



Pharmacy
Schools
Programme



GUIDE FOR TEACHERS

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Belfast Healthy Cities is a partnership organisation providing a platform for intersectoral collaboration to improve health and wellbeing for the Belfast population. Belfast has been a leading city within the World Health Organization (WHO) European Healthy Cities Network since 1988. As part of the commitment to deliver the WHO European Healthy Cities Network programmes, Belfast Healthy Cities has been a leader in promoting the concept of health literacy and the 'Draft WHO European roadmap for implementation of health literacy initiatives through the life course' to policymakers in Belfast and across Northern Ireland. A key role for Belfast Healthy Cities is to support partners in the city by providing evidence, capacity building and piloting new approaches and ways of working to improve health and wellbeing and reduce health inequalities.

The Northern Ireland Department of Health Pharmacy Branch are responsible for providing specialist advice on medicines and pharmaceutical issues, for the development of policy relating to medicines. The Pharmacy Schools Programme was developed to support the delivery of the Medicines Optimisation Quality Framework and 'Transforming medication safety in Northern Ireland', which is the Department's strategy to reduce severe avoidable harm from the use of medicines aligned to the World Health Organization Third Global Patient Safety Challenge 'Medication Without Harm'.

Belfast Healthy Cities would like to thank all those who contributed to the research and development of this resource, including Dr Joanna S Dowd, author; Department of Health Pharmacy Branch, ArtsCare, Belfast Health & Social Care Trust, Bunscoil an tSléibhe Dhuibh, CCEA, Clear Pharmacy Banbridge, Community Development and Health Network, Community Pharmacy NI, Department of Finance Innovation Lab, Education Authority, Elmgrove Primary School, Fane Street Primary School, Health and Social Care Board, Libraries NI, National Pharmacy Association, Nettlefield Primary School, Our Lady of Lourdes Primary School, Our Lady's Girls' Primary School, Public Health Agency, Queen's University Belfast, Sacred Heart Boys' Primary School, Seaview Primary School, St. Mary's Primary School, St. Therese of Lisieux Primary School, St. Vincent de Paul Primary School, Ulster University.

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WHAT IS THE PHARMACY SCHOOLS PROGRAMME?

The Pharmacy Schools Programme is designed to promote self-care and awareness of community pharmacy services to treat common childhood ailments, such as common colds, diarrhoea, hay fever, head lice and sore throats, as well as the importance of medication safety using a health literacy approach, for primary school children in Northern Ireland.

WHY IS HEALTH LITERACY CENTRAL TO THE PHARMACY SCHOOLS PROGRAMME?

Health literacy is defined by the World Health Organization as being: “linked to literacy and entails people’s knowledge, motivation and competences to access, understand, appraise and apply health information in order to make judgements and take decisions in everyday life concerning health care, disease prevention and health promotion to maintain or improve quality of life during the life course.”¹

Healthy literacy is a major determinant of health and influences people’s ability to understand health information, navigate the health system, and make informed choices about their health. People with low health literacy are more likely to struggle with understanding labelling, taking medication, have higher rates of hospital admission and more likely to experience problems managing their own health and the health of their families.

Pharmacy Schools Programme takes a children’s health literacy approach to raising awareness of self-care and common childhood ailments, and the role of community pharmacy.

¹ World Health Organization (2013), Health literacy: The solid facts, p.4.

WHICH YEAR GROUP DOES THE PHARMACY SCHOOLS PROGRAMME TARGET?

A lesson plan and resources are available for each year group in primary school, from P1 to P7. Printable resource packs are provided in a pdf for each primary class.

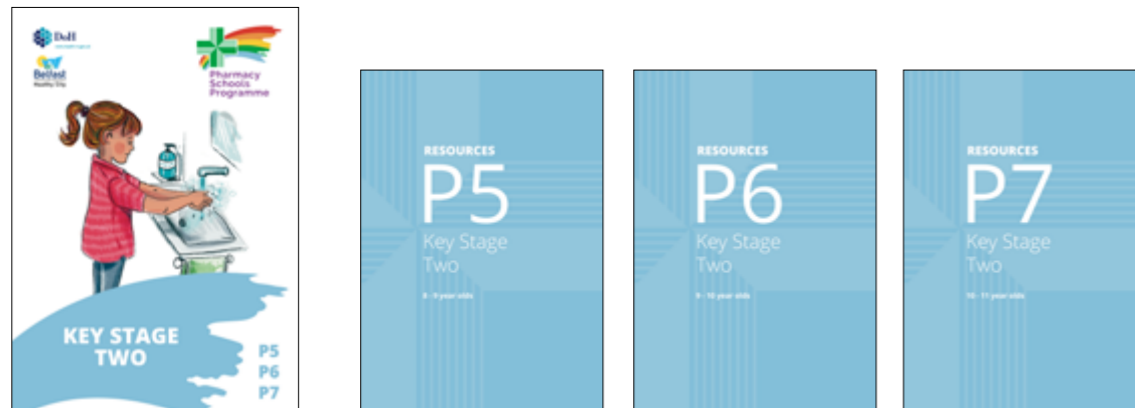
FOUNDATION STAGE - Lessons and Resources P1 and P2



KEY STAGE ONE - Lessons and Resources P3 and P4



KEY STAGE TWO - Lessons and Resources P5, P6 and P7



OVERVIEW OF THE LESSON - P1

P1: Who are health professionals and what Health Services do they provide?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	
A: Matching Health Professionals to Health Services	<ul style="list-style-type: none"> • Picture Cards
B: Let's Talk and Sort Our Health Services	<ul style="list-style-type: none"> • Our Health Services Rainbow • Colouring in Worksheet • Writing and Colouring in Worksheet
C: Medicines Come in Different Shapes and Sizes	<ul style="list-style-type: none"> • Shapes Worksheet • Sizes Worksheet • Colouring in Worksheet
D: Scenarios	<ul style="list-style-type: none"> • Picture Cards • Hay Fever Worksheet • Head Lice Worksheet • Diarrhoea Worksheet • Sore Throat Worksheet
E: Story	<ul style="list-style-type: none"> • Libraries NI
F: Hygiene	<ul style="list-style-type: none"> • Digital Image Worksheet • Illustrated Worksheet
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> • 'How a Pharmacist can help you' PowerPoint • Guide for Teachers



OVERVIEW OF THE LESSON - P2

P2: Who are pharmacists and what do they do?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	
A: The Pharmacy Song	<ul style="list-style-type: none"> • Our Health Services Rainbow • Pharmacy Colouring In Worksheet • The Pharmacy Song and Puppets
B: Exploring the Pharmacy Health Literacy Box	<ul style="list-style-type: none"> • Pharmacy Health Literacy Box Checklist • Photographs • Pharmacy Health Literacy Box Label • Name Badges • Prescription Forms
C: Learning about the role of a community pharmacist	<ul style="list-style-type: none"> • Pharmacist visit to classroom
D: How to stop the spread of germs	<ul style="list-style-type: none"> • ebugs
E: Pharmacy Activity Worksheets	<ul style="list-style-type: none"> • The Pharmacy Colouring In Worksheet • Search and Find at the Pharmacy Worksheet • Keep Well Patterns Worksheet • Know-Check-Ask Worksheet
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> • How a pharmacist can help you" PowerPoint • Guide for Teachers



OVERVIEW OF THE LESSON - P3

P3: What does a Pharmacist do?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	Photos of inside and outside of a pharmacy
A: Learning About Community Pharmacy	<ul style="list-style-type: none"> • Letter template – visit to a local pharmacy • Pharmacy Green Cross • Diary Entry Worksheet
B: Show and Ask: Medicine Rules	<ul style="list-style-type: none"> • Allergy Poster • Allergy Colouring in Worksheet • Keeping Medicines Safe at Home Worksheet
C: Role Play	<ul style="list-style-type: none"> • Know-Check-Ask Poster • Scenario Cards
D: e-Bug Horrid Hands	
E: Pharmacy Worksheets	<ul style="list-style-type: none"> • Puzzle: Words within a Word Worksheets, Self-care and Pharmacist • Working out the time Worksheet
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> • Department of Health's 'Know-Check-Ask' video • 'Pharmacies and Medicines' PowerPoint • Guide for Teachers



OVERVIEW OF THE LESSON - P4

P4: Exploring different Health Services and Common Childhood Ailments?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	Our Health Services Rainbow
A: Sorting	<ul style="list-style-type: none"> Picture Cards
B: Small group work: Introducing Common Childhood Ailments	<ul style="list-style-type: none"> Scenario Pictures
C: Role Play	<ul style="list-style-type: none"> Puppets Colouring In Puppets Worksheets
D: Common Childhood Ailments Card Game	<ul style="list-style-type: none"> Common Childhood Ailments Card Game
E: e-Bug's Super Sneezes	<ul style="list-style-type: none"> The Pharmacy Colouring In Worksheet Search and Find at the Pharmacy Worksheet Keep Well Patterns Worksheet Know-Check-Ask Worksheet
F: Work Search Worksheets	<ul style="list-style-type: none"> Common Childhood Ailments Our Health Services Create Your Own
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> Department of Health's Know-Check-Ask video 'Pharmacies and Medicines' PowerPoint Guide for Teachers



OVERVIEW OF THE LESSON - P5

P5: How can we access and understand health information and services?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	
A: Mapping - Finding Your Local health Services	<ul style="list-style-type: none"> Our Health Services Rainbow
B: Debate	<ul style="list-style-type: none"> Similarities and Differences Worksheet
C: Research - Where Do I Get Reliable Health Advice?	<ul style="list-style-type: none"> Scenario Cards
D: Group Work – Five Moments for Medication Safety	<ul style="list-style-type: none"> WHO Leaflet on Five Moments for Medication Safety
E: Self-Care Quiz- Identify Ways to Treat Five Common Childhood Ailments	<ul style="list-style-type: none"> Scenario Cards Self-Care Quiz Q&As
F: e-Bug's KS2 Hand Hygiene	
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> 'The Role of the Pharmacist' PowerPoint Guide for Teachers



OVERVIEW OF THE LESSON - P6

P6: How can a pharmacist help treat common childhood ailments?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	
A: List and Sort	<ul style="list-style-type: none"> List and Sort Worksheet
B: Medicine Safety: Using the Right Medication in the Right Way	<ul style="list-style-type: none"> Using the right medication in the right way Worksheet
C: Questions to Ask a Pharmacist About Medicines	<ul style="list-style-type: none"> 'What I know about Pharmacists' Worksheet WHO leaflet on Five Moments for Medication Safety
D: Dear Pharmacist	<ul style="list-style-type: none"> Scenario Cards for sore throat and hay fever Dear pharmacist Letter Templates for sore throat and hay fever Letter to a pharmacist examples for sore throat and hay fever Pharmacist responses Worksheets for sore throat and hay fever
E: e-Bug's KS2 Respiratory Hygiene	
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> Department of Health's Know-Check-Ask video 'The Role of the Pharmacist' PowerPoint Guide for Teachers



OVERVIEW OF THE LESSON - P7

P7: How a pharmacist can help?

LEARNING ACTIVITIES	RESOURCES
Preparation Activity	
A: Research	<ul style="list-style-type: none"> Our Health Services Rainbow
B: Medication Safety	<ul style="list-style-type: none"> Five Moments for Medication Safety Poster Allergy Poster
C: Song / cartoon	
Evaluation Shower	
Additional Resources	<ul style="list-style-type: none"> Department of Health's Know-Check-Ask video 'The Role of the Pharmacist' PowerPoint Guide for Teachers



ARE THE LESSONS LINKED TO THE NORTHERN IRELAND CURRICULUM?

Yes, where relevant, the lessons are designed to support the CCEA's Personal Development and Mutual Understanding Living.Learning.Together resource.

CAN I DELIVER THE LESSON OVER A WEEK?

Yes, you can deliver the learning activities for a year group over a week, or within one lesson, whichever would be most beneficial for the class.

DO THE LESSONS FROM ALL YEAR GROUPS NEED TO BE DELIVERED THE SAME WEEK?

Yes, if possible it would be good for the lessons from all year groups to be delivered during the same week, this will ensure the Celebratory Event can take place on the same week for every class in the school or as a whole of school event.

WHAT IS A PHARMACIST?

A pharmacist is an expert in medicine and its use, and has a key role in improving people's health and ensuring patient safety. They study as scientists and clinicians and have a unique set of skills and knowledge. Using this scientific knowledge, a pharmacist can advise patients on how to use their medicines safely and effectively, and work alongside other health professionals to recommend the best medicine for particular conditions and diseases. Some pharmacists can also prescribe medicines independently.

In Northern Ireland, pharmacists work in a range of settings, including:

- Community pharmacies
- GP Practices
- Hospitals
- Industry setting to research, design, develop and test new medicines
- Academia in Queen's University Belfast and Ulster University.

WHAT IS A COMMUNITY PHARMACIST?

The Pharmacy Schools Programme focuses on Community pharmacists, who are the most familiar type of pharmacist and are accessible to the public. Community pharmacists can be found working in pharmacies in cities, towns and villages across Northern Ireland, ranging from small individually owned practices to large multiple owned stores. A community pharmacist's job includes helping patients and the public, assessing their conditions and supporting shared decisions about which medicines are available for people. Community pharmacists are involved in dispensing medicines safely and efficiently and offering people advice and practical help on keeping healthy and managing common ailments, such as hay fever or sore throats. In recent years' community pharmacists are also conducting medication reviews for people with long term conditions such as asthma and diabetes and delivering flu vaccinations. Community pharmacists also support people give up smoking, alter their diets to make them healthier and advise on sexual health matters.

For further information, please see:

NI Direct: <https://www.nidirect.gov.uk/articles/careers-pharmacy#:~:text=As%20a%20community%20pharmacist%20your.practical%20help%20on%20keeping%20healthy>

WHERE ARE COMMUNITY PHARMACIES?

Community pharmacies are 'retail' pharmacies that are found in cities, towns and villages across Northern Ireland, for example, independent pharmacies or multiples such as Boots, Gordons, Medicare and Clear Pharmacy.

WHAT IS SELF-CARE?

Self-care is the behaviour of individuals to make decisions or take action that can help them cope with a health problem or improve their general health and wellbeing, such as seeking information or asking for advice. The WHO defines self-care as referring "to the activities individuals, families and communities undertake with the intention of enhancing health, preventing disease, limiting illness, and restoring health. These activities are derived from knowledge and skills from the pool of both professional and lay experience. They are undertaken by lay people on their own behalf, either separately or in participative collaboration with professionals."²

² World Health Organization (1983), Health Education in Self-Care: Possibilities and Limitations. Report of a Scientific Consultation. Geneva, Switzerland: November 21–25, p.2. Available at: https://apps.who.int/iris/bitstream/handle/10665/70092/HED_84.1.pdf?sequence=1&isAllowed=y

WHAT ARE COMMON AILMENTS?

Common illnesses, otherwise known as common or minor ailments, are part of the self-care continuum. The continuum moves from healthy living, through to common ailments, and includes long term conditions and hospital care. Common ailments are common illnesses that are best treated through self-care at home, sometimes with the support of the pharmacist. Certain common ailments are more common in childhood, such as colds, hay fever and head lice, while other common ailments are more common in adulthood, such as headaches and indigestion.

As part of the Pharmacy Schools Programme Our Health Services Rainbow has been developed to help children understand this continuum of care, from self-care to emergency care, visually represented through the rainbow colours.

WHAT ARE SOME EXAMPLES OF THE MOST COMMON CHILDHOOD AILMENTS?

The Department of Health, Northern Ireland has provided five examples of common childhood ailments in Northern Ireland:

- common cold
- diarrhoea
- hay fever
- head lice
- sore throat

The Pharmacy Schools Programme is based around these five common childhood ailments.

WHAT ARE THE SYMPTOMS OF THE MOST COMMON CHILDHOOD AILMENTS?

COMMON COLDS

Common colds symptoms can come on gradually and can include:

- a blocked or runny nose
- a sore throat
- headaches
- muscles aches
- sneezing
- pressure in your ears and face

Please note symptoms can also include coughs, a raised temperature and loss of taste and smell, but for the Pharmacy Schools Programme, to avoid confusion, try not to mention these three symptoms. If these symptoms are mentioned by a child, they must be acknowledged but the child must be informed if they had these individual symptoms they would need to follow the COVID-19 protocols. For more information on colds see:

<https://www.nhs.uk/conditions/common-cold/>

DIARRHOEA

Diarrhoea is passing looser or more frequent stools than is normal for you.

For more information on diarrhoea see:

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

HAY FEVER

Symptoms of hay fever include:

- sneezing
- a runny or blocked nose
- itchy, red or watery eyes
- pain around your temples and forehead
- headache
- earache
- feeling tired

If you have asthma you might also:

- have a tight feeling in your chest
- be short of breath
- wheeze

Please note symptoms can also include coughs and loss of smell, but for the Pharmacy Schools Programme, to avoid confusion, try not to mention these two symptoms. If these symptoms are mentioned by a child, they must be acknowledged but the child must be informed if they had these individual symptoms they should follow the COVID-19 protocol. For more information on hay fever see: <https://www.nhs.uk/conditions/hay-fever/>

HEAD LICE

Symptoms of head lice are:

- your head can feel itchy and like something is moving in your hair.

The only way to confirm it is head lice is by finding live lice through the use of a detection comb. For more information on head lice see:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

SORE THROAT

Symptoms of a sore throat are:

- a painful throat, often when swallowing
- a dry, scratch throat
- redness in the back of the mouth
- bad breath
- swollen neck glands.

Please note symptoms can also include coughs and a raised temperature for children, but for the Pharmacy Schools Programme, to avoid confusion, try not to mention these two symptoms. If these symptoms are mentioned by a child, they must be acknowledged but the child must be informed if they had these individual symptoms they should follow the COVID-19 protocols. For more information on sore throats see:

<https://www.nhs.uk/conditions/sore-throat/>



IS COVID-19 INCLUDED IN THE PHARMACY SCHOOLS PROGRAMME?

The Pharmacy Schools Programme does not refer to COVID-19 or its related symptoms, namely high temperature, a new continuous cough and loss of sense of smell or taste.

If a child asks about COVID-19 in the lesson, please follow the current Government advice. Please try and focus the conversation on common childhood ailments, rather than COVID-19.

For up-to-date COVID-19 guidance for educational settings please refer to the following websites:

- **Department of Education, Northern Ireland:** <https://www.education-ni.gov.uk/>
- **Public Health Agency:** <https://www.publichealth.hscni.net/>

WHAT IS MEDICATION SAFETY?

Medication Safety ensures that medicines are prescribed, dispensed, administered and monitored safely. Everyone has a role, from health professionals to patients, in medication safety.

Medication Safety is the theme of the WHO's 'Medication Without Harm' Global Patient Safety Challenge, which aims to reduce severe avoidable medication related harm by 50% over a five-year period by improving practices and reducing medication errors. The Department of Health is taking the lead in developing Northern Ireland's response to the WHO challenge, with implementation taken forward in partnership with partners across the health sector and wider society.

For more information on WHO's Medication Without Harm campaign see: <https://www.who.int/initiatives/medication-without-harm>

The Pharmacy Schools Programme focuses on the key messages the Department of Health have suggested to ensure everyone can understand and follow to take medicines safely:

- Know-Check-Ask
- 5 Moments for Medication Safety
- 5 Rights

WHAT IS KNOW-CHECK-ASK?

Know-Check-Ask is part of the 'Medication Without Harm' campaign that highlights that everyone has a role to play in medication safety. The message is simple: before you prescribe, dispense or take medicine make sure you know the medication, check that it is being used in the right way, and ask a health professional if unsure. The three simple steps children, along with their parent or carer can take are:

- **Know** your medication
- **Check** that you are using the right medication in the right way
- **Ask** a health professional, such as a pharmacist, doctor or nurse, if you are not sure.

The concept is that lots of people will require medication at some point in their lives, and by taking these steps it will help to ensure they take their medicines safely.

The Department of Health has adapted the WHO Know-Check-Ask video for a Northern Ireland wide audience and a link is available in the PowerPoints related to pharmacies for each Key Stage. Though part of the video is directed at health professionals, the simple message of 'Know-Check-Ask' will help ensure children take medication safely. To help reinforce the message, you might want to share the video with parents and carers so they can create a discussion with children.

WHAT ARE THE 5 MOMENTS FOR MEDICATION SAFETY?

The 5 moments for Medication Safety is a patient engagement tool developed to support the 'Medication Without Harm' campaign. When taking medicines, it is important to follow the five steps, also known as 5 moments to help reduce the risk of harm associated with the use of medication. The tool aims to engage and empower patients to be involved in their own care and can be used in collaboration with health professionals.

THE 5 MOMENTS ARE:

- Starting a medication
- Taking my medication
- Adding a medication
- Reviewing my medication
- Stopping my medication.

Each 'moment' includes five critical questions. It is by empowering the children to know these five moments and to start asking questions at each moment, that they will start to understand their involvement in ensuring they take their medication safely.

For more information, see: <https://www.who.int/initiatives/medication-without-harm>

WHAT ARE THE FIVE RIGHTS?

The Five Rights (5Rs) is a practical mnemonic used by health professionals to support medication safety when prescribing, dispensing or administering medicines. However, it is useful for everyone to be aware of the five rights. It is particularly important when sharing a household, as in the case of children, as medications can become mixed up and the incorrect dosage or measurement used.

THE FIVE RIGHTS ARE:

- the right patient
- the right medicine
- the right dose
- the right route
- the right time.

INFORMATION ABOUT E-BUG

e-Bug (www.e-bug.eu) is a European wide initiative developed by Public Health England, endorsed by The National Institute for Health and Care Excellence (NICE) and now operational in 27 countries. The programme teaches children and young people about germs (microbes) and antibiotic usage, how microbial infections can spread and the importance of hygiene and vaccine use.

In Northern Ireland, e-Bug has been endorsed by the Department of Health and Department of Education, and its resources are promoted by the Public Health Agency. The learning outcomes have been mapped by the CCEA against the Northern Ireland curriculum.

The Pharmacy Schools Programme has obtained the permission from the Public Health Agency to use the resource in the Programme for Key Stage One and Key Stage Two. Please note e-Bug was developed for use in school pre-COVID-19 and so some activities may require modification based on your school's social distancing guidelines.

For more information, see:

[e-Bug's Covid-19 page](#) with information to support education and childcare settings during the COVID-19 pandemic, including posters and an e-Storybook.

[e-Bug Health Educator Training](#) is a free e-learning guide for educators and members of the community who teach children and young people. The course aims to improve knowledge and confidence to teach children and young people about germs, preventing the spread of infection and antibiotic use in an engaging and age-appropriate way. The course can be used to support parents, carers and educators to teach children using the e-Bug resources.

LIBRARIES NI

Libraries NI has worked with the Pharmacy Schools Programme to advise on suitable storybooks for self-care that are available to borrow from the library. This service is available for all year groups, but particularly for learning activities at Foundation Stage.

This collaboration supports a positive link between schools and libraries, enabling schools to utilise the library service if they do not have the books within their own library, thereby creating no additional costs to the school to deliver the relevant learning activities.

To find the nearest library to your school please check Libraries NI's website:

<https://www.librariesni.org.uk/libraries/>



Belfast Healthy Cities

22/24 Lombard Street
Belfast
BT1 1RD

Tel: 028 9032 8811
www.belfasthealthycities.com
[@belfasthealthy](https://twitter.com/belfasthealthy)

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