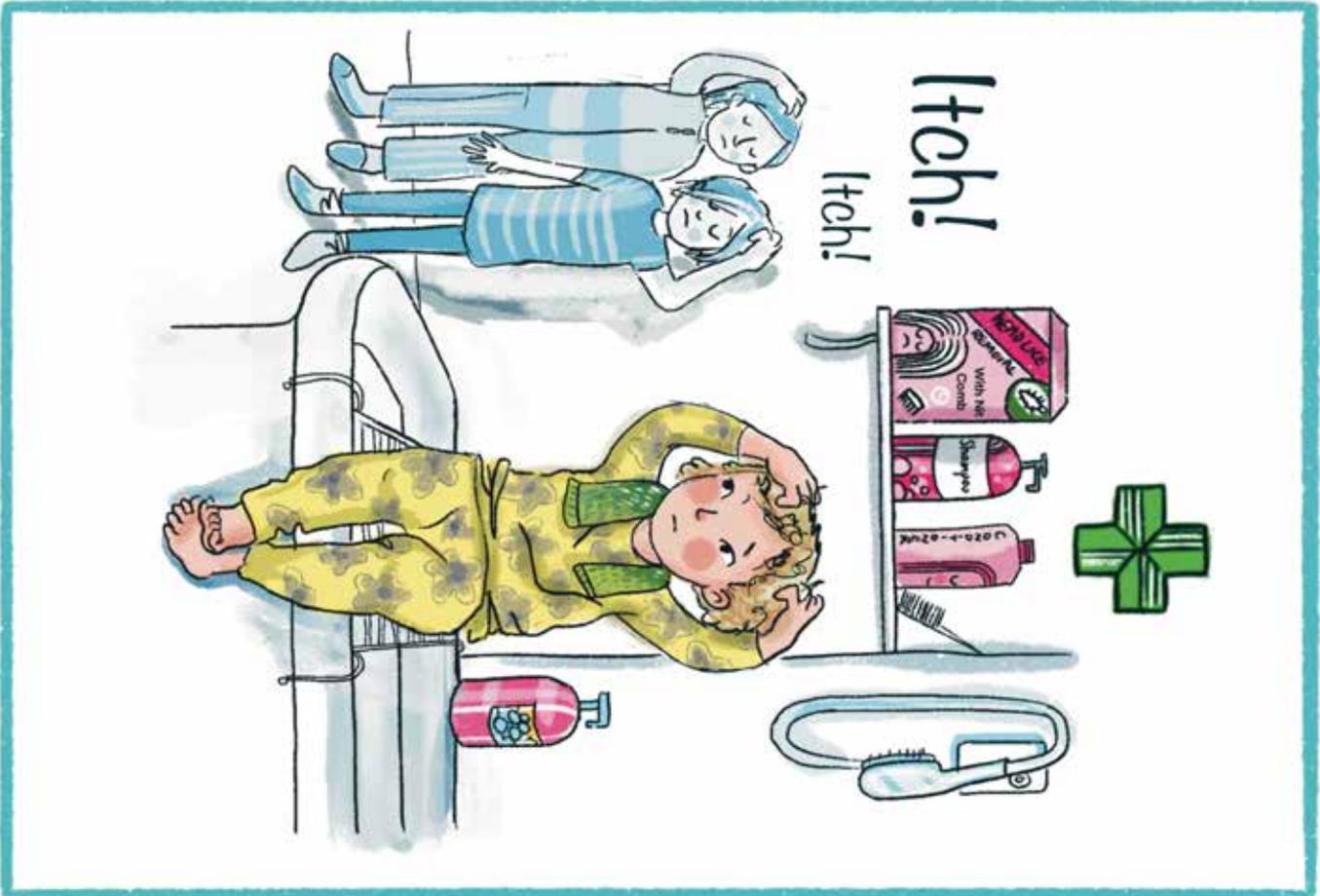
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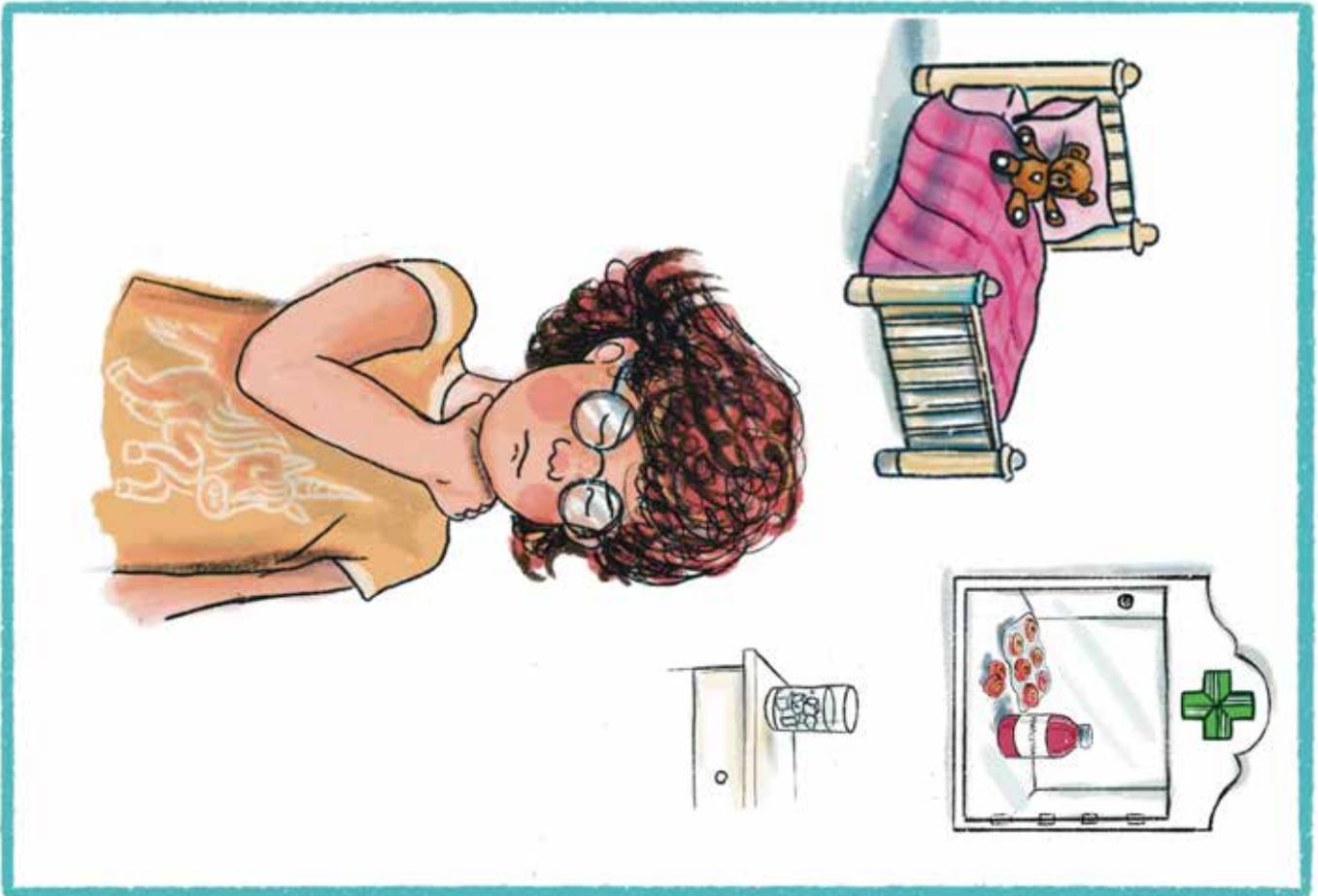
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**LEARNING ACTIVITY C:** Research – Where Do I Get Reliable Health Advice? Scenario Cards



# 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?



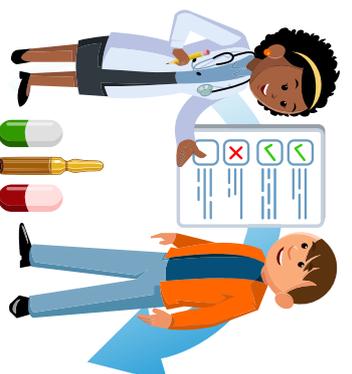
## Taking my medication

- ▶ 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.

WHO/HIS/GDS/2019.6  
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For more information, please visit:  
<https://www.who.int/patientsafety/medication-safety/5moments/en/>





**Hay Fever**



**Head Lice**



**Common Cold**



**Sore Throat**



**Diarrhoea**

**LEARNING ACTIVITY E: Learning activity E: Self-Care Quiz Q&As - FOR TEACHER'S EYES ONLY!**

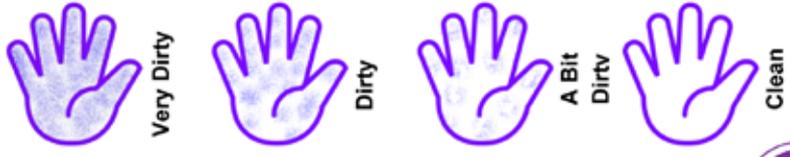
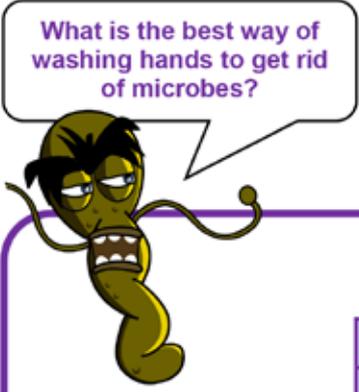
<b>Hay Fever</b>	<b>Common Cold</b>	<b>Head Lice</b>	<b>Sore Throat</b>	<b>Diarrhoea</b>
<p><b>Q1.</b> Do you wait a few days to tell anyone your eyes are watery and itchy, your forehead hurts and your nose is running?</p> <p>A. No – you tell a trusted adult straight away</p> <p><b>Q2.</b> How do you help yourself get better when you have hay fever?</p> <p>A. Wear wraparound sunglasses</p> <p><b>Q3.</b> To help your symptoms, do you put Vaseline on your lips?</p> <p>A. No, you put the Vaseline around your nostrils</p> <p><b>Q4.</b> Where is the best place to stay when you have hay fever – inside or out?</p> <p>A. Inside, with the windows shut and with no cut flowers</p> <p><b>Q5.</b> What medicines might the pharmacist suggest? Try and name 2.</p> <p>A. Medicated lozengers and eye drops</p> <p><b>Q6.</b> Do I need to tell the pharmacist I am taking another medicine – it is not for hay fever?</p> <p>A. Yes, because different medicines can interact with one another and make you more ill.</p>	<p><b>Q1.</b> Who do you tell when you have a common cold?</p> <p>A. A trusted adult</p> <p><b>Q2.</b> Can you name two of three possible things that you can do to help yourself get better?</p> <p>A. Rest in bed, keep warm and drink lots of water</p> <p><b>Q3.</b> Does jumping around help your cold disappear faster?</p> <p>A. No, you need to rest in bed!</p> <p><b>Q4.</b> How might a pharmacist help you if you have a common cold?</p> <p>A. Give you advice and medication, such as a nasal spray, that can help you feel better.</p> <p><b>Q5.</b> You are not sure how to use the nasal spray? Who would be the best person to ask?</p> <p>A. Your local pharmacist will be happy to tell you how to use it – just Ask!</p> <p><b>Q6.</b> Do only children get colds?</p> <p>A. No, anyone can get a cold!</p>	<p><b>Q1.</b> Do your siblings need to be checked for head lice too if you have it?</p> <p>A. Yes, everyone in your household needs to be checked!</p> <p><b>Q2.</b> Can you name two of four possible items you could purchase at a pharmacy that could help if you have head lice?</p> <p>A. Shampoo, Conditioner, Detection comb and stronger lotions</p> <p><b>Q3.</b> Do I need to tell the pharmacist I have an allergy?</p> <p>A. Yes, as it may affect the type of shampoos and lotions you can use.</p> <p><b>Q4.</b> Does bubble bath help with head lice?</p> <p>A. No!</p> <p><b>Q5.</b> Can you name the next and final step to finding if you have head lice if you have washed your hair and put in conditioner?</p> <p>A. Use a detection comb to see if any head lice appear</p> <p><b>Q6.</b> Can you only get head lice once?</p> <p>A. No!</p>	<p><b>Q1.</b> If you have a sore throat, can you breathe fire like a dragon?</p> <p>A. No!</p> <p><b>Q2.</b> Should you share your cup with your friend when you have a sore throat?</p> <p>A. No, you might spread the germs!</p> <p><b>Q3.</b> Is it hot or cold food you should eat when you have a sore throat?</p> <p>A. Cold food!</p> <p><b>Q4.</b> Can you name two medicines that the pharmacist might suggest?</p> <p>A. Possible answers: Paracetamol, ibuprofen, medicated lozenges and anaesthetic spray</p> <p><b>Q5.</b> The lozenges taste lovely: can I keep taking them when my sore throat has recovered?</p> <p>A. No, only take medication for the length of time recommended – they are not sweets!</p> <p><b>Q6.</b> Is resting OR chatting lots to your friend the best way to help your sore throat?</p> <p>A. Resting!</p>	<p><b>Q1.</b> Does Diarrhoea give you an ear ache?</p> <p>A. No, it's when you frequently pass watery or loose poo</p> <p><b>Q2.</b> Is drinking lots of fruit juice OR water the best?</p> <p>A. Drinking water – fruit juice (and fizzy drinks) can make it worse!</p> <p><b>Q3.</b> Can you go swimming with your friend?</p> <p>A. No, you need to wait two weeks after the symptoms stop!</p> <p><b>Q4.</b> Can you name two things you can do to help yourself get better?</p> <p>A. Stay at home, get plenty of rest and drink lots of water.</p> <p><b>Q5.</b> Would a pharmacist suggest a bandage or Rehydration sachets or might help?</p> <p>A. Rehydration sachets!</p> <p><b>Q6.</b> Can I use my Dad's prescription for upset stomach?</p> <p>A. No, never use anyone elses prescription. If you need some medicine ask your local pharmacy for advice.</p>



# Horrid Hands?



**Procedure**  
After the activity, write your results in the box provided using the guide below and see how far the microbes have spread!



## My Observations



	After washing (or not washing) and shaking hands				
	Student 1	Student 2	Student 3	Student 4	Student 5
No wash (control)					
Cold Water					
Warm Water					
Warm Water and Soap					

- On the next page draw where you saw microbes after hand washing and shaking, for your group only.
- The method of hand washing (not control) that **removed most** microbes from the lead person was:
  - Cold Water       Warm Water       Warm Water and Soap
- The method of hand washing (not control) that **removed fewest** microbes from the lead person was:
  - Cold Water       Warm Water       Warm Water and Soap
- The method of hand washing which **spread the most** microbes along the line was:
  - Cold Water       Warm Water       Warm Water and Soap
- The method of hand washing which **spread the fewest** microbes along the line was?
  - Cold Water       Warm Water       Warm Water and Soap
- Draw a graph of how far the microbes spread for all four groups (including control).



## My Conclusions

- What is the best way of getting rid of microbes from our hands?  
\_\_\_\_\_
- What difference does using soap make?  
\_\_\_\_\_
- When should we wash our hands?  
\_\_\_\_\_

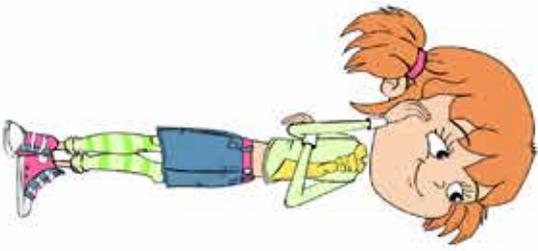
**Fascinating Fact**  
90% of germs on the hand are found under the nails!





e-Bug

On the hands below, draw where you saw microbes after washing and shaking hands:



Student 1



Student 4



Student 2



Student 5



Student 3





**Very Dirty**



**Dirty**



**How clean are your hands?**



**A Bit Dirty**



**Clean**





**DoH**

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)



# Certificate of participation

in the



**Pharmacy  
Schools  
Programme**

was awarded to:

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**KEY STAGE TWO**

