

Medication Management

THE CAUSE AND EFFECT GAME

This game is designed for the leader to help the teams during the game and continue to teach the objectives of the lessons. This game is played in two teams: team A and team B. Each team will get five *cause cards* and five *effect cards*. The five cause cards that team A is given should match the five effect cards that team B receives and vice versa. For example, if team A receives number one through five cause cards then team B should receive number one through five effect cards.

To begin: If team A goes first, then they will read one of their cause cards. Team B will then look at their effect cards and suggest a match to the cause card from team A. If they are correct that team receives a point. Team B will then read one of their cause cards and team A will suggest what they think the effect is from their cards. The team with the most points wins.

This may be too advanced for some senior centers. If so, this game can also be done as a group. Pass out the cards randomly. As that the participants read the cause cards aloud and match it with whoever has the effect card.

The leader could also read out the “causes” and ask the participants to say aloud some of the bad “effects” that might happen.

See the cause and effect items on the next page. On the following pages, the cause and effect items are enlarged for you to cut out and use in the game.

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Cause and Effect

1	C	Ms. Smith doesn't know the names of any of her medications.
1	E	<i>The doctor is concerned about possible medication interactions.</i>
2	C	Mr. Long can't read the label on his new blood pressure medication.
2	E	<i>He doesn't know how many times a day to take his medicine.</i>
3	C	Ms. Rogers became sick after taking her new medicine and blamed it on the 5-day-old roast beef she ate at dinner.
3	E	<i>The doctor thought it was food poisoning. Remember it is very important to know and record side effects from your medications.</i>
4	C	Mr. Hodges lost his pillbox and doesn't know when to take his diabetes medicine.
4	E	<i>His blood sugar dropped so low that he had to go to the hospital.</i>
5	C	Ms. Bell hasn't thrown out any of her old medications recently.
5	E	<i>The old antibiotics in the medicine cabinet didn't help her strep throat.</i>
6	C	Mr. Green bought a really large bottle of his new medication (because the cost was a little cheaper for each pill).
6	E	<i>He had no money left to buy his other medications later in the month.</i>
7	C	Mr. Levi took his new medication every day, right after breakfast, along with all his other medications.
7	E	<i>The doctor said the medication wasn't working because it should be taken on an empty stomach.</i>
8	C	Ms. Brown forgot to keep her doctor and laboratory appointments for 2 years.
8	E	<i>She ran out of medicine and became very ill.</i>
9	C	Mr. Cook was taking Coumadin®. Then he started taking aspirin for headaches.
9	E	<i>He cut his finger and it wouldn't stop bleeding.</i>
10	C	Mr. Shore threw his expired/out-of-date medicine into the kitchen wastebasket.
10	E	<i>His cat got very sick one day after church.</i>

Cut these cards out for the game.

1 **C** **Ms. Smith doesn't know the names
of any of her medications.**

1 **E** *The doctor is afraid about medication
interactions.*

2 **C** **Mr. Long can't read the label on his
new blood pressure medication.**

2 **E** *They don't know how many times a
day to take their medicine.*

3 **C** Ms. Roger got sick after taking her new medicine and thought it was the 5-day-old roast beef at dinner.

3 **E** *The doctor thought it was food poisoning. Remember it is very important to know and record side effects from your medications.*

4 **C** Mr. Hodges lost his pillbox and doesn't know when to take his diabetes medicine.

4 **E** *The blood sugar got so low that he/she had to go to the hospital.*

5 **C** **Ms. Bell hasn't thrown out any of
her old medications recently.**

5 **E** *The old antibiotics in the medicine
cabinet didn't help with the strep
throat.*

6 **C** **Mr. Green bought a really large
bottle of his new medication
(because it was a little cheaper for
each pill).**

6 **E** *There was no money left to buy other
medications.*

7 **C** **Mr. Levi took his new medication every day right after breakfast along with all of his other medications.**

7 **E** *The doctor said the medication wasn't working because it should be taken on an empty stomach.*

8 **C** **Ms. Brown forgot to keep her doctor and laboratory appointments for 2 years.**

8 **E** *They ran out of medicine and became very ill.*

9 **C** **Mr. Cook was taking Coumadin©.**
 Then he started taking aspirins for
 headaches.

9 **E** *The finger cut wouldn't stop bleeding.*

10 **C** **Mr. Shore threw his out-dated**
 medicine into the kitchen
 wastebasket.

10 **E** *The cat got very sick one day after*
 church.
