

附录一：

使用剂量及药物的预防措施

本书提到的药物的作用、剂量和注意事项分述如下：



此部分所提到的药物都依照它们的作用处来分类，例如：所有治疗寄生虫感染的药物都放在「**寄生虫用药**」的标题下。

如果要查药物信息，请查 341 页药物分类表，或药品索引第 345 页，就可查到。

药品表是按照它们的成分名来排列，而不是按照厂牌名，因为成分名称每个地方都一样，厂牌名则各有不同。而且买原成分药品比买厂牌成品更便宜。

有时候原厂的厂牌名会附在成分名之后。在本书，厂牌名是用斜体字开头大写表示，成分是用大粗体字表示。

每一种药都有个空格，让您写上厂牌名及当地最便宜的价格。例如：在您们地区最便宜的四环素（Tetracycline）是 *Terramycin*，您就把它写下来：

Tetracycline (Tetracycline Hcl, oxytetracycline)

名称： Terramycin 价格： 6 颗，10.25 元


但如果您买到原成分药品更便宜，您就写：


名称： Tetracycline 价格： 60 颗，10 元


注意：您的家庭或村庄医药箱不必囊括此处所列的药，因为不同的地方有不同的药品。本处的数据是收集相同作用的药品，而最聪明的是只保存和使用最少种的药品。


一、 剂量资料


常用的比率单位：

1 颗= 

$\frac{1}{2}$ 颗=半颗= 

$1\frac{1}{2}$ 片= 1 片半= 

$\frac{1}{4}$ 片=四分之一片= 

$\frac{1}{8}$ 片=八分之一片（一颗分成八份，其中一份）= 

依照体重决定剂量

在这几页中大部分的剂量都照年龄来算（因此小孩比大人用量少）。但其实用体重来算更准确，这种数据常常注明在括号中。如果您看到：（100毫克/公斤/天）

就表示每天每公斤体重要用 100 毫克的量，也就是说在二十四小时中，每公斤的体重您要给 100 毫克的药。

例如：您要给一位患风湿热，体重 36 公斤的孩子阿斯司灵，风湿热病人使用阿司匹林的剂量是 100 毫克/公斤/天，因此：

$$100 \text{ 毫克} \times 36 = 3600 \text{ 毫克}$$

这个孩子每天必须要吃 3600 毫克阿司匹林，一颗阿司匹林 300 毫克，3600 毫克等于十二颗，因此要给他每天六次每次二颗阿司匹林（或每四小时二颗）。

这是一种计算剂量的方式，要得到更详细的数据请看「如何给药」第八章。

本书给健康照护教导、计划者及当地批发商的注意事项：

本书如用在乡村保健员训练课程或是当地健康照护课程中，其当地药物名称及价格应附加到此书的信息内。

当地批发商可将所填写的药物信息多复印几张（最好包含当地一般或低价格的药品及用品），可让使用者存留。可参考医药箱 23 章 333 页。

二、 药品表（依照出现的顺序排列）

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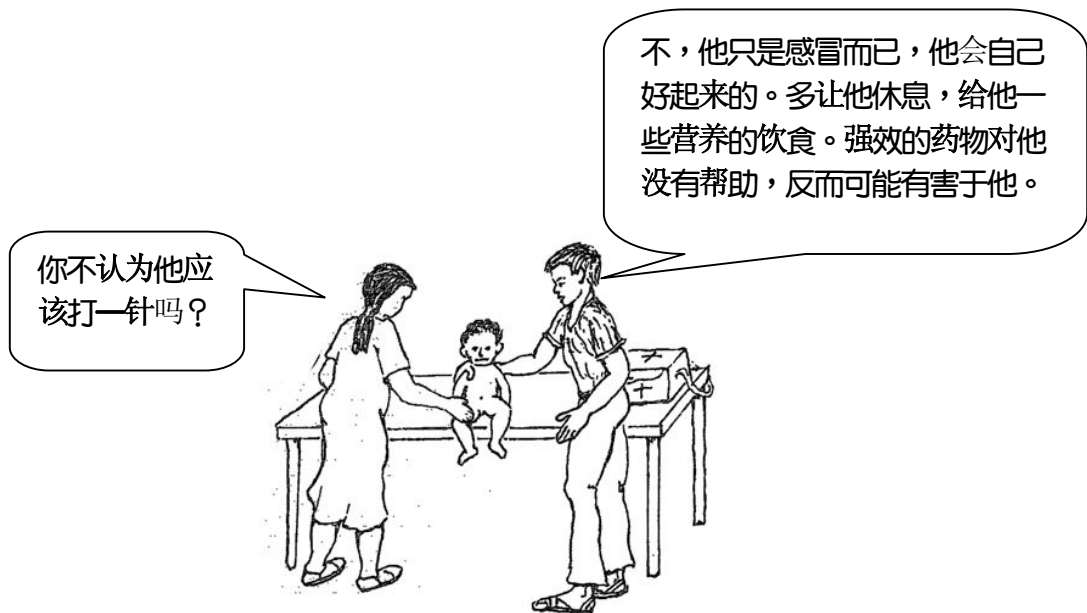
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只在你确定有必要时，才使用药物，
并且在确定如何使用后才使用。

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