



Lesson Plan

Prescription Drug Misuse

Overview

This class focuses on the aspects of prescription drug use including
Difference between OTC pain meds and prescription pain medicines

- Who Uses
 - Consequences of use
 - What we can do to prevent
-

Objective

Provide an overview of basic prescription drug education with access to resources to learn more.

Prior Knowledge Needed

None

Assessment Tools

Pre Assessment. Discussion.

Preparation

- | | |
|---|---|
| <input type="checkbox"/> Articles printed & copied
Prescription Drug Abuse
Prescription Pain Meds | <input type="checkbox"/> Get Nalaxone Now brought up on computer |
| <input type="checkbox"/> Video prepared to play | <input type="checkbox"/> Snacks set up |
| <input type="checkbox"/> Chart paper & markers for note taking | <input type="checkbox"/> Optional: Agenda printed or written on board |

What you will do

Introduction and Assess Prior Knowledge. After introducing yourself and the subject of tonight's class, ask the group:

- *Is there a difference between the pain medicine you might take for a headache and prescription pain medicine?*
- *Why do pain meds like Vicodin and OxyContin require a prescription?*

Video. *Top Ten Facts About Prescription Drug Abuse in America.* (9:26 minutes)

<https://youtu.be/l6yKQRqWxVQ>

Article. *Prescription Drug Abuse.*

Break the group into small groups or partners. Assign each group a section of the report. If not enough groups for all sections, assign two sections per group.

- Introduction
- Effects
- Troubling Signs
- Trends
- Why Do They Do It
- Intervening with Abusers
- Medication Development
- Education and Outreach

Instructions: Read your sections and summarize the main points to share with the group.

Have each group share the main points of their sections so that everyone has a view of the entire article. Then discuss as a whole group.

Discussion Questions.

- How do opioid medications help control severe pain?
- What factors does a doctor consider when writing a prescription?
- In what ways are prescription medicines most often abused?
- Why is it dangerous to abuse prescription pain medications?
- What steps can we take to prevent abuse of prescription medications - both in our home and our community?

Prepare for break. Let people know that if they attended another class they have already completed the GetNalaxoneNow training and are welcome to go home. Invite them to the next class!

Break. 10 minutes. This is a good time to make sure computers are set up and ready to go.

GetNalaxoneNow Training Online

Ask if any questions came up over the break. Introduce the Get Nalaxone Now Training. Help everyone get logged in (recommendation: have it pulled up on the large screen and demonstrate how to log on). Walk around and answer questions during the online session.

Closing. At the end of session, answer any questions and thank everyone for attending. Introduce the other upcoming classes and website.

Agenda & Time Line

5 minutes	Welcome and Introductions
10 minutes	Video
30 minutes	Group Reading and Summaries
20 minutes	Group Discussion
10 minutes	Break
40 minutes	Get Nalaxone Now Training
5 minutes	Final questions and goodnight