

## **P.6 Science class work Notes Week Four (29/June/2020)**

### **Week 4: Monday 29<sup>th</sup> June 2020.**

#### **Lesson 1: Smoking.**

- This refers to the inhaling of tobacco smoke.

#### **Types of smoking**

##### **Active smoking.**

- This is the inhaling of tobacco smoke from the burning cigarette.

##### **Passive smoking**

- This is the inhaling of tobacco smoke from an active smoker.

#### **Types of smokers**

**Active smoker;** is a person who inhales tobacco smoke directly from burning cigarette

**Passive smoker;** is a person who inhales tobacco smoke from an active smoker

#### **Ways of using tobacco:**

- Chewing the leaves of tobacco.
- By sniffing tobacco powder in the nose.
- By passively smoking
- By actively smoking.

#### **Reasons why some people smoke?**

- To fit in peer groups.
- To pastime
- To feel warm.
- To concentrate at work.

#### **Harmful substances in tobacco.**

1. Nicotine
2. Tar
3. Carbon monoxide

#### **Note:**

- Carbon monoxide is a poisonous gas.
- Nicotine is the addictive drug.
- Tar is the poisonous substance.

#### **Effects of smoking to;**

##### **A: Individual**

1. Causes lung cancer and emphysema
2. Weakens immunity.
3. Worsens respiratory diseases like tuberculosis and asthma.
4. Changes the colour of the teeth, hands and lips.

##### **B: Family**

1. Loss of family income.

2. Children may copy the habit.
3. It encourages passive smoking to family members.

**C: Community.**

1. Smoke pollutes the environment.
2. It may lead to fire accidents.

**How to avoid Smoking**

- Resist peer pressure
- Join good social clubs
- Learn more dangers about smoking.
- Destroy all things connected with smoking.

**Lesson two:**

**What is a drug?**

- A drug is a chemical substance, which when taken increases or slows the normal body functioning.

**Groups/types of drugs:**

- Essential drugs
- Narcotic drugs (drugs of dependence)

**1. Essential drugs:**

- These are drugs that meet people's common health needs.

**Qualities of essential drugs**

1. Are affordable.
2. Are accessible.
3. They are safe if used properly.
4. Are effective if used properly.

**Examples of essential drugs**

- I. Vaccines
- II. bbombo
- III. ARVs
- IV. mululuza
- V. Panadol
- VI. enkejje
- VI. Aspirin
- VII ekigaji

**Groups/types of essential drugs:**

- Laboratory manufactured drugs.
- Traditional drugs.

**a) Laboratory manufacture drugs:**

- These are drugs which are made by chemists in science laboratories.

**Characteristics of laboratory manufactured drugs**

- They are carefully made and tested.
- Their effect on human health is known
- They are packed.
- They are well labeled
- They have expiry and manufactured dates

### **Examples of laboratory manufactured drugs**

- Aspirin
- Chloroquine
- Quinine
- Fansidar
- Panadol
- Mebendazole
- Coartem

### **Lesson three.**

#### **b) Traditional drugs:**

- These are drugs which are part of local culture and are got from plants or animals.

#### **Characteristics of traditional drugs.**

- They do not have clear expiry and manufactory dates.
- Their effect on human health is not known
- They are not well labeled
- They are not well packed.

#### **Examples of traditional drugs**

- Mululuza
- black jack
- Kigajji
- enkejje
- Ebbombo
- kibwankulata

#### **Drug prescription**

- This refers to health worker`s written information on how to use a drug.
- Dosage refers to the amount of drug taken once or regularly over a period of time.

#### **Under dose**

- This is the taking of less drugs than what is prescribed.

#### **Causes**

1. Sharing drugs
2. Self-medication

**Over dose:** this is the taking of more drugs than what is prescribed.

#### **Causes**

1. Self-medication
2. Too much pain
3. Buying drugs from local shops.

#### **Advantages of drug prescription**

- It prevents one from taking a wrong drug
- It prevents over dose and under dose.
- It controls misuse of drugs.

#### **Dangers of taking unprescribed drugs.**

1. Leads to taking over or under dose.

2. You may take a wrong drug
3. You may take fake drugs.

**Factors to consider when giving drugs (prescribing drugs)**

- Patient's age
- Degree of sickness
- Kind of disease the patient is suffering from.
- Patient's body weight

**Safe storage of drugs**

- Drugs should be stored in a clean, cool dry place.
- Drugs should always be kept out of reach of children

**Note:** This is done to prevent poisoning and destroying drugs.

**Lesson four**

**Advantages of proper storage of drugs**

- It prevents drug misuse
- It controls drug poisoning
- It prevents contamination of the drug
- It helps to maintain the life span of the drug

**Dangers of buying drugs from shops**

- They don't have prescription
- Some of the drugs sold might be expired
- Some of the drugs might be fake.

**Drug misuse**

- This is the use of a drug without the health worker's advice

**Ways of misusing drugs.**

1. Sharing drugs
2. Taking unprescribed drugs.
3. Self-medication.

**Causes of drug misuse.**

1. Buying drugs from local shops.
2. Ignorance about drugs
3. Self-medication
4. Too much pain

**Drugs of dependence (Narcotic drugs)**

- These are drugs which cause addiction if taken for a long time.

**Drug dependency**

- This is the condition when a person depends on drugs for normal functioning of the body.

**Drug abuse**

- This is the illegal use of a drug which may be harmful to one's health.

**Common drugs of dependence**

- Marijuana

- Khat or miraa
- Cocaine
- Glue
- Aviation fuel
- Heroin
- Alcohol
- Tobacco
- Paint thinner

### **Lesson five**

#### **Why people abuse drugs**

- To overcome fear
- Due to peer influence
- To keep awake or asleep
- To pastime
- To feel warm
- Gain strength.
- To relax their minds

#### **How do people abuse drugs?**

- By drinking
- By chewing
- By smoking
- By injection

#### **Effects of drugs of dependence to an individual**

- Brain damage
- Loss of appetite
- Insomnia (inability to sleep)
- Job neglect
- Self neglect
- Low immunity to disease

#### **Effects to the family**

- Family neglect
- domestic violence
- Criminal acts like defilement and rape
- Loss of family income
- Child and spouse abuse

#### **Effects to the community**

- It leads to increased accidents
- High crime rates

- Poverty

**Life skills that can help you to avoid drugs**

- Peer resistance
- Self esteem
- Decision making
- Join good social clubs

**END OF TERM ONE**