PHM 282E
Nonprescription Pharmacotherapeutics and Self-Care I
Fall 2019

Course Coordinator: W. Renee’ Acosta, R.Ph., M.S.
Pronouns: she/her/hers
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Office: PHR 5.112
Office Hours: By appointment

Course Unique Number: 57645

Classroom(s): PHR 2.108

Class Days/Times: 10:00 – 10:50 AM on Tuesday and Thursday

Course Faculty: Richard Ray Espinosa, Pharm.D.
Email: respinos@austincc.edu
Course Information

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 pharmacists’ 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 course 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 Prerequisites:
Admission to the professional pharmacy curriculum.

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.

Course Success:
Chapter readings from the textbook 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 the lecture material. Attendance and active participation in class discussions will provide students with the opportunity to seek clarification and readily apply the material.

Course Website:
This course uses Canvas, a Web-based course management system in which a password-protected site is created for each course. Canvas will be used to distribute course materials, to communicate, and to post grades. Canvas is available at http://canvas.utexas.edu. Support is provided by the ITS Help Desk at 475-9400 Monday through Friday 8 am to 6 pm.

Course Communications:
Official course communications will take place in class, through e-mail and on the course Canvas website. Students are advised to configure their Canvas settings to forward course announcements to their official e-mail address. Canvas uses only the e-mail address listed on the official University of Texas directory, so please check the University’s online directory to ensure your e-mail address is listed correctly.

Course Video Recordings:
A video capture system will be used in this course. The video streams are offered as a supplement to lecture attendance, not as a substitute. Therefore, if technical problems preclude recording the lecture, the lecture will not be re-recorded, but students are still responsible for the content of the lecture. Lecture recordings will be available to you for the balance of the semester unless otherwise specified. Do not expect to have access after the semester is over.

Faculty and students utilizing class video recordings should be careful to not compromise the privacy of either themselves or other users (http://registrar.utexas.edu/students/records/ferpa), or the rights of the presenter. Students are free to make their own recordings of lectures unless specifically prohibited from doing so by the presenter. Any additional distribution of College- or student-generated recordings (regardless of format) is prohibited without the written and signed permission of the presenter and students identifiable on the recording. Likewise, all course materials developed by the faculty member (handouts, PowerPoints, etc.) are the intellectual property of that faculty member and cannot be distributed further without the permission of that faculty member.

Viewing video-streamed recordings of lectures can be streamed on campus or can be viewed off-campus using a DSL broadband connection. Your faculty are not in a position to troubleshoot your video-streaming problems, so please do not ask them to do so; rather, you should access the LRC’s
help website at https://www.utexas.edu/pharmacy/help/ to address those problems. You will find additional information about the lecture capture system or can report technical issues at http://sites.utexas.edu/phr-lrc/
Course Policies

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

- Exam 1 = 20% of final grade
- Exam 2 = 25% of final grade
- Exam 3 = 30% of final grade
- Final Exam = 15% of final grade
- In class quizzes = 10% of final grade

Course Grade:
Letter grades will be assigned according to the following scale:

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>92.50 – 100%</td>
<td>A</td>
</tr>
<tr>
<td>89.50 – 92.49%</td>
<td>A-</td>
</tr>
<tr>
<td>86.50 – 89.49%</td>
<td>B+</td>
</tr>
<tr>
<td>82.50 – 86.49%</td>
<td>B</td>
</tr>
<tr>
<td>79.50 – 82.49%</td>
<td>B-</td>
</tr>
<tr>
<td>76.50 – 79.49%</td>
<td>C+</td>
</tr>
<tr>
<td>72.50 – 76.49%</td>
<td>C</td>
</tr>
<tr>
<td>69.50 – 72.49%</td>
<td>C-</td>
</tr>
<tr>
<td>66.50 – 69.49%</td>
<td>D+</td>
</tr>
<tr>
<td>62.50 – 66.49%</td>
<td>D</td>
</tr>
<tr>
<td>59.50 – 62.49%</td>
<td>D-</td>
</tr>
<tr>
<td>0 – 59.49%</td>
<td>F</td>
</tr>
</tbody>
</table>

Assignments:
- Exam 1 will cover content from the first day of class until the class period immediately preceding the exam, unless otherwise stated in class.
- Exam 2 will cover content from Exam 1 until the class period immediately preceding the exam, unless otherwise stated in class.
- Exam 3 will cover content from Exam 2 until the class period immediately preceding the exam, unless otherwise stated in class.
- Final exam will be comprehensive over content from Exams 1 and 2 and any new material covered after Exam 3.
- In class quizzes will be unannounced. The quizzes will be timed and taken in Canvas®. Students must be present to take the quiz. Students who are not present in the classroom but show the quiz taken in Canvas® will receive a zero on the quiz and a referral for academic dishonesty. Students may drop their lowest quiz grade.

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.

**Excused Absences:**
The only absences that will be considered excused are for religious holy days or extenuating circumstances due to an emergency. If you plan to miss class due to observance of a religious holiday, please let the course coordinator know at least two weeks in advance, preferably at the beginning of the semester. You will not be penalized for this absence, although you will still be responsible for any work you will miss on that day if applicable. Check with the course coordinator for details or arrangements.

**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, or other required course activity. It is at the discretion of the course coordinator as to whether to grant permission and allow the student to make up any missed work.

**Required Materials:**

If trouble accessing, please visit: [https://guides.lib.utexas.edu/pharmacy](https://guides.lib.utexas.edu/pharmacy).

**Recommended Materials:**
None.

**Classroom Expectations:**

**Cell Phones:** Cell phones must be put away during class.

**Laptops:** Laptop computer use during class is strictly limited to viewing lecture handouts and taking notes.
Exam Policies

**ExamSoft®:**
Students are responsible for the maintenance of their approved personal devices and Examplify® software. Students are required to bring approved personal devices and privacy screens for all exam and indicated assignments. Lack of preparation may result in an inability to take the exam, adjustments to course grades at the discretion of course coordinators, and/or an unprofessional conduct referral.

Any problems with Examplify® or ExamSoft® should be addressed via phone to Student Tech Support at 866.429.8889, email to support@examsoft.com, or live chat at www.examsoft.com. Do not expect your faculty to troubleshoot your technology issues.

Students found improperly using ExamSoft® or Examplify® to gain unfair academic advantage are violating the College of Pharmacy Honor Code. Violations such as “academic dishonesty” and/or “professional misconduct” would include, but are not limited to using a classmate’s login/password, tampering with exam files, and falsifying upload or download information, or any attempt to circumvent the security features of the software.

Students should refer to the ExamSoft® Policies Handbook for a complete listing of policies related to exams, quizzes and assignments.

**Exam Format:**
Exam questions will cover learning objectives given at the beginning of each topic. Exam questions may include: multiple choice, true/false, fill-in-the-blank, matching and/or short answer.

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

**Exam Return:**
No examinations will be returned. Exam scores will be posted on the course Canvas site.

**Exam Review:**
- Students will have the opportunity to review exams during the regularly scheduled exam review period for P2 students during the week immediately following the exam.
- Students will be able to review all items.
- Students will be able to see rationales provided by the question author.
- Students will have 30 minutes to review the exam.
- Students scoring less than a 70 on the exam are required to attend the exam review and complete the exam autopsy.

**Exam Reconsideration Requests:**
- If during the exam a student finds a potential problem with a question (no correct answer, multiple correct answers, question about a topic excluded by the instructor, etc.), they may
note this in the comment section associated with the question during the exam.

- At the exam review session, the student can write a reconsideration request on a provided form. Before leaving the room, the student must turn in their reconsideration request form and show the proctor that they have logged out of Examplify®.
- Reconsideration requests should include a rationale for why the student chose their answer and why they did not choose all other available answer options. The information should walk the faculty member through the student’s thought process as they took the exam.
- Students will be notified via Canvas when final exam grades, including reconsideration requests, have been posted.

**Final Exam Review of Old Exams:**
Old exams will be not available for review prior to the final. Students should attend the review sessions for the individual exams during the semester.

**Final Exam Re-Examination Policy:**
There is no final exam reconsideration requests or re-examinations allowed for this course.

**Request for an Alternate Exam Time:**
*No allowances will be made for an exam being missed, other than documented illness or emergency, or by prior approval by the Course Coordinator.* An unexcused absence from an exam may result in a grade of "zero" for that exam. Any student requesting accommodation for an upcoming exam must submit the request to the course coordinator using the online form posted on Canvas® at least one month prior to the exam.

Note the new policy that an alternate exam time will be considered *only* if the student documents that they can’t be physically present on the date the exam is already scheduled.\(^1\)

**Academic Integrity:**
Students who violate University rules on academic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. See College Policies and Information, and University Policies and Information for more details.

**Religious Holy Days**
If you will miss a class, an examination, a work assignment or a project in order to observe a religious holy day, you must notify the course coordinator the first week of class so that arrangements for all such students can be made for the full semester.

**Services for Students with Disabilities:**
Students with disabilities may request appropriate academic accommodations from the Division of Diversity and Community Engagement, Services for Students with Disabilities at 471-6259 (voice) or 232-2937 (video phone) or [https://diversity.utexas.edu/disability/](https://diversity.utexas.edu/disability/). All University rules concerning accommodations must be followed, including the student arranging for special accommodations *prior to each examination*. In the absence of such prearrangement, it will be assumed that the student is not requesting special accommodations for that exam, and will be expected to take the exam with the rest of the class at the regularly scheduled exam time.
Please provide a copy of the letter to the course coordinator and the office of the Associate Dean for Academic Affairs as soon as possible after receipt.
# Course Schedule

The schedule below is a draft and subject to change. Updates or changes to be provided in class or Canvas®.

Lecture materials will be posted in Canvas at least 24 hours in advance.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapter Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 29</td>
<td>Course Introduction</td>
<td></td>
</tr>
<tr>
<td>September 3</td>
<td>Self-Care and Nonprescription Pharmacotherapy; Patient Care Process in Self-Care; Exploring Cultural Aspects of Care</td>
<td>1, 2 &amp; 3</td>
</tr>
<tr>
<td>September 5</td>
<td>Legal and Regulatory Issues in Self-Care Pharmacy Practice</td>
<td>4</td>
</tr>
<tr>
<td>September 10</td>
<td>Colds and Allergy; Cough</td>
<td>11 &amp; 12</td>
</tr>
<tr>
<td>September 12</td>
<td>Continued</td>
<td></td>
</tr>
<tr>
<td>September 17</td>
<td>Continued</td>
<td></td>
</tr>
<tr>
<td>September 19</td>
<td>Insomnia, Drowsiness and Fatigue</td>
<td>46</td>
</tr>
<tr>
<td>September 24</td>
<td>Exam 1</td>
<td></td>
</tr>
<tr>
<td>September 26</td>
<td>Insomnia, Drowsiness and Fatigue (continued)</td>
<td>46</td>
</tr>
<tr>
<td>October 1</td>
<td>Headache; Fever</td>
<td>5 &amp; 6</td>
</tr>
<tr>
<td>October 3</td>
<td>Continued</td>
<td></td>
</tr>
<tr>
<td>October 8</td>
<td>Musculoskeletal Injuries and Disorders</td>
<td>7</td>
</tr>
<tr>
<td>October 10</td>
<td>Disorders Related to Menstruation</td>
<td>9</td>
</tr>
<tr>
<td>October 15</td>
<td>Vaginal and Vulvovaginal Disorders</td>
<td>8</td>
</tr>
<tr>
<td>October 17</td>
<td>Continued</td>
<td></td>
</tr>
<tr>
<td>October 22</td>
<td>Fungal Skin Infections</td>
<td>42</td>
</tr>
<tr>
<td>October 24</td>
<td>Exam 2</td>
<td></td>
</tr>
<tr>
<td>October 29</td>
<td>Insect Bites and Stings</td>
<td>37</td>
</tr>
<tr>
<td>October 31</td>
<td>Pediculosis</td>
<td>37</td>
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<tr>
<td>November 5</td>
<td>Acne</td>
<td>38</td>
</tr>
<tr>
<td>November 7</td>
<td>Constipation</td>
<td>15</td>
</tr>
<tr>
<td>November 12</td>
<td>Continued</td>
<td>15</td>
</tr>
<tr>
<td>November 14</td>
<td>Diarrhea</td>
<td>16</td>
</tr>
<tr>
<td>November 19</td>
<td>Nausea and Vomiting</td>
<td>19</td>
</tr>
<tr>
<td>November 21</td>
<td>Continued</td>
<td></td>
</tr>
<tr>
<td>November 26</td>
<td>Exam 3</td>
<td></td>
</tr>
<tr>
<td>December 3</td>
<td>Anorectal Disorders</td>
<td>17</td>
</tr>
<tr>
<td>December 5</td>
<td>Pinworm Infection</td>
<td>18</td>
</tr>
<tr>
<td>TBA</td>
<td>Final Exam</td>
<td></td>
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