

TEACHER SCRIPTED LESSON PLAN

0-10 minutes - INTRODUCTION

Today we are going to be talking about health services in England and Antibiotic Resistance.

The reason for this is that you are now getting older and more independent and it is really important you know what services are available to help you stay healthy. Healthy means both your physical and your mental health!

There is another reason too.

NHS – do you know what this stands for? Hands up to ANSWER

How much do you have to pay to see a doctor? Hands up to ANSWER

Did you know that England is one of the only countries has free healthcare – isn't that awesome?!

In America guess how much the following things cost... (Hands up answers)

A visit to the GP - around 100USD

Emergency operation to take out your appendix -10,000-30,000USD

To have a baby - 30,000USD or 50,000USD if you have a C section!

The other reason we are talking about this today is because the pressures on the NHS are getting bigger and bigger and the worry is that there may not be enough money to keep up with it. Because of advances in medical science people are living much longer than they used to, and there are loads more medications and treatments now compared to 20 or 30 years ago.

The government haven't given the NHS as much money as they need to keep up with this demand, which may mean in future the NHS services are not free. Unfortunately there is a shortage of doctors, nurses and other healthcare staff too. If people don't use the NHS services properly then this problem gets even worse. It's really important that everyone, including you and your families, knows how to use the service properly so we can keep the NHS working and keep it free.

We are also going to talk about a really worrying problem that the world is facing... something called antibiotic resistance. We will come onto why this is so important later in the lesson.

Objectives

1. Know what NHS services are available
2. Know when you should use them
3. Know why it is so important to use antibiotics properly

Before we start it's important that we set out some ground rules.

It's going to be an interactive lesson so it's important that you put your hands up if you want to answer a question or ask something, and that you listen to the person talking. It's important that if you are using examples you mustn't talk

about yourself or give away any names, try using the phrase... “someone I know” if you want to tell the group an example. If you want to ask anything after the lesson then stay behind at the end, and if you need any support then you can always speak to me, any other teachers or the school nurse.

Put up slide showing ‘choose better’ queue.

Take a moment to look at this picture (give some time for them to read and digest). Hopefully you can see that this shows just how important it is to go to the right service. Imagine if it was one of yours or your friend’s grandparents who was very poorly at the back of the queue because there were lots of people in front of them that didn’t need to be there.

10-20 minutes – HEALTH CARE SERVICES

We are going to start with a little challenge! I am going to give you 2 minutes to work with the person next to you. I want you to write down as many different healthcare services that you can think of. This means anywhere that you can get health care or get health advice.

Use a timer, and count down to the end.

After 2 minutes is up ask them to put up their hands if they got at least one – keep hands up in the air if got 2... 3... 4... etc, until only one pair still have hands up – they are the winners! Ask them to read out their list. After they have done this, ask if anyone else thought of anything that wasn’t on their list.

Then have list on powerpoint to put on screen and tell them that you would like to show them your own list.

Go through the list one by one. For the main few services (pharmacy, GP, 111, A&E) ask them if they know when you might go there and what they can do. For the rest of the list, give a brief explanation about what the service is and when it should be used.

Pharmacy – Did you know that pharmacists are trained healthcare professionals? They don’t just sell medicines and plasters! They can give you advice for common minor illnesses like coughs/headaches/diarrhoea and tell you when it would be appropriate to see a doctor.

GP – “What does GP stand for?” hands up question– if you are feeling unwell and it is not an emergency. GPs see any sort of medical problem whether it is physical health or mental health.

111 - if you urgently need medical help or advice but it's not a life-threatening situation. You can also call NHS 111 if you're not sure which NHS service you need.

Put your hands up if you have ever looked on the internet to get medical advice or to find out about a specific medical problem...

Do you think everything you read on the internet is true?

It’s really good that we now have the internet for medical advice, but it’s important to know that a lot of the stuff you read on the internet isn’t true and it can be really scary. So it’s really important to know where to look for good advice... these websites are the best ones to go to for medical advice if you need it.

NHS choices website
Patient UK website

999 – *You should call 999 if someone is seriously ill or injured and their life is at risk. When the operator speaks to you, ask for the ambulance service.*

A&E – What does A&E stand for? (hands up) So when do you think you should go to A&E? *The clue is in the name, you should go to A&E if you have been in an accident or if it is a life threatening emergency*

Walk in centre / urgent care centre – *Look up the local one to the school. These are useful places for minor injuries and also for minor illnesses (non emergencies) if you can't get to your GP surgery.*

Sexual health clinic – *This is the best place to go if you have any worries about sexual health, want to talk about contraception or get free condoms. It is all confidential, which means the doctor or nurse won't tell anyone about you being there or what you have discussed unless they think you or somebody else is at risk of serious harm. They can test for sexually transmitted infections.*

Off the record – *Provides free counselling and other support services to young people between the ages of 10 and 25. They have a really good website for information.*

Welfare staff / Support staff in schools – *most schools have support staff who you can go and talk to if you have any stresses or worries about school work or your health (teachers may want to expand on the support available in school).*

Childline and Samaritans – *You can call them free any time, day or night, about anything that is worrying you. The Childline phone number is 0800 1111 and the Samaritans phone number is 116 123.*

Dentist – *As a young person you are entitled to free dentistry through the NHS*

Project 28 – *This is a service that helps young people up to the age of 18 in BANES who are struggling with drug and alcohol problems.*

FRANK – *This is an organization that provides information and support about drug use. They have an interesting website, and you can also call, email or text them.*

School nurse – *Do you know who your school nurse is? Your school nurses are there to help you if you want to talk about any health problems, especially if it is affecting your work at school. They are specially trained in sexual health and mental health problems and lots of other things.*

Opticians – *As a young person you are entitled to free eye tests through the NHS.*

It's so important you use these services properly; this means the whole NHS works together more efficiently and we can save more lives!

20-30 minutes – HEALTH SCENARIOS

Explain the activity to the group...

Now you know what services are available to you, I am going to check you know when to use them! I am going to read out a scenario and give you some different options about where to go for help. I will then read out each option and you should put up your hand if you think it is the most appropriate place to go to. Some of the scenarios have more than one right answer!

ALTERNATIVE OPTION FOR A SMALL GROUP:

Make signs with the different places on and stick them around the room. Get the students on their feet, read out the scenarios and make them stand by the place that they would go to.

- You are out in Bath and there is a man who collapses. He isn't responding.
 - You should call 999. This is an emergency and you need an ambulance as soon as possible!
- You have had earache for 2 days which is getting worse
 - Probably going to a pharmacy is best. They can advise you if you need to see a doctor or not, and can give you medicines to help you feel better. It would be reasonable to see your GP. It wouldn't be appropriate to go to A&E as it isn't an accident or an emergency.
- You have fallen off a trampoline and have hurt your ankle, you think it might be sprained or broken
 - It would be appropriate to go to A&E (because it was an accident!), or alternatively a minor injuries unit. It would be completely reasonable to call 111 for advice about where to go if you're not sure.
- Cheryl has just got a new boyfriend – it's Liam from one direction! (*may need to update this with the latest celebrity couple!) Where could she go to get checked for sexually transmitted infections?
 - Sexual Health Clinic is the best option because they can do all the necessary tests she needs. These can also be done at a GP surgery if she would prefer to go there. It wouldn't be appropriate to go to A&E as it isn't an emergency.
- It is a Saturday and it hurts when you wee and you are feeling poorly and feverish, you think you might have a wee infection. You would usually go to your GP but they are not open!
 - The best option is to call 111 as they can give you advice over the phone or arrange to see a GP even during night time or at the weekends. It would be reasonable to go to the pharmacy for some advice too. It wouldn't be appropriate to go to A&E unless you were very poorly.
- You have been feeling very down and anxious recently and are finding it hard to concentrate at school.
 - All of these are really good options. There are loads of places you can go for help if you are feeling down or stressed including your GP, school nurse, childline, off the record or 111.

30-35 minutes – VIDEO

Now I am going to show you a short video – it is based on true stories about the reasons people went to A&E! I hope you will agree that these people weren't using the NHS services appropriately.

SHOW NHS CHOOSE BETTER VIDEO

Tie up – So hopefully now you feel confident that you know where to go to get the right help for medical problems you might have.

Does anyone have any questions?

35-40 minutes - ANTIBIOTIC DISCUSSION

We are now going to spend a little bit of time talking about antibiotics.

Recap – no identifiable names, start with 'somebody I know'

HANDS UP ANSWERS:

- What are antibiotics?
 - They are medicines to fight against bacterial infections.
- Has anybody you know taken antibiotics?
- What was it for?
- What illnesses can they be used to treat?
 - They only work against bacterial infections. These can include things like pneumonia, urine infections, meningitis and skin infections. Also occasionally some sore throats, ear infections and coughs are caused by bacteria.
- What illnesses can't they treat?
 - They don't work against viruses. Colds and most sore throats, earaches and coughs are caused by viruses. So most of the time if you have these symptoms you don't need antibiotics as they won't help!
- Have you heard of antibiotic resistance?
- Can anyone tell me what antibiotic resistance is?
 - It is when antibiotics have worked out ways to fight against antibiotics so that antibiotics don't kill them off any more. It happens when antibiotics aren't used correctly.
 - Just think of it like zombies. Let's say you needed to shoot a baddy 10 times to kill them off. If you shot at them 8 times they would be wounded very badly but wouldn't die off, and might become a zombie. The zombies have worked out a way to be even stronger and shooting them with guns doesn't work any more. So they replicate, and before you know it there is a zombie apocalypse! Resistant bacteria are like that. If you were supposed to take 5 days of antibiotics for your ear infection but you stopped after 3 days because you felt better, you might have killed off some of the bacteria, but some might not be quite dead yet. The ones that didn't get killed off will become stronger and replicate and can't be killed off by antibiotics anymore.

- Unfortunately, scientists aren't managing to make new types of antibiotics to keep up with antibiotic resistance. This means that we are starting to get infections that we can't treat with antibiotics at all. This is particularly dangerous for people who are at risk of really serious infections like people needing big operations or people who are having chemotherapy treatment for cancer.
- If things continue like this and antibiotic resistance gets worse, then lots of people will die from infections that we should be able to cure.
- Doctors and other health care professionals are highly trained to know if you need antibiotics or not. That is why it is so important to trust them if they say you don't need antibiotics and listen carefully about how to take antibiotics if you are given them.

40-45 minutes – ANTIBIOTIC GUARDIAN VIDEO

<http://antibioticguardian.com> - watch video – could this go on school website?

Reiterate in own words – so hopefully you have learnt from this video how important it is to trust your doctor about when you do or don't need antibiotics, and if you do have to take them why you need to take the whole course of antibiotics properly.

45-50 minutes – ANTIBIOTIC QUIZ

Before we finish we are going to do a quick quiz to check your understanding about antibiotics.

- Antibiotics can kill viruses
 - FALSE – they only kill bacteria, they don't kill viruses which cause colds, and most sore throats, ear aches and coughs
- You don't need to finish a course of antibiotics if you are feeling better
 - FALSE – if you don't finish the course of antibiotics then you might not kill off all of the bacteria. Taking an antibiotic incorrectly increases the risk of bacteria in your body developing antibiotic resistance. You should always take antibiotics as instructed by the nurse or doctor and ensure you complete the course.
- Left over antibiotics can be saved for a later date
 - FALSE – you shouldn't have any leftover antibiotics if you took them properly! Medicines have a use by date just like food and drink. If you use them later they might not work 100% and therefore cause antibiotic resistance.
- You should not share antibiotics
 - TRUE – each antibiotic that is prescribed is personal to you and specific to your type of infection. Therefore antibiotics taken for one infection, will probably not work for another.
- Taking antibiotics weakens your immune system
 - FALSE – This is a myth, antibiotics do not reduce your ability to fight off future infections. Your body does not become resistant to antibiotics – it is the bacteria that become resistant to antibiotics!

- Washing your hands helps to reduce antibiotic resistance
 - TRUE – Hand washing is the most important thing we can do to prevent the spread of infection. Antibiotic resistant bacteria can spread from person to person just as any other bacteria would. This includes through skin to skin contact and by touching surfaces where bacteria are present.

50-55 minutes

Hope that has been helpful! I'm afraid there is a little bit of homework – which is to show someone at home the antibiotic guardian video we have just watched (?? link on the school website) and make a pledge to be an Antibiotic Guardian.

There is also this website (<http://www.e-bug.eu>) you can visit to learn more about antibiotics and it has loads of fun games to play too (show them the e-bug website if you can).

ANY QUESTIONS?

Background reading resources for teachers

<http://www.who.int/mediacentre/factsheets/fs194/en/>

<http://www.e-bug.eu>

<http://www.nhs.uk/NHSEngland/ARC/Pages/AboutARC.aspx>

<http://antibioticguardian.com>