

STUDENT'S WORKSHEET

Reading Competency Task: Pharmacist's Tips for Community Health

Kontekstualisasi Data Resmi:

Berdasarkan data SKI 2023, lebih dari 86% masyarakat Indonesia masih membuang obat yang tidak terpakai/kedaluwarsa langsung ke tempat sampah, yang berpotensi mencemari lingkungan. Selain itu, data BPS 2023 menunjukkan bahwa hampir 80% masyarakat melakukan swamedikasi (pengobatan mandiri). Oleh karena itu, memahami tips dari apoteker sangat penting.

Tautan Video Edukasi:

Sebagai pendukung konteks dan pembelajaran mendalam mengenai pengelolaan obat, siswa dapat menyaksikan video edukasi dari Kementerian Kesehatan tentang langkah-langkah DAGUSIBU (Dapatkan, Gunakan, Simpan, Buang):

[Edukasi DAGUSIBU - YouTube](#)

Teks Prosedur (Tips) dan Tugas Isian Singkat

Bacalah empat teks prosedur (tips) singkat berikut, lalu jawablah 20 pertanyaan di bawahnya dengan **satu kata** (one word) dari teks yang bersangkutan.

Text 1: How to Store Medicines Safely at Home

Storing medicine correctly ensures its effectiveness and safety.

1. Always keep medicines in their original containers with the label intact.
2. Choose a cool, dry place, away from direct sunlight, heat, and moisture.
3. Never store medicines in the bathroom or near the kitchen stove.
4. Check the expiry date regularly and keep them out of reach of children and pets.
5. If a medicine requires refrigeration, do not freeze it unless specifically instructed.

No.	Question (Pertanyaan)	One-Word Answer (Jawaban Satu Kata)
1.	What part of the medicine container should be kept intact?	
2.	What kind of place (opposite of moist) should you choose for storage?	
3.	What common household room should be avoided for medicine storage due to moisture?	
4.	What must you check regularly on the medicine package besides the instructions?	
5.	Who must medicines be kept out of reach of besides pets?	

Text 2: 5 Golden Rules for Safe Self-Medication

1. Before taking any over-the-counter (OTC) medicine, always read the entire leaflet or packaging insert.
2. Ensure the drug is suitable for your symptoms and health condition.
3. Follow the recommended dosage precisely; never take more than the label advises.
4. Do not take multiple medicines with the same active ingredient.
5. If your symptoms persist or worsen after a few days, stop using the medicine and consult a doctor or pharmacist.

No.	Question (Pertanyaan)	One-Word Answer (Jawaban Satu Kata)
6.	What must you always do to the entire leaflet before consuming OTC medicine?	
7.	You must ensure the drug matches your health condition or what?	
8.	What specific quantity recommendation must be followed exactly?	
9.	What specific component should not be duplicated when taking multiple drugs?	
10.	What is the condition of the symptoms that requires consultation with a doctor if it happens?	

Text 3: Tips for Effective Communication with a Pharmacist

A pharmacist is a key member of your healthcare team. When you visit the pharmacy, be prepared to share complete information. Firstly, clearly state the purpose of your visit. Secondly, list all other medicines, supplements, or herbs you are currently taking to prevent drug interactions. Thirdly, tell the pharmacist about any known allergies you have to medicines or foods. Always ask for clarification if you do not understand the dosage instructions or possible side effects.

No.	Question (Pertanyaan)	One-Word Answer (Jawaban Satu Kata)
11.	What is the first thing you should clearly state to the pharmacist?	
12.	What specific natural products must you mention you are taking, besides supplements?	
13.	What health sensitivity issue should you inform the pharmacist about?	
14.	What should you ask for if the instructions are unclear?	
15.	What type of unwanted outcomes must you be aware of?	

Text 4: How to Dispose of Unused and Expired Medicine (DAGUSIBU: Dispose)

Improper disposal, like throwing medicines into the trash or toilet, can contaminate the environment. Before disposal, remove or scratch off all personal information on the label to protect your privacy. You should return expired or unused medicine to a local pharmacy or designated collection point, which are the safest options. If no take-back program is available, mix the medicine with an unappealing substance like used coffee grounds or kitty litter. Seal this mixture in a plastic bag before putting it in the garbage. Never crush tablets or capsules.

No.	Question (Pertanyaan)	One-Word Answer (Jawaban Satu Kata)
16.	What general waste container should be avoided for direct medicine disposal?	
17.	What must you remove from the label before disposal to protect your privacy?	
18.	What is the safest place to take back expired medicines?	
19.	What common household waste can you mix the medicine with besides kitty litter?	
20.	What action (verb) related to the form of tablets must be avoided?	

Bagian Aktivitas Interaktif (Interactive Activity Section)

Aktivitas: Deep Learning & Analisis Konteks

Setelah menyelesaikan tugas membaca 20 soal di atas, jawablah dua pertanyaan refleksi ini untuk mendorong pemahaman mendalam (**Deep Learning**):

1. Analisis Fungsi Sosial Teks:

Jika Anda adalah seorang Apoteker Komunitas yang melihat data BPS (79,74% swamedikasi) dan SKI (86,6% salah buang obat), teks prosedur manakah (Teks 1, 2, 3, atau 4) yang menurut Anda paling mendesak untuk disosialisasikan kepada masyarakat Indonesia saat ini? Jelaskan alasan Anda (dalam Bahasa Inggris, maksimal 3 kalimat).

2. Kaitkan dengan Video:

Video DAGUSIBU yang ditautkan mencakup empat aspek. Tuliskan satu kata dari video (Dapatkan, Gunakan, Simpan, atau Buang) yang tidak dibahas secara eksplisit dalam keempat teks tips di atas. Mengapa aspek tersebut juga penting dalam konteks kefarmasian klinis dan komunitas? (Jawab dalam Bahasa Inggris, maksimal 3 kalimat).