

PHM 282E
Nonprescription Pharmacotherapeutics and Self Care I
Fall 2016
Unique: 59190

Course Coordinator:

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Clinical Professor

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Office Hours:

By Appointment

Classroom:

PHR 2.108

Class Time:

10:00 - 10:50 AM on Tuesday and Thursday

Other Faculty:

J. Nile Barnes, Pharm.D.

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Teaching Assistants:

TBA

Course Prerequisites: Admission to the professional pharmacy curriculum.

Course Description: Study of nonprescription products and complementary and alternative medicine as it relates to the patient's ability to care for themselves with emphasis on the pharmacist's consultant role in product selection and nonpharmacologic recommendations.

The purpose of the course is to familiarize pharmacy students with available prescription drug products and to train students on proper selection and pharmacotherapeutic use of those products. At the conclusion of the semester, the student will be able to:

- Assess a patient's condition (including risk factors);
- Select appropriate nonprescription products, complementary and alternative medications, and/or non-drug therapies if indicated;
- Determine possible contraindications and drug interactions;
- Counsel the patient on the proper dosage and use of the product; and,
- Monitor the patient's response to the recommended therapy.

Course Success: Chapter readings from the text are suggested prior to each class. The class session format is a review of the topics with interactive Q&A followed by case studies during which students are expected to be able to apply the reading and lecture material.

Course Learning Objectives: (CAPE Objectives) :

Upon completion of this course sequence, the student will be able to:

Domain 1 - Foundational Knowledge

1.1 Learner (Learner) - Develop, integrate, and apply knowledge from the foundational sciences (i.e., pharmaceutical, social/behavioral/administrative, and clinical sciences) to evaluate the scientific literature, explain drug action, solve therapeutic problems, and advance population health and patient-centered care.

Domain 2 – Essentials for Practice and Care

2.1. Patient-centered care (Caregiver) - Provide patient-centered care as the medication expert (collect and interpret evidence, prioritize, formulate assessments and recommendations, implement, monitor and adjust plans, and document activities).

2.3. Health and wellness (Promoter) - Design prevention, intervention, and educational strategies for individuals and communities to manage chronic disease and improve health and wellness.

Domain 3 - Approach to Practice and Care

3.1. Problem Solving (Problem Solver) – Identify problems; explore and prioritize potential strategies; and design, implement, and evaluate a viable solution.

3.5. Cultural sensitivity (Includer) - Recognize social determinants of health to diminish disparities and inequities in access to quality care.

3.6. Communication (Communicator) – Effectively communicate verbally and nonverbally when interacting with an individual, group, or organization.

Domain 4 – Personal and Professional Development

4.1. Self-awareness (Self-aware) – Examine and reflect on personal knowledge, skills, abilities, beliefs, biases, motivation, and emotions that could enhance or limit personal and professional growth.

4.4. Professionalism (Professional) - Exhibit behaviors and values that are consistent with the trust given to the profession by patients, other healthcare providers, and society.

Attendance:

It is your responsibility to attend class and conduct yourself in a manner respectful to both faculty and fellow students in the classroom.

It is your responsibility to be on time and remain for the entire class period so as not to be inconsiderate of your colleagues in learning, and to fully participate in large/small group case discussion exercises.

If you miss class for any reason, you will be held responsible for all material covered and announcements made in your absence.

Although lecture attendance is neither required nor checked, it is highly encouraged.

Students in the College of Pharmacy are expected to attend all meetings of this course.

Students who do not attend class are inviting scholastic difficulty.

This class is taped using lecture-capturing technology. Audio and projected material presented in class is made available for you to review in Canvas, if there are no technical difficulties.

Although every effort will be taken to keep the system running, UT does not guarantee the availability of these recordings.

Attending class is the only way to insure your viewing of the lectures.

Course and Grading Policies:

The course grade will be calculated as follows:

- Exam 1 = 26% of final grade
- Exam 2 = 26% of final grade
- Exam 3 = 26% of final grade
- Final Exam = 12% of final grade
 - Comprehensive over Exam 1 & 2
- Project = 10% of final grade

Course Grade:

	93-100% = A	90-92% = A-
87-89% = B+	83-86% = B	80-82% = B-
77-79% = C+	73-76% = C	70-72% = C-
67-69% = C-	63-66% = D	60-62% = D-
	0-59% = F	

Exam Period Policies:

- Exam questions will cover learning objectives given at the beginning of each topic.
- Exam questions will include: multiple choice, true/false, fill-in-the-blank, matching, and/or short answer.
- Make-up exams will be administered ONLY in the case of verifiable emergency or serious illness or other excused absence approved in advance by the faculty through student submission of the "Student Request for Alternative Examination Time" form. The form is available on the 5th floor.
- Format of make-up exams may vary from the original exam.
- An unexcused absence from exams will result in a grade of zero for the exam.
- Late arrival for exams (15 minutes after the beginning of the exam or after any students have left the room, whichever comes first) will not be permitted. A grade of zero will be given unless a verifiable emergency has caused the late arrival
- Students will NOT be permitted to leave the room and return once an exam has started unless it is a verifiable emergency. Please take a restroom break before the exam begins. Any other items that might be needed during an exam, such as tissues or water, should be brought into the exam room with the student.
- During the exam, students may have pencils at their desk. ALL other items should be stored in their backpack/bag and placed against the wall at the side or front of the room.
- Students who wear hats are asked to turn them around so that the bill is facing the back of their head.
- Students will return both their original exam and scantron for grading.

Exam Grading: Grading of exam scantrons, along with statistical analysis and review of exam questions, will be the responsibility of the course coordinator, who may choose to grant credit for statistically poor questions.

Exam Return: Original exams are numbered and retained by the instructor. Failure to return the original exam will result in a grade of zero for the exam.

Exams may not be photocopied, photographed or otherwise reproduced. If a student is found to have copied the exam contents in any format, they will receive a zero for the exam and be referred to Student Judicial Services.

Exam Review:

After the exam grading is finalized, students will be given the opportunity to review their exam during specified exam review hours.

Students who choose to do so may submit written reconsideration requests with justification as to their thought process during the exam to the course coordinator during the exam review period.

All reconsideration requests will be held until the exam review days have passed. The instructor responsible for the question will determine to give either full, partial or no credit.

This process may take up to one week to finalize.

Course Website and Communications:

- Accessible only to students registered in the course via Canvas at canvas.utexas.edu.
- UTeid and password required.
- Canvas will contain copies of PowerPoint slide presentations, learning objectives, case studies, readings, the course syllabus, and other course materials.
- Canvas will be used to distribute course materials, communicate and collaborate online, and to post grades.
- Course announcements may be posted in Canvas as an announcement or sent via the Canvas listserv as an email.
- Please keep your email address on the UT computer mainframe current at all times.

Use of Email for Official Correspondence to Students:

- Email is recognized as an official mode of university and course-related information and announcements.
- You are responsible to keep the university informed about changes to your email address.
- You should check your email regularly and frequently to stay current with university-, college- and course-related communications, some of which may be time critical.
- You can find UT Austin's policies and instructions for updating your email address at <http://www.utexas.edu/its/help/utmail/1564>.

Religious Holy Days:

By UT Austin policy, you must notify the instructor of your pending absence at least fourteen (14) days prior to the date of observance of a religious holy day. If you must miss a class, an examination, a work assignment, or a project in order to observe a religious holy day, you will be given an opportunity to complete the missed work within a reasonable time after the absence.

Permission to Miss Class for Attendance at Professional Meetings:

It is the student's responsibility to ASK permission IN ADVANCE if they plan to attend a professional meeting that would necessitate missing an exam, assignment, etc.

It is at the discretion of the instructor as to whether to grant permission and allow the student to make up any missed work.

University of Texas Honor Code:

The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community. The University's Honor Code can be found at:
http://deanofstudents.utexas.edu/sjs/spot_honorcode.php

College of Pharmacy Honor Code:

Students are also expected to uphold the University of Texas College of Pharmacy Honor Code, which is found in the student handbook. Students are expected to uphold the principles of the honor code.

Oath of a Pharmacist: "I promise to devote myself to a lifetime of service to others through the profession of pharmacy. In fulfilling this vow:

- I will consider the welfare of humanity and relief of suffering my primary concerns.
- I will apply my knowledge, experience, and skills to the best of my ability to assure optimal outcomes for my patients.
- I will respect and protect all personal and health information entrusted to me.
- I will accept the lifelong obligation to improve my professional knowledge and competence.
- I will hold myself and my colleagues to the highest principles of our profession's moral, ethical and legal conduct.
- I will embrace and advocate changes that improve patient care.
- I will utilize my knowledge, skills, experiences, and values to prepare the next generation of pharmacists.

I take these vows voluntarily with the full realization of the responsibility with which I am entrusted by the public."

Scholastic Dishonesty:

- Students are expected to work independently on examinations.
- Any student engaging in academic dishonesty will be given an appropriate penalty, including possible failure of the course.
- Any case of academic dishonesty will be reported to the Dean's Office of the College of Pharmacy and to the University Dean of Students, as per University regulations.
- Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University.
- Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced.
- Also, you should refer to the Student Judicial Services website at <http://deanofstudents.utexas.edu/sjs/> to assess the official University policies and procedures on scholastic dishonesty as well as further elaboration on what constitutes scholastic dishonesty.

Common examples of scholastic dishonesty include, but are not limited to, the following:

1. Looking at and copying answers from another student's exam or quiz paper.
2. The use of crib notes or crib sheets.
3. Writing information for testing purposes on concealed paper, desks, skin, clothing or other material.
4. Stealing copies of the exam.
5. Changing answers after the exam period is completed. Use of programmable calculators or computers for concealing information.
6. Talking to another student during an exam or quiz.
7. Any other act which gives a student an unfair advantage on an exam or quiz as compared with classmates.

Redistribution of Class Recordings:

Our classroom is equipped with the Echo360 lecture recording system. These recordings are made available by the University of Texas, and are intended solely for the purpose of review by students currently enrolled in this class. Students utilizing class recordings should be careful to not compromise the privacy of either themselves or other users (<http://registrar.utexas.edu/students/records/ferpa>). Any additional distribution of University- or student-generated recordings (regardless of format) is prohibited without the written and signed permission of the presenter and all students identifiable on the recording.

To watch a recording, find the date for the lecture you want to review in Canvas click on the link and select the version of the recording you want to watch.

Please remember that this service is offered to supplement (not replace) lecture attendance. An issue might arise that could prevent material from being made available in a timely fashion or at all. Although every effort will be taken to keep the system running, UT does not guarantee the availability of these recordings. Attending class is the only way to insure your viewing of the professor's presentation.

You can find additional information about the lecture capture system as well as report technical issues at: <http://sites.la.utexas.edu/lecturecapture/>.

Cell Phones:

- Cell phones should never be heard during class. Out of respect to others in the class, including the instructor, turn them off or to silent prior to the beginning of class.
- Cell phones should not be used during class. Sending or reading text messages during class is unacceptable.
- Penalties for misuse are at the discretion of the instructor.

Laptops:

- Laptops may be used during class for taking notes.
- Sending or reading emails during class is unacceptable.
- Using your laptop for activities other than taking notes causes a disruption to the classroom environment to those around you.
- Penalties for misuse are at the discretion of the instructor.

Behavior Concerns Advice Line (BCAL):

If you are worried about someone who is acting differently, you may use the Behavior Concerns Advice Line to discuss by phone your concerns about another individual's behavior.

This service is provided through a partnership among the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD).

Call 512-232-5050 or visit

<http://www.utexas.edu/safety/bcal>

Qualified Students with Disabilities:

The University of Texas at Austin provides upon request appropriate academic accommodations for qualified students with disabilities.

For more information, contact the Division of Diversity and Community Engagement, Services for Students with Disabilities, 471-6259, <http://diversity.utexas.edu/disability/>.

It is the student's responsibility to inform faculty at the beginning of each semester to arrange for appropriate accommodations when necessary.

Emergency Evacuation Policy:

Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation: Familiarize yourself with all exit doors of the classroom and the building. Remember that the nearest exit door may not be the one you used when you entered the building.

If you require assistance to evacuate, inform me in writing during the first week of class. In the event of an evacuation, follow my instructions or those of the class instructor. Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

Information regarding emergency evacuation routes and emergency procedures can be found at:

www.utexas.edu/emergency .

Campus Carry:

Students should familiarize themselves with the information provided by the University regarding the implementation of "Campus Carry" legislation. You will find an information sheet specifically for students (as well as sheets for parents, visitors, faculty, and staff) at <http://campuscarry.utexas.edu/info-sheets>.

Draft Course Schedule:

Updates or changes to be provided in class and on Canvas.

Lecture Notes:

Course materials will be posted in Canvas at least 24 hours before each lecture.

Textbook: Available online through the UT library.

Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 18th ed., 2015, edited by Daniel Krinsky, et al., published by the APhA 2215 Constitution Avenue NW, Washington, DC 20037.

Date	Topic	Reading
Aug 25	Course Introduction	
Aug 30	Self-Care and Nonprescription Pharmacotherapy; Patient Assessment and Consultation	Chapters 1 & 2
Sept 1	Legal and Regulatory Issues in Self-Care Pharmacy Practice	Chapter 4
Sept 6	Colds and Allergy; Cough	Chapters 11 & 12
Sept 8	Continued	
Sept 13	Continued	
Sept 15	Insomnia, Drowsiness and Fatigue	Chapter 46
Sept 20	Continued	
Sept 22	Nausea and Vomiting	Chapter 19
Sept 27	Continued	
Sept 29	Insect Bites and Stings and Pediculosis	Chapter 36
Oct 4	Exam 1	
Oct 6	Continued	
Oct 11	Fungal Skin Infections	Chapter 41
Oct 13	Anorectal Disorders	Chapter 17
Oct 18	Pinworm Infection; Kidney/Urinary Tract/ Prostate	Chapter 18
Oct 20	Headache; Fever	Chapters 5 & 6
Oct 25	Musculoskeletal Injuries and Disorders	Chapter 7
Oct 27	Disorders Related to Menstruation; Overactive Bladder	Chapter 9
Nov 1	Exam 2	
Nov 3	Vaginal and Vulvovaginal Disorders	Chapter 8
Nov 8	Constipation	Chapter 15
Nov 10	Continued	
Nov 15	Diarrhea	Chapter 16
Nov 17	Heartburn and Dyspepsia	Chapter 13
Nov 22	Gas	Chapter 14
Nov 29	Exam 3	
Dec 1	Developing Cultural Competency for Self-Care (covered on final)	Chapter 3
TBA	Final Exam (Comprehensive over Exams 1 and 2)	

Student Project: Drug Information Exercise

File type and Submission:


The Drug Information Exercise should be saved as a .pdf document and uploaded to Canvas under the "Drug Information Exercise: assignment.

Due Date and Time:

November 11 at 11:59 PM

Format:

For each product, include the following:

Brand Name	All active ingredients and strength per dosage form or	Therapeutic class and use of each ingredient	Directions	Label Image				
Tylenol(R) Extra Strength	Acetaminophen 500 mg/caplet	Pain reliever/fever reducer	www.Tylenol.com <table border="1"><tr><td>adults and children 12 years and over</td><td><ul style="list-style-type: none">take 2 caplets every 6 hours while symptoms lastdo not take more than 6 caplets in 24 hours, unless directed by a doctordo not take for more than 10 days unless directed by a doctor</td></tr><tr><td>children under 12 years</td><td>ask a doctor</td></tr></table>	adults and children 12 years and over	<ul style="list-style-type: none">take 2 caplets every 6 hours while symptoms lastdo not take more than 6 caplets in 24 hours, unless directed by a doctordo not take for more than 10 days unless directed by a doctor	children under 12 years	ask a doctor	
adults and children 12 years and over	<ul style="list-style-type: none">take 2 caplets every 6 hours while symptoms lastdo not take more than 6 caplets in 24 hours, unless directed by a doctordo not take for more than 10 days unless directed by a doctor							
children under 12 years	ask a doctor							

Products:

- Zyrtec(R)
- Claritin(R)
- Delsym(R)
- Mucinex(R)
- Aleve(R)
- Motrin(R)
- Advil(R)
- Imodium A-D(R)
- Tums(R)
- Pepto-Bismol(R)

Additional Information:

- Unless otherwise noted, the student is responsible for the **entire product line** that includes that brand name.
- The best source of information for a given brand name is the manufacturer's website. Please include a citation that indicates where the information was obtained.
- The directions can either be typed out or included as an image from the label (as demonstrated above). They should be written **exactly** as they appear on the label.
- Each product line will be worth a total of 10 points.
- Students are NOT allowed to collaborate on the project. If this occurs, all students involved will receive a zero for the assignment.