

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*

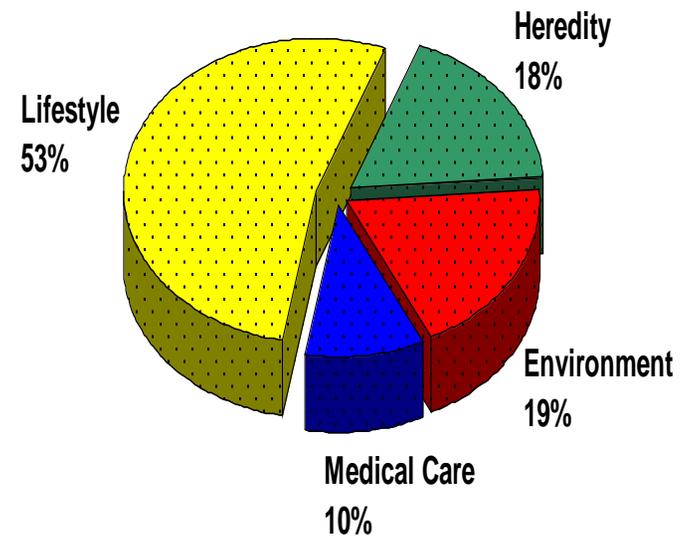
WHAT AFFECTS YOUR HEALTH?

➤ 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.

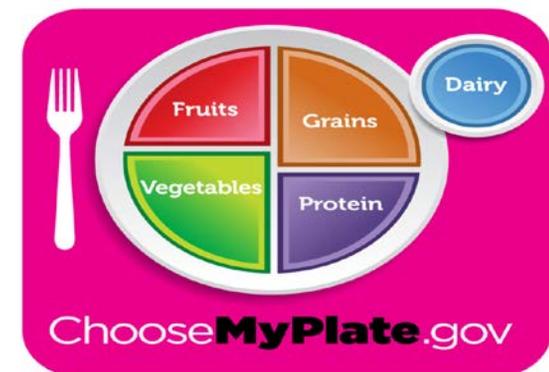
Tips for a Healthy Life

➤ **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)
- 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?

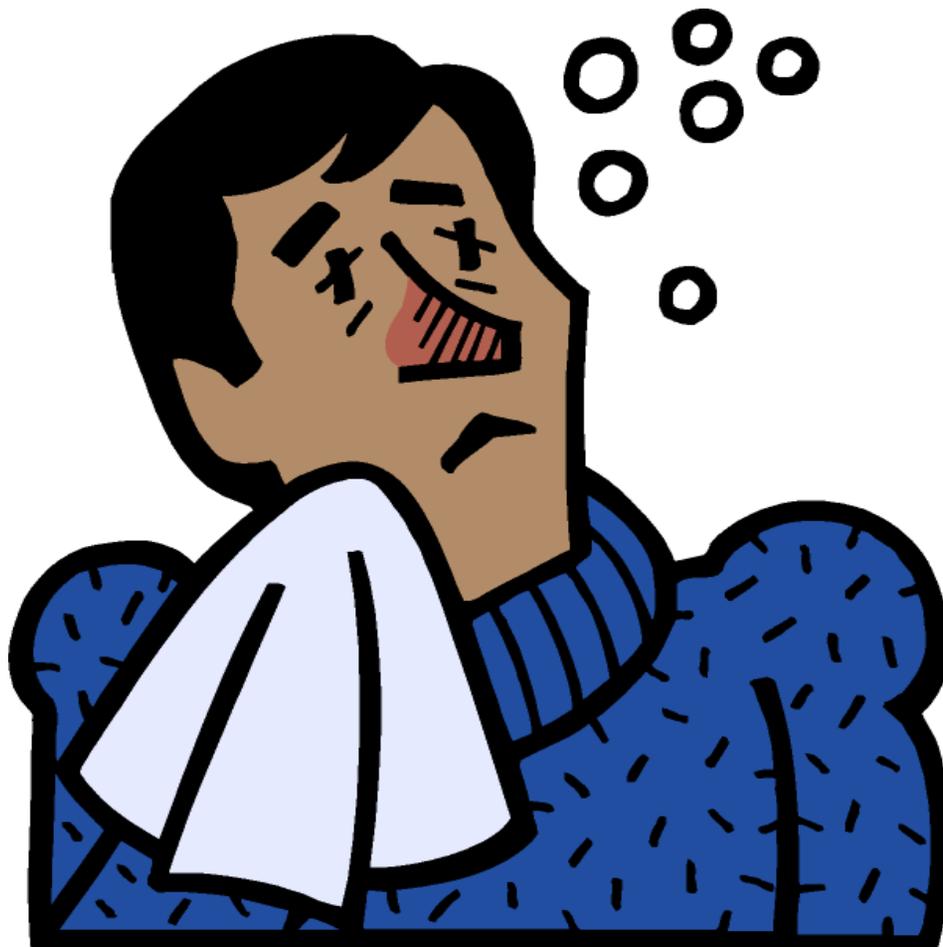


What should you do?

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	

Drug Facts

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

Product type

Symptoms or diseases the drug treats

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 breastfeeding, 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

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

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

Other things in the drug, such as colors or flavorings

Therapeutic substance in drug

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

More information on how to store the drug



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

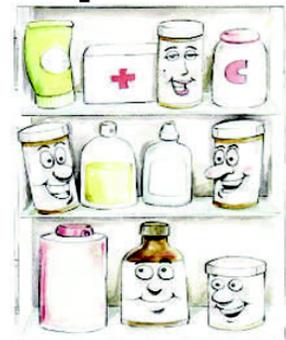
Prescription Bottle Labels:

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)
QTY30 (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)	Purposes
Acetaminophen 250 mg	Pain reliever
Aspirin 250 mg	Pain reliever
Caffeine 65 mg	Pain reliever aid
Use • treats migraine	

Active ingredient (in each caplet)	Purpose
Acetaminophen 500 mg.....	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, then print and bring this form with you to a GLWACH pharmacy (3 items per patient per month).

	Symptoms/Condition	Medication Option	
HP01	Acne	Benzoyl Peroxide 5% gel	
HP02	Allergies/Running Nose/Sneezing	Benadryl eq 25mg Capsules Claritin 10mg	
HP03	Athletes Foot/Ringworm/Jock Itch	Clotrimazole 1% Cream Miconazole 2% Cream	
HP05	Cough (productive)	Robitussin eq Syrup	
HP06	Cough (sore throat)	Cough drops	
HP07	Congestion/ Post-nasal drip	Phenylephrine (Sudafed PE eq) Afrin Nasal Spray eq	
HP08	Dry Eyes/irritation/redness/allergy	Artificial Tears	
HP09	Dry nose	Normal Saline Nose Drops	
HP10	Dry Skin/Dry Lips	Keri Lotion Chapstick	
HP11	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	
HP12	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 Tums 500mg Emetrol Liquid Loperamide 2mg Docusate 100mg capsules Glycerin Suppositories Magnesium Citrate Anusol Suppositories/Tucks Pads	
HP13	Heart protection	Aspirin 81mg Enteric Coated	
HP14	Lice treatment	Pyrethrins/Piperonyl (Rid eq)	
HP15	Poison Ivy/ Oak/Sumac	Hydrocortisone Cream 1% Benadryl Cream eq Calamine Lotion	
HP16	Scrapes/Abrasion/Irritation/Sunburn	Bacitracin Topical Ointment A & D Ointment Zinc Oxide Ointment After Sun Repair (Aloe w/Lidocaine) seasonal	
HP17	Vaginal yeast infection	Tioconazole-1	
HP18	Vitamins Children/Infant Needs	Daily Multiple Vitamin	
HP19	Allergies/Running Nose/Sneezing	Benadryl 12.5 MG/5ML Elixir eq	
HP20	Colic	Mylicon Drops 40MG/0.8ML eq Tylenol 80MG Chewable eq Tylenol 160MG/5ML Elixir eq Motrin 100MG/5ML Suspension Motrin 100mg Chew tabs	

Revised March 2015

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.**



**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.



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 \(0.9MB\)](#)



Login

Username:

Password:

[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

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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 image shows a screenshot of the QuizStar website. At the top left is the QuizStar logo. At the top right, the word "students" is displayed. Below the logo, there is a navigation bar with two buttons: "CLASSES" and "SEARCH". The "SEARCH" button is highlighted in yellow, and an arrow points to it from the text "Click Search" on the right. Below the navigation bar, the text "Welcome, Heidi Kelly" is visible. The main content area is titled "Classes" and contains a paragraph explaining that classes are listed below and that users can click on the "Search" button to find additional classes. Below this is a section titled "How to enroll into a class" which provides instructions on how to search for classes. A flowchart below the instructions shows three steps: "Search" (Type in a class or quiz name), "Results" (Select the appropriate class), and "Finished" (Return to your Classes page). At the bottom of the page, there is a footer with the "4teachers.org" logo, a list of other tools (TrackStar, RubiStar, NoteStar, Profiler Pro, More Tools), and links for Privacy Policy, Terms of Use, Contact Us, and ALTEC. The copyright information for QuizStar is also present.

students

Welcome, Heidi Kelly

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.

How to enroll into a class

Search for classes using a class or quiz title, the instructor, or a keyword. You can look for up to four classes and/or two quizzes in a single search. This saves you time when registering for classes.

Search
Type in a class or quiz name

Results
Select the appropriate class.

Finished
Return to your Classes page.

[Click here to search a new class](#)

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Center for Research on Learning at The University of Kansas

Finding The Quiz

Welcome [profile] - 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	→		→
Class #2:	Class Title	→		→
Class #3:	Class Title	→		→
Class #4:	Class Title	→		→

Search for up to four classes at the same time, then click Search.

Exact Match Keyword Search

Quiz Search

Quiz #1:	Quiz Title	---	GLWACH	---
Quiz #2:	Quiz Title	---		---

Search for up to two quizzes at the same time, then click search.

Exact Match 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

The screenshot shows the QuizStar student interface. At the top left is the QuizStar logo, and at the top right is the word "students". Below the logo is a navigation bar with "Welcome" and "profile - logout" on the left, and "CLASSES" and "SEARCH" on the right. A black arrow points from the text "Click Classes" on the left to the "CLASSES" button. The main content area has a yellow border and contains a "Finished" message: "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." Below this is a flowchart with three boxes: "Search" (Type in a class or a quiz to look for), "Results" (Select the class you want to register for), and "Finished" (Find out what you have been registered for, then go to Classes). The "Finished" box is highlighted in yellow. Below the flowchart is another "Finished" message: "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. In the top right corner, the word "students" is displayed. Below the logo, there is a navigation bar with "Welcome, [username] profile - logout" and two buttons: "CLASSES" and "SEARCH". The main content area is titled "Classes" and contains a paragraph explaining that classes are listed below and each has its own quizzes. Below this is a summary box for "Self Care" with a "time: 30 min" label. The summary box shows three categories: "1 Untaken Quizzes" (with a yellow checkmark icon), "0 Started Quizzes" (with a green checkmark icon), and "0 Expired Quizzes" (with an orange checkmark icon). Below the summary 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, navigation links for "TrackStar | RubiStar | NoteStar | Profiler Pro | More Tools", "Privacy Policy | Terms of Use | Contact Us | ALTEC", and copyright information: "QuizStar copyright © 2000-2008 ALTEC - Advanced Learning Technologies Center for Research on Learning at The University of Kansas".

students

Welcome, [username] 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' and contains 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**: A table with columns for Quiz Title, Start Date, Due Date, Points, Scores, Take Quiz, and Review Quiz. The first row shows 'GLWACH Self Care (1)' with 'Always Active' start and due dates, 20 points, and a score of '-'. The 'Take Quiz' button is highlighted in blue, and a black arrow points to it from the top of the page.
- Started Quizzes**: A table with the same columns. The first row contains the text 'There are no Started Quizzes to take.' The 'Take Quiz' and 'Review Quiz' buttons are disabled.
- Completed/Expired Quizzes Quizzes**: A table with the same columns, currently empty.