



87th Medical Group



Self Initiated Care Kit (S.I.C.K.) Program



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

“WIN AS ONE”



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**

“WIN AS ONE”



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



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- 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

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Self Care Program



- Upon completion of the training, members will receive a S.I.C.K. program card
- One S.I.C.K. card per member
- Present S.I.C.K. card at the 87 MDG Pharmacy to access up to three, eligible, free, over-the-counter medications per month

Appointment Line 866-DRS-APPT
S.I.C.K. Program

Name: _____

Instructor Signature: _____

Class Date: _____

Sponsor's last four of SSN _____

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Eligibility



➤ ELIGIBLE

- Active duty assigned to the 87 MDG
- All 87 MDG enrolled beneficiaries 18 years or older

➤ NOT ELIGIBLE

- Those on flight status/PRP
- Pregnant women
- Children under age 18
- Anyone not enrolled to the 87 MDG

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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 or the after-hours Nurse Advice Line and we will be happy to help you decide what to do.

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Urgent Care Centers (UCCs)



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- 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 1-866-377-2778, Option #2

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Resources



Helpful Websites

- <http://familydoctor.org>
- <https://www.hnfs.net>
- www.webmd.com (Health A-Z)
- Use information from a reliable source.

These resources can never replace an appointment with your provider but they are a great source of information

We are here if you need us

Call 1-866-DRS-APPT (1-866-377-2778), choose option 2 for the Nurse Advice Line.

Call 1-877-TRICARE (if you need an authorization or are out of the area).

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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

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Home Medicine Chest

Recommendations



- Oral, ear or forehead thermometer; digital thermometers are the easiest to use and read
- Adhesive bandages, cotton bandages and tape
- Rubbing alcohol and Betadine
- Antibacterial ointment (like Neosporin)
- Common over-the-counter medications:
 - Acetaminophen (like Tylenol)
 - Ibuprofen (like Motrin)
 - * Make sure they have child-proof caps and are out of reach of children and animals

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Allergy Symptoms



■ We offer S.I.C.K. Program Meds for allergy symptoms

- Itchy/watery eyes
- Runny nose
- Hoarse voice
- Slight sore throat
- Sneezing
- Cough without green mucous

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

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Allergy Medications

(Antihistamines)



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

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Allergy Medications

(decongestant)



■ Sudafed

- **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**

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

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Signs of Viral Infection

Common Cold



- Temperature: 99.0-101.0 (Low-grade temperature)
 - Temperature >102.0: See provider
 - If not allergic, take Acetaminophen 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 or walk-in to the 87 MDG
- * Antibiotics do not work on viruses**



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

■ Ibuprofen:

- 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

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Cold Medications (cont)



- Mucinex DM:
 - Chest Congestion/Cough Suppressant
 - **Adverse reactions: Dizziness, nausea, headache, rash**
- Mucinex D:
 - Chest Congestion/Decongestant
- Mucinex:
 - Chest Congestion
 - **Adverse reactions: Nausea, headache, rash**
- Saline Nasal Spray (salt-water spray)
 - Nasal Moisturizer
- Cepacol Lozenge:
 - Sore Throat
 - Active Ingredients: Benzocaine and Menthol
 - **NOT CANDY, USE ONLY AS DIRECTED! Keep away from children!**

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Stomach Medications



■ Imodium

- Diarrhea
- **Don't take if you have been diagnosed with a Liver condition**
- **Adverse reactions:** Dizziness, drowsiness, constipation, mild stomach pain, or mild skin rash or itching
- Drink plenty of water to keep from getting dehydrated
- Daily drug dose should not exceed 16mg (eight capsules)
- Usually feel better in about 48 hours



Stomach Medications (cont)



■ Zantac

- Heartburn
- **Don't use if you are breastfeeding**
- **Adverse reactions:** Constipation, diarrhea, fatigue, headache, insomnia, muscle pain, nausea and vomiting



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
- Doesn't get into your bloodstream
- Stop using if it makes things 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

■ Artificial Tears

- Dry eyes

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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

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Form Available at the Pharmacy

S.I.C.K. PROGRAM MEDICATION REQUEST FORM

(Please print clearly)

Name of person to be treated: _____ DOB: _____

Allergies: _____

Sponsor's Name: _____ Sponsor's ID #: (20)/_____

1. By signing below, I certify that the above information is accurate and that the following statements are true to the best of my knowledge:

- I do not wish to see a physician or other health care provider for advice before receiving this medication
- I understand this medication is for minor illnesses or conditions only
- If symptoms worsen or do not improve within 48 hours, the person for whom medication(s) is/are intended should be seen by a medical provider
- An eligible beneficiary will use this medication
- The person using this medication is not on flight status, pregnant, or has any known allergies to the medications received

2. On the advice of the medical staff of this facility:

- There is a limit of 3 items per month per patient

1. Did you avoid making an appointment by using your Self Initiated Care Kit? **Yes No**

PLEASE: Put any pertinent comments on the back. Thank you

Specific Medications requested:

X	Medication Available	Use	Comments
	Adult Tylenol 325mg Tablets (50)	Fever/Aches/Pains	
	Sudafed 30mg Tablets (24)	Stuffy nose	
	Claritin 10mg Tablets (30)	Allergies	
	Zyrtec 10mg Tablets (30)	Allergies	
	Benadryl 25mg Tablets (24)	Allergies	
	Motrin 200mg Tablets (24)	Aches/Pains	
	Cough Drops (18)	Sore throat/cough	
	Zyrtec D (24)	Allergies/Stuffy nose	
	Mucinex (20)	Chest congestion	
	Mucinex D (18)	Chest congestion/Stuffy nose	
	Mucinex DM (20)	Chest congestion/cough suppressant	
	Zantac 150mg tablets (24)	Heartburn	
	Imodium 2mg tablets (24)	Diarrhea	
	Bacitracin Ointment (30g)	Prevent infection	
	Hydrocortisone 1% Cream (30g)	Rash	
	Saline Nose Spray (45ml)	Nasal Moisturizer	
	Artificial Tears	Dry eyes	

Home Phone: _____

Work Phone: _____

Your Signature: _____

Today's Date: _____



Join the S.I.C.K. Program



-
- Complete and print out the post test
 - Bring your completed test to the 87 MDG, Hallway 10, Rm 1C25, to receive your grade and your S.I.C.K. card
 - You can also stop at any open kiosk and ask to speak to an “Ace Tech.” They are happy to assist you as well
 - Once your test is graded and you receive your card, you can access the approved medications from the 87 MDG Pharmacy
 - We are happy to answer any questions you have about the program
 - Call Ms. Slepner at 754-9661 or email: lesley.slepner.ctr@us.af.mil
 - Questions may also be answered by Maj Albalate at 754-9169 or email: dana.albalate.1@us.af.mil

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