

Student Activity Workbook

LIFE SKILLS:

Medical Care

Curriculum That Matters, Inc.

Bakersfield, California

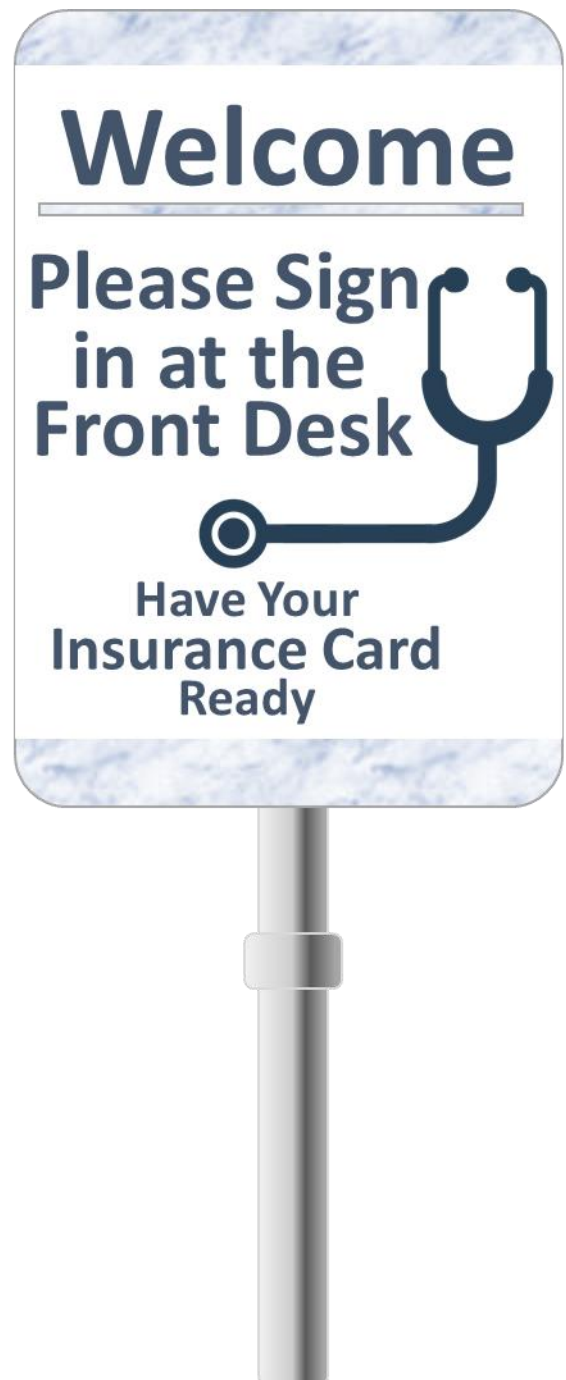
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Accessing the Lessons:

This workbook has been designed to go hand in hand with the **Life Skills: Starting a Business** course material which is available online. To access that material, go to:

Lesson Website:

ctmedu.com/cC40

OR

Scan the QR Code:



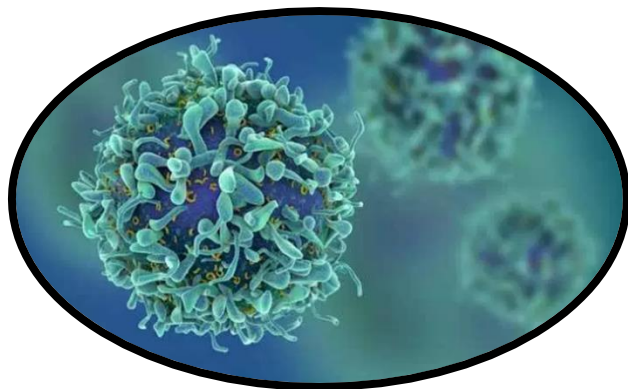
Why Do We Get Sick?



Watch the presentation **Why Do We Get Sick?**

Historical Reasoning

Supernatural	
Humorism	
Something Makes Us Sick	
Modern Medicine	
Disease	



Types of Diseases

Infectious	Not Contagious
<ul style="list-style-type: none"> • The contagion can spread. • Caused by microorganisms (pathogens) or germs: virus, bacteria, fungi, protozoa 	<ul style="list-style-type: none"> • Not caused by pathogens. • Gene mutation: Skin _____. • Inherited: Cystic Fibrosis or _____. • Lifestyle: _____ and Heart Disease.

How to Avoid Diseases

How to Avoid Infectious Diseases

- Wash your hands.
- _____.
- Stay home if you are sick.
- _____.
- Disinfect your home.
- _____.

How to Avoid Non-Infectious Diseases

- Know your family history.
- _____.
- _____.
- Avoid triggers/allergens.
- Avoid too much of anything:
 - _____
- Don't smoke.



Medical Care and Practitioners



Watch the presentation **Medical Care and Practitioners**.

Definition

- Medical practitioners are those who are skilled in the science of medicine and practice it.
- They promote, _____, and restore health by studying, _____, and treating injuries, _____, and other mental or physical issues.

Types of Medical Care

Primary Care

- Primary care is the everyday medical care given by a medical practitioner.
- The practitioner is typically the first contact and principal point of continual care for the patient.

Primary Care Providers

- Primary Care Physicians:
 - _____
- Nurse Practitioners:
 - _____
- Physician Assistants

Nursing Care

- Nursing care is the basic comfort, care, and assistance given to patients by a nurse.

Nursing Care Providers

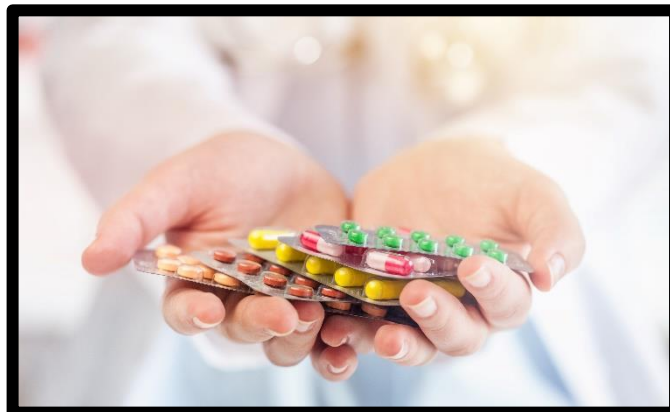
- _____ (LPN) – Provides care such as checking blood pressure, ensuring comfort of patient, discussing health care with patient, and reporting status of patient to RNs and Doctors.
- _____ (RN) – Administers medication and treatment to patient, coordinates plans for patient care, performs diagnostic tests and analyzes results, instructs patients on how to manage illness after treatment, oversees other workers such as LPNs.
- _____ (APRN) – Duties depend on what they specialize in.
- _____ (NP) – Takes health histories, assesses, diagnoses, and treats acute and chronic illnesses, offers referrals for specialized care.

Drug Therapy

- Drug therapy is a general term for using medication to treat disease.
- The medication or drugs interact with _____ and enzymes in cells to promote healthy functioning and _____ illness.

Drug Therapy Providers

- _____, a nurse usually administers drugs or medications.
- When outside these settings, a pharmacist dispenses prescription medications to patients and offers expertise in the safe use of them. A pharmacist may also conduct health and wellness screenings, _____, and provide advice on healthy lifestyles.



Specialty Care

- Care that focuses on one specific area of medicine is referred to as specialty care.
- When you go to see your primary care provider about a health issue, he/she may refer you to a specialist that deals with that specific issue.

Specialty Care Providers

List three examples of specialty care providers:

Alternative Care

- Non-mainstream medical practices that are used in place of conventional medicine are considered alternative.
- Usually these practices are used **with** conventional medicine instead of **in place of**. In this case, it would be considered complementary instead of alternative.
- Most complementary medical approaches have to do with natural products and mind/body practices.



Medicine and Supplements



Watch the presentation **Medicine and Supplements**.

Definition

- **Drug:**

- **Analgesics:** _____

- **NSAID:** _____

- **Medicine:**

Types of Drugs



Over-the-Counter (OTC)

- Do not require prescription.
- _____.
- Regulated by FDA through OTC Drug monographs (a kind of "recipe book").
- FDA regulates labeling, _____, formulations.

Prescription (Rx)

- _____.
- _____.
- Prescribed for and _____ to be used by one person.
- Regulated by FDA through the New Drug Application (NDA) process.

Vitamins and Supplements

- Something you can add to your diet and eat.
- Forms: tablets, capsules, _____, _____, liquids, or powders.
- Some dietary supplements can help ensure an adequate dietary intake of essential nutrients; others may help you reduce your risk of disease. A product intended for ingestion that contains a "dietary ingredient" intended to add further nutritional value to (supplement) the diet.
- A " _____ " may be one, or any combination, of the following substances:
 - A vitamin, _____, an herb or other botanical, an amino acid.
 - A concentrate, _____, constituent, or extract.

Medicine VS Supplements

Medicine	Supplement

Generic & High Tech

- Since medicine is regulated by the FDA. _____.
The medicine is the same no matter the brand.
- Brands only give you other things like “ _____ ” or “easy to swallow formula”. The medicine is the _____.
- Buy less expensive “ _____ ” instead of a name brand.

Common Pain Medicine

Aspirin

- AKA acetylsalicylic acid, is the oldest analgesic on the market.
- Aspirin is an _____ (nonsteroidal anti-inflammatory drug).
- Because of its anti-inflammatory properties, it is often used to treat arthritis, _____, and other pains aggravated by inflammation.
- It is also used to treat minor body aches and pains, _____, and reduce fevers.

Other Uses:

- _____, the cells responsible for blood clots.
While clotting helps stop bleeding when you cut yourself, clots also play a big role in causing strokes and heart attacks when blood vessels are already partially blocked by cholesterol.
- Fewer platelets means smaller chance of heart attack or stroke, so health care providers often prescribe aspirin for this.

Aspirin Side Effects

1. It can be stomach irritant. _____, it can irritate any tissue it comes into contact with.
2. People who know they are allergic to salicylic acids in general are urged to avoid aspirin. But many who take aspirin, _____, do not have stomach irritation.

Ibuprofen

- Is one of the newest analgesics, approved by the FDA in _____.
- Better than Aspirin stronger (_____) at treating pain from soft tissue injuries and dental pain.
- The most effective pain reliever for _____ pains.
 - Pain relievers marketed exclusively for this purpose (e.g., Midol or Motrin) contain ibuprofen, but they cost _____ because they are marketed as a “ _____ ” pain reliever.

Ibuprofen Side Effects

1. _____.
2. Only has a mild blood-thinning effect, so if you have conditions where loss of platelets would be a concern, ibuprofen is a better choice.
3. _____, so it's advised that those with kidney concerns consult with a health care provider before taking it.

Acetaminophen

- Acetaminophen (also paracetamol) was introduced in 1955.
- The same _____ power as aspirin for pains not caused by inflammation.
- Less effective for inflammatory pain.
- It doesn't alleviate inflammation (_____).
- Not as effective with _____ as ibuprofen.



Acetaminophen Side Effects

1. Of the analgesics, acetaminophen is the least likely to be a stomach irritant.
2. Too much, _____, can cause liver damage.
3. _____, taking more than one type of medication that contains acetaminophen, or taking it with _____ can lead to severe liver damage —
_____.
4. _____.

Naproxen

- A NSAID. It didn't become available without a prescription in the U.S. until 1994.
- It is the most powerful pain reliever currently available without a _____.

Naproxen Side Effects

1. It can cause even more gastrointestinal (_____) irritation than aspirin.
2. It needs to be taken in _____, and with _____ to prevent irritation.



Vaccines



Watch the presentation **Vaccines**.

Types of Germs

1. Viruses: _____

NOTE: Some viruses will cause permanent physical or mental damage, or will kill you before your body can heal.

2. Fungi: _____

3. Parasites: _____

4. Bacteria: _____

How Our Immune System Works

1. Our immune system is made of two different types of cells.
2. Lymphocytes (White blood cells): Allow the body to recognize germs you have been exposed to.
3. Phagocytes: Devour and destroy invading germs.

Other parts of the immune system:

4. _____

5. Antibiotics: _____.

How to Prevent Illness

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Vaccines

- A substance used to stimulate the _____ and provide immunity against one or several diseases.
- They are prepared from the causative agent of a disease, _____, treated to act as an antigen without inducing the disease.

Small Pox

- Early: Fever, _____, mouth sores.
- Later: _____.
- Duration: 4 weeks.
- 3 in 10 will die.
- Disease was eradicated in _____ because of vaccines.

Polio

- Symptoms: _____.
May result in permanent weakness.
- Can result in death.
- Will have symptoms years after recovery.
- _____.
- Disease is _____ eradication. Last case in the USA was 1979.



Tetanus (Lock Jaw)

- Caused when bacteria enters a cut or puncture. (Stepping on a nail)
- Muscle spasms of all muscles.
- The jaw muscles lock closed.
- _____ will die.
- Must be immunized _____ years.
- Not eradicated as it _____
making it impossible to eradicate.

Vaccines and Autism

- Most studies showing a causal relationship to vaccines and autism have proven false.
- It is a proven fact that vaccines work. The eradication of smallpox is one simple example.

Common Diseases

Write ten common diseases below.



