

# Unit Award Scheme

## 99792 INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION

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In successfully completing this unit, the Learner will have

**Evidence needed**

**demonstrated the ability to**

1	communicate the name, address and telephone number of own doctor or consultant	Teacher completed itemised checklist
2	name own prescribed medication	Teacher completed checklist
3	identify the dosage of own medication	Teacher completed checklist
4	identify the expiry date of own medication	Teacher completed checklist
5	communicate how to contact own doctor or consultant	Teacher completed checklist
6	communicate why own medication is prescribed.	Teacher completed checklist

All outcomes recorded on an [AQA Summary Sheet](#) (incorporating the [Teacher Checklist](#) if required)

Approved 17 March 2000

Level - Entry Level

# Health.

## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792



### AQA Outcome 1

Demonstrate the ability to communicate the name, address and telephone number of own doctor or consultant;

### AQA Outcome 2

Demonstrate the ability to name own medication;

### AQA Outcome 3

Demonstrate the ability to identify the dosage of own medication;

### AQA Outcome 4

Demonstrate the ability to identify the expiry date of own medication;

### AQA Outcome 5

Demonstrate the ability to communicate how to contact own doctor or consultant;

### AQA Outcome 6

Demonstrate the ability to communicate why own medication was prescribed;

Complete the following contact information about your Doctor in order to evidence Outcome 1 & 5

Doctor/ Consultant's name
Address
Telephone number
Your NHS number
How are you able to contact your Doctor/ Consultant

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# Health.

## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792

### How much do you know about medication? (Answer the questions below)

#### Which statement is true?

All pills expire after 1 year.

The label tells you when your medicine expires.

You have to ask the pharmacist to figure out when your medicine expires.

Liquid medicines expire after 8 months.



#### Why is it important to know if a medicine should be taken with food or not?

Some medicines get into your body better when you take them without food.

Food can sometimes be used to mask the taste of medicines.

Some medicines are easier on your stomach when you take them with food.

All of the above.

#### What is the right way to take a twice-a-day medicine?

Take two doses in the morning.

Take one dose in the morning and one at lunch.

Take one dose in the morning and one dose in the evening.

Take one dose in the middle of the day and wake up to take one dose in the middle of the night.

#### Why is it important to tell your doctor when you take two medicines at the same time of day?

Some medicines taste bad when you take them together.

Some medicines interact with other medications and may make you sick.

People aren't supposed to take two medicines at the same time.

All of the above.

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### How do you know if you are allergic to a medicine?

You lose your hair.

You get a rash, swelling, or breathing problems.

You vomit up the medicine.

You get a bruise.



### If you go to A&E, why do you need to tell the doctor about the medications you are on?

To make sure you don't miss a dose.

To help the doctor figure out exactly what you are taking.

To make sure the doctor doesn't give you a medication that will cause problems if taken with the medicines you are on.

All of the above.

### If you lose your medicine, what should you do?

Call the doctor's office or clinic and ask for advice on how to get more.

Discuss it the next time you see the doctor.

Take more of your other medicines.

Call the pharmacy and ask for your refill early.

### What information can you find on your medicine label?

How many pills are in the bottle when you first get the medicine.

The date when you can get a refill.

How much the medicine costs.

All of the above.

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# Health.

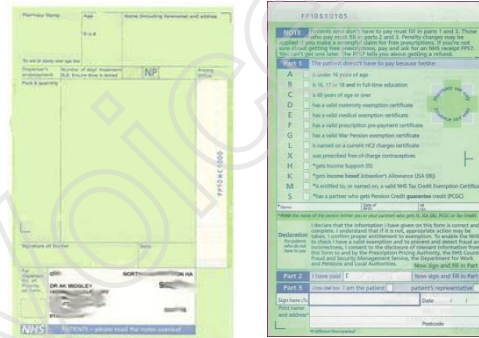
## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792

### Understanding Medicine.

Medicines are chemicals used to cure, halt, or prevent disease. They can ease symptoms or help in the diagnosis of certain illnesses.

Medications can be delivered in many ways:

- liquids that are swallowed (like cough syrup)
- drops that are put into ears or eyes
- creams, gels, or ointments that are rubbed onto the skin
- inhalers (like nasal sprays or asthma inhalers)
- patches that are stuck to skin (called transdermal patches)
- tablets that are placed under the tongue (called sublingual medicines; the medication is absorbed into blood vessels and enters the bloodstream)
- injections (shots) or intravenous (inserted into a vein) medications



Some medications (e.g. for pain, fever, cough, or allergies) are available to purchase over-the-counter (OTC) from a chemist or supermarket, while others require a prescription.

If you require a prescription you'll need to speak with a Doctor or Medical Consultant. If they decide you require medication they will write you a prescription for drugs.

You will need to take the prescription slip to a chemist/ pharmacy to collect the medication that has been prescribed.

The pharmacist will give you guidance on how and when to take the medication. Directions will also be on the packaging label.

It is important that you take your medication exactly as prescribed. You may find it helpful to set a reminder on your mobile phone so you don't forget to take the medication correctly each day.

Make sure you store the medication correctly. Most medicines should be kept at room temperature and away from sunlight. Some must be refrigerated. Do not store in your bathroom, heat and humidity can affect the potency of the drug. Keep out of reach of small children.

Medications have possible side effects. If you get a rash, start itching, vomiting, or have trouble breathing after starting a medication, tell your parents/ carer immediately. Breathing difficulty, breaking out in hives, or suddenly developing swelling of the tongue, lips, face, or other body parts may be signs of a severe allergic reaction — get emergency medical care right away.

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# Health.

## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792

Complete one form for each medication prescribed.

This will demonstrate Outcomes 2, 3, 4 & 6

Medication 1
Name of medication
Expiry date of medication
Dosage to be taken
Why was the medication prescribed
Storage instructions
How long will you be required to take the medication



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## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792

Complete one form for each medication prescribed.

This will demonstrate Outcomes 2, 3, 4 & 6

Medication 2
Name of medication
Expiry date of medication
Dosage to be taken
Why was the medication prescribed
Storage instructions
How long will you be required to take the medication



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# Health.

## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792

Complete one form for each medication prescribed.

This will demonstrate Outcomes 2, 3, 4 & 6

Medication 3
Name of medication
Expiry date of medication
Dosage to be taken
Why was the medication prescribed
Storage instructions
How long will you be required to take the medication



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# Health.

## INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION 99792

### AQA Unit Award Scheme: Checklist and Portfolio Content

Centre Name: \_\_\_\_\_

Centre Number: \_\_\_\_\_

Student Name: \_\_\_\_\_

Student Number: \_\_\_\_\_

Unit Title: INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION

Unit Code: 99792

Outcomes	Evidence	Date completed	Carer's Signature
1 & 5	Doctor information sheet		
2, 3, 4 & 6	Medication form		

Carer/ worker's signature \_\_\_\_\_

Date completed \_\_\_\_\_

Assessor's signature \_\_\_\_\_

Date completed \_\_\_\_\_

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# AQA Unit Award Scheme: Summary Sheet

Name of Centre \_\_\_\_\_

Centre No 

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Unit Title INTRODUCTION TO UNDERSTANDING ONES OWN MEDICATION

Unit Code 99792

**\*Dates must be used to record the achievement of each outcome in the columns below**

Student Details		Outcomes *													Date of Completion	
		1 Name 1	1 Address 2	1 Tel 3	2	3	4	5	6							
Number	Name															
	SURNAME, FORENAME															

Signed \_\_\_\_\_ (Unit teacher)

Sheet No \_\_\_\_\_ of \_\_\_\_\_

Signed \_\_\_\_\_ (Co-ordinator) Date \_\_\_\_\_

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