



# TEXAS Pharmacy

The University of Texas at Austin  
College of Pharmacy

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**UGS 302**

**Self-Care and OTC Products**

**Fall 2016**

**Unique: 62125**

**Faculty:** W. Renee' Acosta, R.Ph., M.S.

Clinical Professor

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**Office:** PHR 5.112

**Office Hours:** By appointment.

**Classroom:** PHR 3.110

**Class Time:** T/TH 11:00 AM - 12:15 PM

**Academic Assistant:**

**Course Description:** The purpose of this course is to familiarize college students with available nonprescription drug products through: interactive discussions, writing assignments, and group presentations. At the conclusion of the semester, the student will be able to describe how a product becomes available over-the-counter, identify common active ingredients and products used in popular over-the-counter products, identify over-the-counter ingredients that are commonly abused, and analyze advertising used to promote over-the-counter products to the general consumer. Article readings may be assigned and should be read prior to the designated class period. The class session format will be a brief review of the topic with interactive discussion on the topic.

**Attendance and Professionalism:** It is your responsibility to attend class and conduct yourself in a manner respectful to both faculty and fellow students in the classroom. If you miss a class for any reason, you will be held responsible for all material covered and announcements made in your absence.

Attendance is required and will constitute 15% of your final grade. 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 class discussions. Attendance will be taken at the beginning of each class. Points will be deducted for students who are tardy or leave class early without a documented reason.

By UT Austin policy, you must notify the instructor of your pending absence at least fourteen 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.

Participation and professionalism will constitute 15% of your final grade and will be distributed at the end of the course. Professionalism comprises several important traits, particularly collegiality and participation.

1. Collegiality refers to:

- a. Collaborative interaction with your instructor and peers,
- b. Constructive conversation with your peers, and
- c. Mature, respectful attitude and behavior overall.

2. Participation refers to:

- a. consistent involvement in all aspects of class,
- b. meaningful oral and written contributions to examination of course concepts, and
- c. insightful investigation, asking questions as necessary for clarification and edification.

3. Both of the above aspects require regular discussion and attendance. (See attendance policy above.)

Participation grades will be dependent on active participation in classroom discussions and activities. It is the expectation that each student will actively contribute to each class.

**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>.

**Class Policies:** Every student has the right to learn as well as the responsibility not to deprive others of their right to learn.

- You are expected to attend all scheduled class meetings and arrive on time.
- Late arrivals and early departures are very disruptive.
- If you are not able to attend class due to illness, please let me know at least 30 minutes BEFORE class starts via email or voicemail.
- If you have trouble hearing because of distractions around you, quietly ask those responsible for the distractions to stop. If the distractions continue, please let me know.
- No assignment grades will be dropped.
- For every calendar day an assignment is late, 10% will be deducted from the grade on that assignment.
- Cell phones must be turned off or set on silent or vibrate mode.
- iPods and other electronic devices must be turned off and stored.
- Laptops may be used in class only when instructed to do so, and may be used only for class-related activities.
- When others are presenting, you are expected to pay attention to the presentation.
- Students who are working on non-class-related activities during any presentation will be penalized with participation points for that class day.
- Failure to follow class policies will result in a reduction in professionalism and participation points.

**Cell Phones and Laptops:** Students are asked to turn off or mute cell phones during class. Any student found to be using their cell phone during class will be marked absent and asked to leave for the remainder of the class. Laptops may be used for taking note-taking and writing assignments during class. Any student found to be tweeting, posting to Facebook, emailing, surfing the web, or doing any other non-course related activity using their laptop will be marked absent and asked to leave for the remainder of the class, and they will not be allowed to bring their laptop back to class.

In the event that you need to take an emergency phone call during class, please leave the class to answer the phone. It is the student's responsibility to notify the instructor of the emergency prior to leaving class for the day.

**Use of E-Mail for Official Correspondence to Students:** E-mail is recognized as an official mode of university correspondence; therefore, you are responsible for reading your e-mail for university and course-related information and announcements. You are responsible to keep the university informed about changes to your e-mail address. You should check your e-mail regularly and frequently. I recommend you set your notifications in Canvas such that you are informed of any course changes or postings in Canvas in a timely manner. You can find UT Austin's policies and instructions for updating your e-mail address at <http://www.utexas.edu/its/help/utmail/1564>.

**Course and Grading Policies:** The course grade will be calculated as follows:

Attendance = 15%

Participation and Professionalism = 15%

Presentations = 30%

OTC Product Comparison = 50% of presentation grade

Complementary and Alternative Medicine = 50% of presentation grade

Writing Assignments = 40%

Self-care Reflection = 10% of writing grade

Timed writing assignments = 10% of writing grade

Health Conditions and OTC Products = 30% of writing grade

University Lecture Series Reflection = 10% of writing grade

Complementary and Alternative Medicine = 30% of writing grade

Museum Tour Reflections = 10% of writing 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% = D+	63% - 66% = D	60% - 62% = D-
	0% - 59% = F	

**Course Website and Communications:** Accessible only to students registered in the course via Canvas at: [canvas.utexas.edu](http://canvas.utexas.edu). UTEID and password required. Canvas will contain copies of required reading, learning objectives, and course syllabus. The Canvas listserv is the official method for the faculty to communicate with students in this course; please keep your email address on the UT computer mainframe current at all times.

**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](http://deanofstudents.utexas.edu/sjs/spot_honorcode.php)

**Oral Presentations:** Rubric for grading each presentation will be posted in Canvas.

All presentations will be timed. Your audience will consist of your fellow students. Some things to consider as you prepare and practice:

Before your presentation:

- Think through your ideas.
- Select the most important ideas to bring out.
- Decide how to start the presentation. (Hook your audience in.)
- Decide how to end the presentation. (What will they remember?)
- Make notes. (Outline best – not word for word what you plan to say.)
- Practice with a friend and/or in front of a mirror.

During your presentation:

- Be audible.
- Speak slowly.
- If you use visual aids, make them visible to all.
- Maintain eye contact with your audience.
- Do not read your talk.
- Do not look at your visual aids.
- Avoid mannerisms that will distract your audience.
- Stand comfortably.
- Don't forget to breathe.

If you choose to use PowerPoint or Prezi or any other type of presentation using the classroom computer and projector, plan to arrive early to download/open them on the computer. You can use webspaces or a USB drive to bring your presentation to class. After opening the presentation, make sure the projector is on. Make sure the presentation works prior to beginning.

### **Group Presentation: OTC Product Comparison**

- Students will separate into groups of 2, 3 or 4.
- Each group will select two, three or four commonly used over-the-counter products from a single category to compare and contrast.
- Students should compare: dosage form availability, dosing frequency, side effects, cost, marketing/advertising, and other relevant information.
- The presentation should be formatted such that one product is discussed in its' entirety, followed by the next product until all products have been individually presented.. Then, the group should provide a comparison between the products to point out the advantages and disadvantages of using each of the products.
- The presentation should be a minimum of 15 minutes in length, and a maximum of 25 minutes in length.
- Each member of the group should present an equal amount of time.
- Students should prepare a presentation, which must be submitted to the instructor no less than 24 hours prior to the presentation. Note copies of the presentation will be presented to the class by the instructor, if applicable.
- Groups can use other props, skits, videos, etc., as they choose.
- Each group should be prepared to answer questions from the class regarding the products.

Each member of the class (audience) will be asked to fill out a Presentation Evaluation that will be shared with the presenters.

The presentation rubric used for grading purposes by the instructor will be posted in Canvas for review prior to the presentation.

### **Oral Presentation: Complementary and Alternative Medicine**

- Students will present an oral presentation over their CAM paper.
- All of the key points expected in the paper should be discussed.
- See the writing assignment description for further detail.
- Presentation MUST be between 8 and 12 minutes in length.
- The presentation rubric used for grading purposes by the instructor will be posted in Canvas for review prior to the presentation.

**Writing Assignments:** Rubric for grading will be posted in Canvas.

This course carries the Writing Flag. Writing Flag courses are designed to give students experience with writing in an academic discipline. In this class, you can expect to write regularly during the semester, complete substantial writing projects, and receive feedback from your instructor to help you improve your writing. You will also have the opportunity to revise one or more assignments, and to read and discuss your peers' work. You should therefore expect a substantial portion of your grade to come from your written work.

All written papers should be:

- Double-spaced.
- 12 point font.
- Calibri font.
- 1 inch margins.
- Use spell check BEFORE submitting.
- Re-read your assignment BEFORE submitting.
- Include a page number at the bottom center of each page for assignments longer than one page in length.
- Grammar and spelling will BOTH be evaluated and points deducted as necessary. This applies to ALL writing assignments.
- Research papers MUST have a bibliography of AT LEAST 3 references using MLA style.

**Writing Assignment: Self-Care Reflection** (1/2 – 1 page)

Students will write a one-half to one-page reflection on self-care.

The first paragraph should discuss the *student's opinion* of self-care. What is self-care? What does it involve? What does it mean to me?

The second paragraph should discuss at least one change the student plans to make during the next semester that involves self-care. The student may choose more than one thing, but it needs to be a realistic goal.

The third paragraph should discuss why the student has chosen to make the change(s) they have chosen.

At the end of the semester, we will reflect back on what we learned in the course and what changes we have made this semester as well as what changes we plan to make in the future.

**Timed-Writing Assignment: OTC Product Comparison** (1 page each; 2 per semester)

On the assigned days, two groups will present their OTC Product Comparison presentation. At the conclusion of the two presentations, students will be asked to choose one of the presentations to write about. Students will have the remainder of the class period to write a one page paper about why they will or will not purchase the products presented in the selected presentation. For students presenting that day, the presentation of the other group must be selected.

This is NOT an evaluation of the presentation. This paper should reflect the writer's opinion of the products presented based on the presentation. For example, the writer can discuss how they will purchase Product X because they only have to take it once a day, there are no side effects, it is cheaper, etc. The paper can be submitted handwritten or typed on a laptop and posted in Canvas. The paper must be turned in prior to the end of class on the day of the presentation.

**Writing Assignment: Health Conditions and Over-the-Counter Products** (3 – 4 pages)

Students will select a health condition that can be treated with over-the-counter products. The student should research the health condition and provide a summary of the condition. The student should then research the over-the-counter products available for treating the health condition. Health condition: what is it? Who typically suffers from this health condition? What are the common symptoms? OTC products: What type of products are used to treat the health condition? How do they work to treat the health condition? What are the common adverse reactions? How is it taken or used (dose)? How much does it cost per dose or therapy?

References: A minimum of 3. Must be cited within text as well as in bibliography using MLA style.

The purpose of the assignment is to increase the student's awareness of health conditions that can be treated using OTC products, and basic information about the OTC products themselves.



**Writing Assignment: Complementary and Alternative Medicine** (3 – 4 pages)

Students will select one therapy that is considered part of complementary and alternative medicine used in current society. The student should research the product or therapy to determine the history or background, uses, benefits and risks, adverse effects, costs, and other relevant information. References: A minimum of 3. Must be cited within text as well as in bibliography using MLA style.

The purpose of this assignment is to increase the student's understanding of CAM and allow them to assess how it is currently being used.

**Writing Assignment: Museum Tour Reflections** (1/2 - 1 page each; Blanton, Harry Ransom Center, Landmarks, Texas Memorial Museum)

During the second half of the semester, we will complete three museum tours and one campus tour. Upon completion of the tours, students will write a one-half to one page reflection of the tour. Things to consider when writing the reflection: Was this your first visit to the museum? What part of the museum did you particularly enjoy? Was there something that stood out? Will you be going back to the museum? Is there a part of the museum that we did not see that you would like to have seen?

**Writing Assignment: University Lecture Series Reflection** (1 page)

Students will attend one of the approved ULS events during the spring semester. Students will submit a one-page reflection of the event and what they learned. The purpose of this assignment is for the student to reflect on the event and express in writing what they took home from the event.

Events to choose from include:

Monday, September 19, 2016

7-8:15 pm

Topic: Election 2016

Bass Concert Hall

Tuesday, September 20, 2016

7-8 pm

Topic: Research that Changes the World

Bass Concert Hall

If other opportunities become available, they will be posted in Canvas.

If there is a lecture in your college/school or elsewhere on campus that interests you, please email the specifics to the instructor for approval. Non-ULS lectures will be approved on a case by case basis.

Additional information can be found at <http://www.utexas.edu/ugs/uls>

**Writing Center:** Students are strongly encouraged to use the Undergraduate Writing Center, FAC 211, 471-6222: <http://www.uwc.utexas.edu/>). The Undergraduate Writing Center offers free, individualized, expert help with writing for any UT undergraduate, by appointment or on a drop-in basis. Any undergraduate enrolled in a course at UT can visit the UWC for assistance with any writing project. The consultants there work with students from every department on campus, for both academic and non-academic writing. Whether you are writing a lab report, a resume, a term paper, a statement for an application, or your own poetry, UWC consultants will be happy to work with you. Their services are not just for writing that has "problems." Getting feedback from an informed audience is a normal part of a successful writing project. Consultants help students develop strategies to improve their writing. The assistance they provide is intended to foster independence. Each student determines how to use the consultant's advice. The consultants are trained to help you work on your writing in ways that preserve the integrity of your work.

The Sanger Learning Center also provides assistance for students. Information regarding writing specifically can be found at: <https://ugs.utexas.edu/slc/study/writing>

The Sanger Learning Center is located in Jester Center Room A332.

**Writing Flag:** This course carries the Writing Flag. Writing Flag courses are designed to give students experience with writing in an academic discipline. In this class, you can expect to write regularly during the semester, complete substantial writing projects, and receive feedback from your instructor to help you improve your writing. You will also have the opportunity to revise one or more assignments, and you may be asked to read and discuss your peers' work. You should therefore expect a substantial portion of your grade to come from your written work. Writing Flag classes meet the Core Communications objectives of Critical Thinking, Communication, Teamwork, and Personal Responsibility, established by the Texas Higher Education Coordinating Board.

**Scholastic Dishonesty:** Students are expected to uphold the *University Policy of Scholastic Dishonesty* (located in UT General Information Bulletin or at <http://www.utexas.edu/depts/dos/sjs/>) and the *University's Honor Code* (which may be located for your review at <http://www.utexas.edu/about-ut/mission-core-purpose-honor-code>) and 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 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 [deanofstudents.utexas.edu/sjs/](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 necessarily limited to the following:

- Copying answers from another student's exam or homework
- The use of crib notes or crib sheets
- Writing notes or information for testing purposes on concealed pieces of paper, desktops, your skin, your clothing, or any other material
- Stealing copies of the exam
- Changing answers after the quiz period is completed
- Use of a programmable or alphanumeric calculator
- Talking to another student during an exam
- Any other act which gives a student an unfair advantage on an exam compared with his/her classmates

**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>

**University Gems:** This semester we will visit the following places on the UT campus as a class:

Blanton Museum of Art

Harry Ransom Humanities Research Center

Landmarks Tour

Forty Acres Pharmacy, University Health Services; Student Services Building

Texas Memorial Museum

**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.

**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 Office of the Dean of Students at 471-6259, 471-4641 TTY (ddce.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.

**Plagiarism:** Plagiarism is scholastic dishonesty. Changing a few words here and there does not prevent plagiarism. As a rule of thumb, consider five or more consecutive words from any printed or recorded work that is not included in quotation marks as plagiarism. If plagiarism occurs, you will receive a zero for the assignment. Refer to [http://deanofstudents.utexas.edu/sjs/scholdis\\_what\\_is.php](http://deanofstudents.utexas.edu/sjs/scholdis_what_is.php) for information regarding proper referencing, citations, style manuals and avoidance of plagiarism.

# Draft Course Schedule

Date	Topic
August 25	Course Introduction
August 30	Introduction to OTCs
September 1	OTC Advertising and Marketing; <b>Self-Care Reflection Due at 11 AM</b>
September 6	<i>Writing in Process (confirmed)</i> ; Undergraduate Writing Center speaker
September 8	OTC Products
September 13	OTC Products
September 15	Library Services (confirmed) Meet in PCL Learning Lab 2
September 20	OTC Products
September 22	<i>Landmarks Tour (confirmed)</i>
September 27	Sleep Smart (requested*); <b>Outline and Bibliography for Health Condition and OTC Product Paper due at 11 AM</b>
September 29	Blanton Museum tour (confirmed)
October 4	Eat Smart, Live Well (requested*)
October 6	Forty Acres Pharmacy Tour (requested); <b>Rough Draft of Health Condition and OTC Product Paper Due at 11 AM</b>
October 11	Complementary and Alternative Medicine
October 13	Rec Sports (requested)
October 18	Be That One Suicide Prevention Workshop (confirmed); <b>Health Condition and OTC Product Paper Due at 11 AM</b>
October 20	Library Services (confirmed) Meet in PCL Learning Lab 3
October 25	No Class - Group Work Day; <b>Outline and Bibliography for CAM paper due at 11 AM</b>
October 27	<b>Group Presentations I</b>
November 1	<b>Group Presentations II</b>
November 3	Harry Ransom Center Tour (confirmed); <b>Rough Draft of CAM Paper due at 11 AM</b>
November 8	Behind the Counter Products
November 10	Texas Memorial Museum (confirmed)
November 15	<b>CAM Presentations; CAM Paper due at 11 AM</b>
November 17	<b>CAM Presentations</b>
November 22	No Class
November 29	Rec Sports (requested)
December 1	Semester in Review