

# General Leonard Wood Army Community Hospital

Building # 310  
4430 Missouri Avenue  
Fort Leonard Wood, MO 65473

## On-Line Self-Care Program

A collaborative Pharmacy and Community Health Resource Center Program which allows you to get over the counter medications after taking the on-line program and successfully passing the post-test.

Call: (573) 596-0491/0518 for more information or come to room 111 in the hospital.



# OBJECTIVES

- Provide information to our Fort Leonard Wood community which may promote good health practices.
- Identify the use of common medications that are available through the Self-Care Program at General Leonard Wood Army Community Hospital (GLWACH).
- Provide instructions on obtaining over the counter medications.

# **WHAT IS SELF CARE?**

- Your ability to manage minor illness and injury
- Taking care of yourself by living a healthy lifestyle
- Health Promotion, Disease Prevention, and Disease Management
- Making personal decisions about your health and mental care

# Examples of Self Care

- Treatment of minor illnesses such as sore throat
- Reactions to emergencies such as choking
- Seeking early treatment for problems
- Screening for diseases & problems
- Keeping up with immunizations  
(Getting the annual Flu vaccine is the single best way to prevent getting sick with the Flu).
- Care of chronic diseases such as diabetes or asthma

# WHY IS SELF CARE IMPORTANT?

- It provides you with the knowledge and tools to make informed decisions about your health and medical care – *informed medical consumer*.
- It helps prevent or reduce the risk of illness and disease
- It reduces your medical costs and trips to the doctor
- It helps to build a *partnership* with your doctor
- Self care leads to *better health* and can improve your *quality of life*

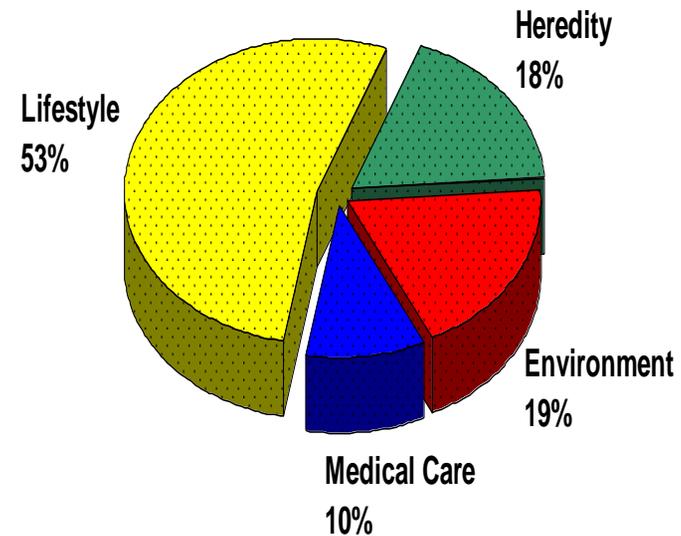
# WHAT AFFECTS YOUR HEALTH?

## ➤ Uncontrollable:

- Race
- Age
- Gender
- Heredity

## ➤ Controllable:

- Lifestyle choices



# **Tips for a Healthy Life**

## **Know Your Body**

- Eating Habits
- Bowel Habits
- Normal Weight
- Emotional State
- Vision Changes, Aches & Pains
- Your normal Vital Signs
- Temperature (96-99 degrees Fahrenheit)
- Heart Rate (60-100 beats per minute)
- Blood Pressure (less than 120/80)
- Skin Exams

## **Get Your Screenings**

- Cholesterol
- Blood Pressure screening
- Breast exams
- Pap smears
- Testicular exams
- Prostate exams
- Mammograms
- Colorectal screening
- Dental exams
- Vision exams

# Tips for a Healthy Life

## ➤ **Know Yourself & Know Your Risks**

- Your parents and ancestors help determine who you are.
- Your own history is a good predictor of your future.
- Being healthy means knowing yourself and knowing what's best for you.

## ➤ **Manage Stress**

Protect your mental and physical health by engaging in healthy activities that help you manage your stress at work and at home.

# Tips for a Healthy Life

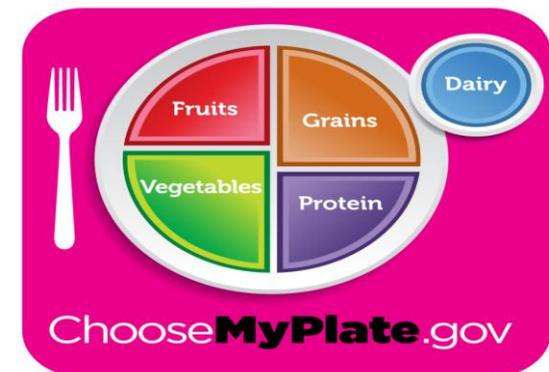
## ➤ **Get Moving!**

- Most American adults (and too many children) do not get enough physical activity to provide health benefits
- Aim for 30 minutes of moderate physical activity on most days of the week.
- Find fun ways to stay in shape and feel good- **walk, swim, dance, martial arts-find out what works 4 U! Make it a family fun day! Walk and Talk Day!**

# Tips for a Healthier Life

## ➤ **Maintain a Healthy Weight**

- At least 30 percent of all U.S. adults (more than 60 million people) over the age of 20 are ***OBESE***.
- Eat better, get regular exercise, and see your health care provider about any health concerns you may have.
- Call GLWACH Nutrition for a 1:1 appointment: (573) 596-1762.



# Tips for a Healthy Life

## ➤ **Be Tobacco Free**

- **Tobacco use is the single most preventable cause of death in the U.S. today.**
- Smoking kills more than 400,000 Americans each year. That's more deaths than AIDS, alcohol, car accidents, murders, suicides, illegal drugs and fires combined. ([www.nhlung.org](http://www.nhlung.org))
- If you smoke, quit today! Ask for help! Call about Our Smoking Cessation Program: (573) 596-0491/0518.)



# Tips for a Healthy Life

- **Alcohol in Moderation- or Not at all**
- For those who choose to drink, health guidelines emphasize moderation: Up to one drink a day for women and up to two drinks for men.
- Never drink and drive or operate a motor vehicle.
  
- **What is one drink?**



# Tips for a Healthy Life

- Wash your hands!!
  - This is one of the best ways of preventing illness
- When do you wash your hands?
  - Before eating
  - After using the bathroom
  - Before and after handling foods, between handling different types of foods (especially after handling raw meats)
- How?
  - Use warm soap and water
  - Be sure to scrub for at least 20 seconds and clean in between fingers and fingernails.

# Did You Know...

- U.S. citizens self-treat medical problems on an average of every three days
- Over 80% of new health problems are treated at home
- The misuse of OTC drugs causes 178,000 hospitalizations a year (CDC)

# Medical Self-Care

**What if you or someone in your family had a minor health problem?**



**What should you do?**

# Conditions You Can Treat

- Allergies
- Fungal infections
- Blisters
- Cough, sinus congestion and sore throat
- Earache
- Headache
- Minor wounds that are not deeply penetrating
- Bug bites

# The Cold and Flu



Accounts for more unnecessary visits than any other problem

Cannot be cured by antibiotics

OTC medications can be used to treat the symptoms while the main problem (virus) is-in most cases-cured by your immune system

# OTC Medications

- A.K.A. **O**ver **T**he **C**ounter medications
- These are medications available without a prescription
- Can still cause problems if not used correctly
- Can have side effects
- Should not be used for an extended period of time without consulting a provider
- Should be kept out of reach of children

# OTC Medications

- Does your Medicine Cabinet look like this?



- Throw away expired, unneeded and excess medicines.
- Store medications neatly in a cool, dry place that is out of children's reach and properly stored.
- Never flush medications down the toilet or drain. Flushing sends them to rivers, lakes and streams causing potential harm to aquatic life and drinking water supplies.

How do you decide which medicine is the right OTC medicine for you?

**Read the *DRUG FACTS* label**

All OTC medicines have a *Drug Facts* label

# Active Ingredients

The part(s) of the medicine that make it work

- What does **Drug Facts** tell us about each Active ingredient?
- The **NAME** of the active ingredient
- **HOW MUCH** is in each pill or teaspoon (2mg)
- **WHAT** it does (its purpose or job)

## Drug Facts

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine

**Uses** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:  
■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

**Warnings**  
Ask a doctor before use if you have  
■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis  
■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

**When using this product**  
■ You may get drowsy ■ avoid alcoholic drinks  
■ alcohol, sedatives, and tranquilizers may increase drowsiness  
■ be careful when driving a motor vehicle or operating machinery  
■ excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.  
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

**Other information** store at 20-25° C (68-77° F) ■ protect from excessive moisture

**Inactive ingredients** D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

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Therapeutic substance in drug

Product type

Symptoms or diseases the drug treats

When not to use this drug, when to stop taking it, when to see a doctor, and possible side effects

Read carefully: how much to take, how often to take it, and when to stop taking it

More information on how to store the drug

Other things in the drug, such as colors or flavorings



# Be Smart: Know How to Read Prescription Labels

If you have any questions about your prescriptions, **ASK** your doctor or pharmacist.

## BE SMART: Know How to Read Prescription Labels

### Prescription Bottle Labels:

The medicine bottle label should show the following information:

- The prescriber's name
- The name, address and phone number of your pharmacy
- The prescription number and the date the prescription was filled
- Your name and address
- Instructions on how to take the medicine
- Medicine name & strength
- Quantity
- Refills
- Expiration date
- Warnings

### Before Taking Medicine:

- Before you take any prescription medicines read the label carefully. Be sure you understand the instructions and follow them exactly. If you know you are allergic to the medicine do not use it. Ask your doctor or pharmacist for a different medicine.



### Sample Label

May Cause Drowsiness  
or Dizziness  
(Warning)

Dr. Kelly Smith (Prescriber's Name)  
Lee's Pharmacy, Somewhere U.S.A. (Name/Address of Pharmacy)  
706-555-1234 (Pharmacy Phone Number)  
Rx#000000 (Prescription Number) 10/12/05 (Fill Date)  
Doe, Jane (Your Name) 55 Somewhere, USA (Your Address)

Take 1 Tablet by mouth every day (Instructions on how to take the medicine)

Atenolol 50 mg. (Name and strength of medicine)  
QTY Y30 (Quantity) Refills: NONE (Number of refills)  
4/14/06 (Expiration Date)



# Measuring Tools For Medicine

- Use the measuring spoon, cup, syringe, or dropper that comes with your medicine. This is the most exact way to measure your dose.
- If your medicine doesn't come with a special measuring tool, ask for one at the pharmacy.
- A household “teaspoon” or “tablespoon” will not hold the correct amount of medicine.
- Make sure the tool can measure the right dose – check the markings on the tool.





# Examples of over-the-counter (OTC medications)

# Non-Steroidal Anti-Inflammatory (NSAIDS)

- Uses: NSAIDs are used primarily to treat inflammation, mild to moderate pain, and fever
- Common Types include: Ibuprofen (Motrin), Aspirin, Naproxen (Aleve)
- Can be used in combination with Acetaminophen (Tylenol) to reduce fever since NSAIDs are a different type

# NSAIDS – Precautions

- Side effects: Use of more than one type of NSAID, combining medications that contain NSAIDs or overuse, can result in stomach upset, stomach ulcers and bleeding
- NSAIDS also reduce blood clotting. Using more than one type of NSAID can greatly increase the risk of bleeding
- Some products such as Excedrin are “combination drugs” in that they contain acetaminophen, aspirin and caffeine. Do **NOT** combine them.

# Antihistamines

- Uses: Temporarily relieves symptoms such as watery eyes, runny nose and sneezing due to hay fever or other upper respiratory allergies
- Common types include: Actifed & Benadryl
- Side effects include: Drowsiness in adults, excitability in children (paradoxical effect). Antihistamines raise blood pressure. Persons with hypertension and glaucoma should consult physician prior to use
- Slight Increase Risk of Heat Injury

# Acetaminophen (Tylenol)

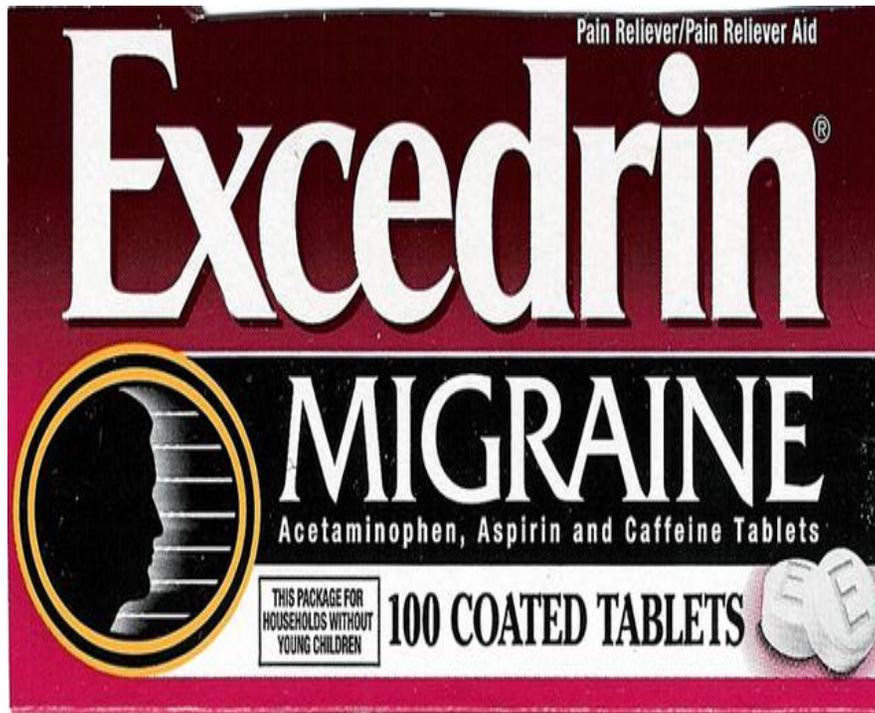
- Uses - Temporarily relieves pain and fever
- Tylenol does not irritate the stomach as NSAIDS may
- Side effects – acetaminophen is processed through the liver, taking too much of this medication or in combination with other medication that contain Tylenol, can be potentially damaging
- As with most other medications, **do not use alcohol** when using acetaminophen.
- Usually the first line treatment for most patients with the common cold to treat pain, etc.

# “Combination Medications”

- Definition: medications with multiple ingredients mixed together usually to relieve common ailments
- Uses: relieves multiple symptoms with one medication (dose)
- Common Types: Tylenol Cold, Dimetapp, Excedrin
- Side Effects: depends on ingredients, similar to side effects of the medications when given separately
- Precaution\*\*\*\*be aware of the ingredients in the combination medications, mixing combination medications with other medications (even if they are single ingredient medications such as Tylenol or Motrin) can lead to an overdose

# Should these be taken together?

## Answer: NO!!!!



### Drug Facts

#### Active ingredients (in each tablet)

Acetaminophen 250 mg  
Aspirin 250 mg  
Caffeine 65 mg

#### Purposes

Pain reliever  
Pain reliever  
Pain reliever aid

**Use** • treats migraine

#### Active ingredient (in each caplet)

Acetaminophen 500 mg.....

#### Purpose

Pain reliever/  
fever reducer

**WARNING: both contain acetaminophen**

# The Self Care Card

- Receive the card after successful completion of this training and quiz.
- Pick the Card up in the CHRC (next to the Pharmacy)
- You can then stop by pharmacy, fill out the Self Care Medication Request form and then pick up to 5 OTC medications (from the list provided), per month, per beneficiary.
- See the following slides for a list of medications provided and an example of the form available at pharmacy

**GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL  
HEALTH PROMOTION SELF CARE & MEDICATION RECONCILIATION**

2. Please circle symptoms/condition and treatment option. \* 5 items per patient per month

Symptom/Condition	Medication Option
Acne	Benzoyl Peroxide 5% gel
Allergies/Running Nose/Sneezing	Benadryl eq 25mg Capsules Claritin 10mg.
Athletes Foot/Ringworm/Jock itch	Clotrimazole Miconazole 2% 1% Cream Cream
Birth Control	Condoms
Cough (productive)	Robitussin eq Syrup
Cough (sore throat)	Cough drops
Congestion/ Post-nasal drip	Phenylephrine (Sudafed PE eq) Afrin Nasal Spray eq
Dry Eyes/irritation/redness/allergy	Artificial Tears Visine Eye Drops
Dry nose	Normal Saline Nose Drops
Dry Skin/Dry Lips	Keri Lotion Chapstick
Earache/ Headache/ Menstrual Cramp Mild muscle Pain/Inflammation/Fever	Ibuprofen 200MG Tab (Motrin eq) Tylenol 325MG Tablet eq Aspirin 325MG Enteric Coated Pain Relieving Rub
Heart burn/gas/stomach pain/nausea Diarrhea/constipation/rectal irritation	Mylanta II Suspension Milk of Magnesia Pepto Bismol 262MG chew Tab eq Gaviscon tablets Simethicone tablets Turns 500mg. Emetrol Liquid Loperamide 2mg Docusate 100mg capsules Glycerin Suppositories Magnesium Citrate Anusol Suppositories/Tucks Pads
Heart protection	Aspirin 81mg Enteric Coated.
Lice treatment	Pyrethrins/Piperonyl (Rid eq)
Poison Ivy/ Oak/Sumac	Hydrocortisone Cream 1%  Calamine Lotion Oatmeal Colloidal Bath
Scrapes/Abrasion/Irritation/Sunburn	Bacitracin Topical. Ointment A & D Ointment Zinc Oxide Ointment After Sun Repair (Aloe w/Lidocaine)
Vaginal yeast infection	Monistat One
Vitamins	Daily Multiple Vitamin
Children/Infant Needs	
Allergies/Running Nose/Sneezing	Benadryl 12.5 MG/5ML Elixir eq
Colic	Mylicon Drops 40MG/0.6ML eq
Pain/Fever	Tylenol 80MG Chewable eq Tylenol 160MG/5ML Elixir eq Tylenol 80MG/0.8ML Infant Drops Motrin 100MG/5MLSuspension Motrin 100mg. Chew tabs



# **Seek Immediate Treatment For:**

- A major injury/illness
- If someone has no pulse or is not breathing or unconscious
- If there is active bleeding
- If the individual is in severe pain
- To treat shortness of breath
- Anytime you are unsure or unclear of symptoms or the medication itself

<http://www.triwest.com/en/beneficiary/tricare-benefits/urgent-care/>

# **Seek Treatment By PCM For:**

- Unexpected rash with fever
- Vomiting & diarrhea for more than a few hours (any age child)
- A cough/cold that's not better in a week, or a cold that gets worse after a few days with a "late" fever
- Ear pain with fever or drainage from ear
- Not drinking fluids for more than 12 hours
- Sharp/persistent pain in the abdomen or stomach
- Unexplained weight loss
- Blood when coughing/blood in urine
- Lump in your breasts or testicles

# **Seek Treatment By PCM For:**

- Seek medical treatment concerning new problem
- Fever above 100.4 degrees F in infant under 3 mo.
- Fever above 102.2 degrees F in baby 3-12 months
- Any fever lasting more than 2 days in child under 2yr
- Any fever lasting more than 3 days in over 2 yr old

# Performance Triad

The three key components that represent the Performance Triad

- Activity
- Nutrition
- Sleep

While each component is important by itself, optimal performance is achieved when all three are addressed simultaneously. By increasing your awareness in these three areas, it is expected that your cognitive and physical performance will improve.

# Ready in 3

- Emergencies can strike anytime
- Tornados, floods, earthquake or even a terrorist attack can change lives
- Preparing today can save lives!!!
- Ready in 3 can help

Ready in 3 is an emergency preparedness program sponsored by the Missouri Department of Health and Senior services. Its focus is on 3 steps you can take to prepare for many kinds of emergencies

# Ready in 3

- 1. Create a plan for you, your family and your pets
- 2. Prepare a kit for your home and car
- 3. Listen for information about what to do and where to go during an actual emergency
- For additional information and resources visit the Ready in 3 website at:  
[WWW.DHSS.MO.GOV/Ready in 3](http://WWW.DHSS.MO.GOV/Ready_in_3)

# OPSS

## Operation Supplement Safety

- Active duty military personnel who buy dietary supplement spend on average of \$100-\$200 per month on products that claim to do everything from growing hair to gaining muscle to losing weight to enhancing libido
- WHY USE THEM, Natural foods are a powerhouse of ingredients that promote all the same effects while also providing antioxidants, high levels of vitamins, minerals proteins and amino acids

# OPSS

## Why it's better to use food instead of supplements

- Supplements are not tested or approved by the FDA prior to market
- Supplements are often unnecessary
- Supplements can be dangerous
- Supplements can be expensive

# OPSS

Before you take supplements, ask yourself:

- What's in it
- Does it work
- Is it safe
- Do I really need it
- Has it been third-party tested

# OPSS Resources

- Human Performance Resource Center

<http://hprc-online.org>

- Choose My Plate

[WWW.choosemyplate.gov](http://www.choosemyplate.gov)

- Dietary Guidelines for Americans

<http://health.gov/dietaryguidelines>

- Office of Dietary Supplements (ODS)

<http://ods.od.nih.gov/>

# In Summary



- Stay well hydrated by drinking lots of fluids – Especially when sick/or with fever
- Use OTC medications only as needed for symptoms you have
- REST
- **If symptoms persist, call a healthcare professional.**
- Seek medical care if you have exceeded your self-care level of comfort



# **OTHER RESOURCES.....**

# Pharmacy Hours

## **PCC/MAIN PHARMACY** 596-0514

- Full Service (New Rx, Refills and self-care)
- Refills will be ready in 48 hours
- 0700-1900 hours (7:00am-7:00pm) Mon-Fri
- 0800-1700 hours (8:00am-5:00pm) Saturday
- Closed one hour for lunch on Saturday

## **PX PHARMACY** 596-0131 extension 6-3234

- Full Service Pharmacy (New Rx, Refills and self-care)
- Refill ready in 48 hours
- 0900-1800 hours (9:00AM-6:00PM) Mon-Fri
- Refills are mandatory call ins - for most Rx's

# Important GLWACH phone numbers

- Ambulance 911
- GLWACH Emergency room 573-596-0456/2155
- Tricare central appointment 866-299-4234
- Poison Control 800-222-1222
- Outpatient pharmacy 573-596-0514
- CHRC Health Promotions 573-596-0491/0518

# **TRICARE ON-LINE**

- **Tricare Online customer service options at <http://www.tricareonline.com/>**
- **Use "calendar view" to make, view and change appointments**
- **Order prescription medication online...**
- **Send/receive Secure Messages with your PCM team**
- **Get Lab and biopsy results online**
- **Make an appointment here: 1-866-299-4234**
- **Call United Healthcare: 1-877-988-9378**
- **Enroll for healthcare here: 1-877-988-WEST (9378)**

- **Did you know? With TRICARE's Nurse Advice line you can access a team of registered nurses 24 hours a day, 7 days a week for advice about your immediate health care needs: 1-800 TRICARE.**



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**Call 1-800-TRICARE (874-2273); Option 1  
24 hours a day, 7 days a week.**

# Behavioral Health Help

- Military One Source.com

Private help 24/7: call 1-800-342-9647

- Behavioral Health Assistance

Active duty service members (ADSMs) and their TRICARE enrolled Family Members can receive assistance in: locating behavioral health providers, scheduling BH appointments.

**Call: 1-573-596-0522**

- For immediate concerns:

If you have a medical emergency, call **911** or contact GLWACHER @ **(573) 596-0456**.

**GET HELP IF you are feeling distressed or hopeless, thinking about death or wanting to die, or concerned about someone you think may be suicidal or harming themselves contact: 911, Military One Source at 1-800-342-9647, or Wounded Warrior and Family Hotline at: 1-800-984-8523.**

# Start the Quiz

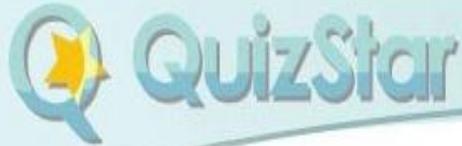
- You may now start the quiz
- Feel free to refer to the slides throughout the quiz
- You must receive a score of 80% or higher to pass
- Once you have your results go to Community Health Resource Center (Room 111) of the hospital to receive your self-care card
- If you have questions, contact CHRC at 573-596-0491/0518

# Test your Knowledge

- Go to: <http://quizstar.4teachers.org>
- Click on: Student Login Page



- Follow the next slides to register, enroll and take the quiz.



students

### Welcome to QuizStar!

#### QuizStar is very easy to use!

- First visit to QuizStar?
1. Sign up
  2. Search for your instructor's classes
  3. Register for classes
  4. Start taking quizzes

- Returning to QuizStar?
1. Login
  2. View quizzes to take
  3. Review previously taken quizzes
  4. Search for additional classes

Download the Student Tutorial  
[.doc file \(1.1MB\)](#)  
[.pdf file \(0.9MB\)](#)



Sign Up

Click Here



Login

Username:

Password:

Submit

[Go back to main page](#)

# Registering

QuizStar students

### Student Registration

Enter your personal information in the form below. If you forget your password, you can contact your instructor to have your password reassigned.

Enter your information

First Name	John	If you are under age 13, type your first name and last initial. Please do not enter any personally identifiable information.
Last Name	Doe	
Username	D2222	Create an unique username to login to QuizStar. (minimum of 3 characters with no spaces)
Create Password	●●●●●●	Use a password that only you will know and remember. (minimum of 5 characters)
Re-type Password:	●●●●●●	

NOTE - Your instructors are able to change your profile information at any time.

Register Cancel

4teachers.org TrackStar | RubiStar | NoteStar | Profiler Pro | More Tools Privacy Policy | Terms of Use | Contact Us | ALTEC

QuizStar copyright © 2000-2008 ALTEC - Advanced Learning Technologies  
Center for Research on Learning at The University of Kansas

- Enter:
- First Name
- Last Name
- Username (example first initial of last name and last four numbers of sponsor's SSN)
- Password of your choice

# Finding The Quiz

The screenshot shows the QuizStar website interface. At the top left is the QuizStar logo. At the top right, the word "students" is displayed. Below the logo, a navigation bar contains "Welcome, Heidi Kelly pro ut" and two buttons: "CLASSES" and "SEARCH". The "SEARCH" button is highlighted in yellow and has an arrow pointing to it from the text "Click Search" on the right. Below the navigation bar, the "Classes" section is visible, with a heading "Classes" and a paragraph explaining that classes are listed below and that users can search for additional classes. Below this is a section titled "How to enroll into a class" which includes a paragraph about searching for classes and a flowchart. The flowchart consists of three boxes: "Search" (Type in a class or quiz name), "Results" (Select the appropriate class.), and "Finished" (Return to your Classes page.), connected by arrows. Below the flowchart is a link "Click here to search a new class". At the bottom of the page, there is a footer with logos for "4teachers.org", "TrackStar", "RubiStar", "NoteStar", "Profiler Pro", and "More Tools", along with links for "Privacy Policy", "Terms of Use", "Contact Us", and "ALTEC". The footer also contains copyright information for QuizStar from 2000-2008, attributed to ALTEC - Advanced Learning Technologies, Center for Research on Learning at The University of Kansas.

Click Search

# Finding The Quiz

Welcome [rofile](#) - [logout](#)

**CLASSES** **SEARCH**

## Class & Quiz Search

The classes for which you have registered are listed below. Each class has its own quizzes. Click on the link to the class page to see which quizzes you need to take or may review. Click on the Search button above to look for additional classes to register for. You cannot remove these classes once you enroll. Your instructor will need to remove you from the class if you are to no longer take its quizzes.

**Search**  
Type in a class or a quiz to look for

**Results**  
Select the class you want to register for

**Finished**  
Find out what you have been registered for, then go to Classes

Class Search		
Class #1: Class Title	<input type="text"/>	<input type="button" value="→"/>
Class #2: Class Title	<input type="text"/>	<input type="button" value="→"/>
Class #3: Class Title	<input type="text"/>	<input type="button" value="→"/>
Class #4: Class Title	<input type="text"/>	<input type="button" value="→"/>
		<input type="button" value="Exact Match"/> <input type="button" value="Keyword Search"/>

Quiz Search		
Quiz #1: Quiz Title	<input type="text" value="GLWACH"/>	<input type="button" value="---&gt;"/>
Quiz #2: Quiz Title	<input type="text"/>	<input type="button" value="---&gt;"/>
		<input type="button" value="Exact Match"/> <input type="button" value="Keyword Search"/>

- Enter under “Quiz Search”
- GLWACH
- Then Click on “Keyword Search”

# Registering For The Quiz

Welcome · [profile](#) - [logout](#)

[CLASSES](#) [SEARCH](#)

[Search for Classes/Quizzes](#) > Results

**Search Results**  
Select the classes you wish to register for then click the Register button. The next screen will confirm your registration status for those classes. If you are not satisfied with these results, click the New Search button to perform a new search.

**Search**  
Type in a class or a quiz to look for

**Results**  
Select the class you want to register for

**Finished**  
Find out what you have been registered for, then go to Classes

[← New Search](#) [Register](#) [Cancel](#)

Select the class, then click Register

**Quiz #1 Results**

Searched: **GLWACH**

<input type="checkbox"/>	Quiz Title	Class Title	Instructor Name Email	Time Class Type
<input type="checkbox"/>	GLWACH Self Care	Self Care	QS_RESEARVED_NULL_VALUE QS_RESEARVED_NULL_VALUE	30 min Public course

1 result(s)

[Register](#) (to top)

[← New Search](#) [Register](#) [Cancel](#)

Select the class, then click Register

Check Box beside  
“GLWACH Self Care”

Click “Register”

# Now You Are Registered

QuizStar students

Welcome • [profile](#) - [logout](#)

[CLASSES](#) [SEARCH](#)

**Finished**  
You have successfully registered for the classes you selected. Some classes require additional validation from the instructor before you can take their quizzes. Proceed to [My Classes](#) to view all of your classes together.

**Search**  
Type in a class or a quiz to look for

**Results**  
Select the class you want to register for

**Finished**  
Find out what you have been registered for, then go to [Classes](#)

**Finished:** You have not selected any class for registration. If you want to register for any class, please select the particular class(es) and register. Some classes require additional validation from the instructor before you can take their quizzes. Proceed to [My Classes](#) to view all of your classes together.

Click Classes

# Almost There

The screenshot shows the QuizStar website interface. At the top left is the QuizStar logo, and at the top right is the word "students". Below the logo, there is a navigation bar with "Welcome, profile - logout" and two buttons: "CLASSES" and "SEARCH". The main content area is titled "Classes" and contains a paragraph of text explaining that classes are listed below and each has its own quizzes. Below this text is a box for "Self Care" with a "time: 30 min" label. Inside this box, there are three rows of information: "1 Untaken Quizzes" with a yellow checkmark icon, "0 Started Quizzes" with a green checkmark icon, and "0 Expired Quizzes" with a red checkmark icon. Below this box is a list of definitions for "Untaken Quizzes", "Started Quizzes", and "Expired Quizzes". At the bottom of the page, there is a footer with the "4teachers.org" logo, a list of tools (TrackStar, RubiStar, NoteStar, Profiler Pro, More Tools), a Privacy Policy link, Terms of Use link, Contact Us link, and ALTEC logo. The footer also contains the text "QuizStar copyright © 2000-2008 ALTEC - Advanced Learning Technologies Center for Research on Learning at The University of Kansas".

students

Welcome, profile - logout

CLASSES SEARCH

## Classes

The classes for which you have registered are listed below. Each class has its own quizzes. Click on the link to the class page to see which quizzes you need to take or review. Click on the Search button above to look for additional classes if you need to enroll in them. You cannot remove these classes once you enroll. Your instructor will need to remove you from the class if you are no longer enrolled.

Self Care time: 30 min

- 1 Untaken Quizzes
- 0 Started Quizzes
- 0 Expired Quizzes

- **Untaken Quizzes** are quizzes that have not yet been taken.
- **Started Quizzes** are quizzes that have been taken but which have attempts remaining and are still available for review.
- **Expired Quizzes** are quizzes which have no remaining attempts or which have reached the deadline, but which are still available for review.

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Center for Research on Learning at The University of Kansas

Click  
"Untaken Quizzes"

# Click Take

The screenshot shows the QuizStar student interface. At the top, the QuizStar logo is on the left and 'students' is on the right. Below the logo, there is a navigation bar with 'Welcome, Billy Bob profile - logout' on the left, and 'CLASSES' and 'SEARCH' buttons on the right. The main content area is titled 'Self Care's Quizzes'. Below the title, there is a paragraph of instructions: 'Make a selection from the list of [Untaken](#), [Started](#) or [Expired](#) Quizzes to [Take](#) or [Review](#) a quiz. If you want further instructions about using this page, go to the [Directions](#) at the bottom of this page.' There are three sections of quizzes: 'Untaken Quizzes', 'Started Quizzes', and 'Completed/Expired Quizzes Quizzes'. Each section has a table with columns for 'Quiz Title (with attempts left)', 'Start Date', 'Due Date', 'Points', 'Scores', 'Take Quiz', and 'Review Quiz'. In the 'Untaken Quizzes' section, there is one quiz titled 'GLWACH Self Care (1)' with 'Always Active' start and due dates, 20 points, and a score of '-'. The 'Take Quiz' button for this quiz is highlighted with a black arrow pointing to it. The 'Review Quiz' button is also visible. The 'Started Quizzes' section shows a message: 'There are no Started Quizzes to take.' The 'Completed/Expired Quizzes Quizzes' section is partially visible at the bottom.

Welcome, Billy Bob [profile](#) - [logout](#)

**CLASSES** **SEARCH**

## Self Care's Quizzes

Make a selection from the list of [Untaken](#), [Started](#) or [Expired](#) Quizzes to [Take](#) or [Review](#) a quiz. If you want further instructions about using this page, go to the [Directions](#) at the bottom of this page.

**Untaken Quizzes** [Help](#)

Quiz Title (with attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
GLWACH Self Care (1)	Always Active	Always Active	20	-	Take	Review

**Started Quizzes** [Help](#)

Quiz Title (with attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
There are no Started Quizzes to take.					Take	Review

**Completed/Expired Quizzes Quizzes** [Help](#)

Quiz Title	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
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