

# Generation Rx

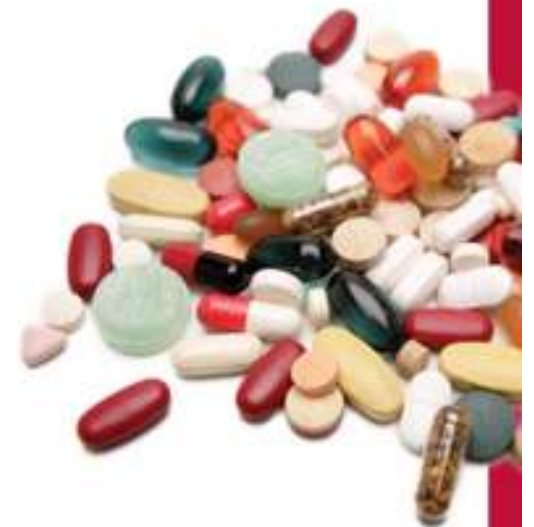
Preventing the Misuse and Abuse  
of Prescription Medications

---

## Presenters

East Tennessee State University  
Gatton College of Pharmacy  
Generation Rx Committee

Fall 2012



**Youth program**

# What is a Prescription Drug Anyway?

- A medication intended to be taken under a doctor's directions and supervision
- If taken inappropriately, these medications can be dangerous



# What About Over-the-Counter (OTC) Drugs?

- A medication obtained without a prescription that can be taken safely by the general population by following the directions on the package
- If taken inappropriately, some of the OTC medications can be dangerous and addictive



# Commonly Abused Products

- Painkillers
  - OxyContin® (oxycodone)
  - Lortab® (hydrocodone)
- Sedatives
  - Xanax® (alprazolam)
  - Valium® (diazepam)
- Stimulants
  - Adderall® (amphetamine salts)
  - Ritalin® (methylphenidate)
- Over-the-Counter Cough Medicines
  - Dextromethorphan (DXM)
  - Nyquil®



# SKIT

## How are people getting them?

- 70% of 12<sup>th</sup> graders in 2011 said that prescription drugs were given to them by or stolen from a friend or relative and that they did not even pay for it!



# Everyone Else is Doing it

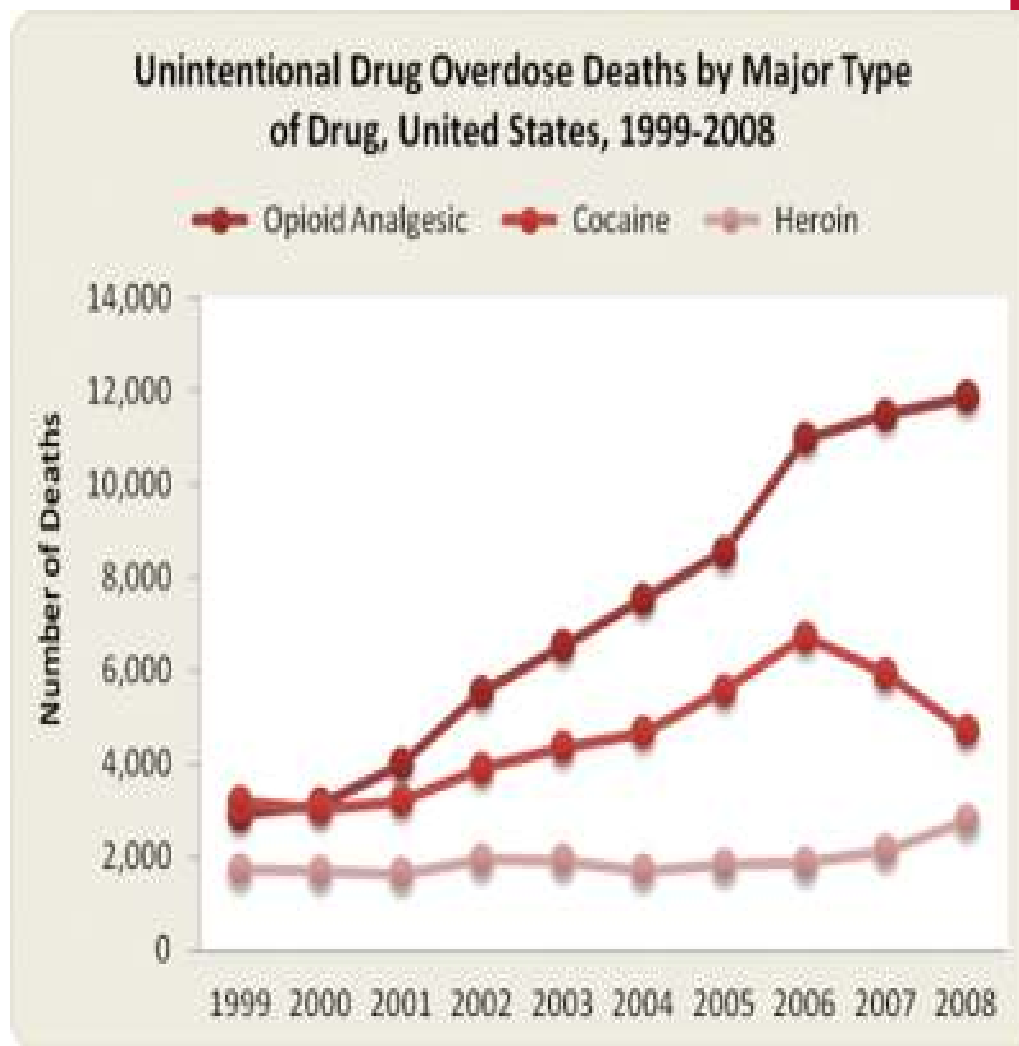


- Not Even Close!
- In 2010, only 2.7% of the population, 12 years of age or older, were current nonmedical users of drugs
- Only 6.2% of 12-17 year olds used a prescription painkiller for nonmedical reasons in the past year



## But Prescription Drugs are Safe, right?

- Actually...
- 1 million emergency room visits in 2009 were due to prescription drug abuse
- More than half of those emergency room visits involved multiple prescription drugs





# Why are Prescriptions Dangerous?

- If you are using a drug which is not for you, the drug can work much differently in your body than for the person for whom it was prescribed
- The wrong prescription, at the wrong dose, for the wrong person, can be the same as taking a poison!



# So When Should You Use a Prescription?

- Prescription drugs are considered safe if given to you by a Doctor and used in the proper way your Doctor or Pharmacist tells you to take them
- It is not safe to use prescription drugs that are not given directly to you
  - Not safe to use your parents' medications
  - Or your siblings
  - Or your friends

**HOMETOWN CLINIC**  
John Doe, M.D.  
Family Practice  
1234 Your Address  
Olympia, WA 98504  
(360) 654-3210  
Fax (360) 654-3211

LIC. # A12345  
DEA # AA7854321  
NPI # 789456123

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_ M.F. \_\_\_\_\_  
**R**

PHARMACY: \_\_\_\_\_  
DATE: \_\_\_\_\_

Substitution Permitted: \_\_\_\_\_ Dispense as Written: \_\_\_\_\_

# What is Addiction?

- Mental and physical dependence on a drug or other substance
  - Cravings
  - Withdrawal
  - Wanting to continue to use a drug even though you know its wrong or bad things can happen to you



# What Can Happen if you Become Addicted?

- Signs of addiction include signs of withdrawal such as:
  - Headaches
  - Nausea
  - Vomiting
  - Hot/cold spells
  - Extreme craving
  - Various other symptoms
- It only takes one time
- Having an addiction to prescription medications can lead to a life of pain and suffering
- It can also lead to death...



# SKIT

# How to Knockout Your Addiction

- Surround yourself with people who care about you
- Don't put yourself in situations where you will be tested
- Get help
  - Don't be ashamed
  - Addiction is powerful and a difficult illness to overcome- so don't go at it alone



## Reasons to Get Help

- You are addicted to a drug
- You suspect a friend is using drugs.
  - Not “tattle-telling”
  - By getting help, you are being a good friend
- You are thinking about using drugs
- Someone has offered you drugs
- Problems with drugs at home





## People Who Can Help

- Parents
- Guidance counselors
- Teachers
- Coaches
- Friends
- Your doctor
- Pastor



# Where Else Can You Find Help?

- Call hotline
  - Local hotline or shelter
  - National Youth Crisis Hotline:  
1-800- 448-4663
  - Alcohol and Drug Abuse Helpline and Treatment: 800-234-0420



# SKIT

# Questions or comments



**Whose prescription is it safe for you to  
take?**

**Whose prescription is it safe for you to  
take?**

Only yours.

Remember taking someone else's  
is dangerous and illegal!

**What should you do if you or a friend is suffering from an addiction?**



**What should you do if you or a friend is suffering from an addiction?**

Seek Help.

Having a good support system is the best way to defeat addiction.

**What are some potential consequences  
of prescriptions drug abuse?**

## **What are some potential consequences of prescriptions drug abuse?**

1. Death or illness
2. Addiction
3. Conflict with friends and family
4. Decline in school performance
5. Legal consequences

**What are some commonly abused products?**

## What are some commonly abused products?

1. Painkillers
2. Sedatives
3. Stimulants
4. OTC Cough and Cold Medicines

**What percent of people were current prescription drug abusers in 2010?**

**What percent of people were current prescription drug abusers in 2010?**

2.7%

Less than 3% is nowhere near the majority of people!



**How many times does it take to become addicted to or be harmed by abusing a prescription drug?**

**How many times does it take to become addicted to or be harmed by abusing a prescription drug?**

It can happen the first time, so don't chance it!

# GenerationRx

Preventing the Misuse and Abuse  
of Prescription Medications

---



Developed by  
The Ohio State University  
College of Pharmacy



This program is made possible  
with a grant from the  
Cardinal Health Foundation



**Youth program**