PHR 262D
Nonprescription Pharmacotherapeutics and Self-Care I
Fall 2015
Unique: 58030

Course Coordinator: W. Renee’ Acosta, R.Ph., M.S.
Clinical Professor

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Phone: (512) 475-9756
Office: 5.112 B

Office Hours:
Tuesday and Thursday 11:00 – 12:00 noon, or
Other times by appointment.

Classroom: PHR 2.108

Class Time: 10:00 – 10:50 AM on Tuesdays and Thursdays

Other Faculty: J. Nile Barnes, Pharm.D.
jnbarnes@austin.utexas.edu

Richard Ray Espinosa, Pharm.D.
respinos@austincc.edu

Teaching Assistants: TBA

Course Prerequisites: Completion of the first professional year in the
College of Pharmacy.

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 this course is to familiarize pharmacy students with available
nonprescription 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. Chapter readings from the text are suggested prior to each class period. 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 material.

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

1. Formulate a patient-centered pharmaceutical care plan in collaboration with other health care professionals, patients, and/or their caregivers.
   a. Given a patient-specific situation, make an appropriate OTC recommendation, non-drug recommendation, and/or refer to another health care professional.
   b. Develop a counseling strategy appropriate for the recommendation.
   c. Identify appropriate follow-up and/or monitoring for the recommendation.

2. Communicate and collaborate with prescribers, patients, caregivers, and other health care providers to engender a team approach to patient care.
   a. Effectively counsel the patient on the recommendation and the follow-up and/or monitoring parameters.

3. Maintain professional competency in providing pharmaceutical care by committing to being an independent, self-initiated life-long learner.
   a. Identify and analyze new products and devices available without a prescription.

Each topic will have specific, detailed learning objectives which will be provided as introduction to the topic and included in the PowerPoint slide presentation handouts.

**Attendance:** 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. Although lecture attendance is neither required nor checked, it is highly encouraged. 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. Students in the College of Pharmacy are expected to attend all meetings of this course; those who do not 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.

**Turning Point:** You must bring your Turning Point® clicker to all class sessions.

**Religious Holy Days:** 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.

**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 PowerPoint slide presentations, learning objectives, case studies, readings, the course syllabus, and other course materials. 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. Canvas will be used to distribute course materials, to communicate and collaborate online, and to post grades. You can find support in using Canvas at the ITS Help Desk at 475-9400, Monday through Friday, 8 AM – 6 PM, so plan accordingly.

Please make sure to set your Canvas settings such that you receive emails and announcement notifications in a timely manner. The student is responsible for accessing and reading any announcement that is posted in Canvas.

**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 daily—to stay current with university-related communications, some of which may be time-critical. You can find UT Austin’s policies and instructions for updating your e-mail address at [http://www.utexas.edu/its/help/utmail/1564](http://www.utexas.edu/its/help/utmail/1564).
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)
- Project = 10% of final grade (Drug Information Exercise)

**Course Grade:**

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>93% - 100%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
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<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>0% - 59%</td>
<td>F</td>
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</tbody>
</table>

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

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. Format of make-up exams may vary from the original exam, and is usually comprised of short-answer or essay questions.

Unexcused absences 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.

Students will return their original exam and their scantron for grading. Grading of exam scantrons by the Measurement and Evaluation Center, along with statistical analysis and review of exam questions, will be the responsibility of the instructor, who may choose to grant credit for statistically poor questions.

After this process 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 accompanied by valid documentation to the course coordinator during the exam review period. All reconsideration requests will be held until the exam review days have passed and then the instructor responsible for the question will determine whether to give
full credit, partial credit or no credit. Students will receive information regarding their reconsideration request via email or a course announcement from the course coordinator. This process may take up to one week to finalize.

Original exams will be 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 be copying the exam contents in any format, they will receive a zero for the exam and referred to Student Judicial Services.

**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 with 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.

**Cell Phones and Laptops:**
- 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.
- Sending or reading emails during class is unacceptable.
- Laptops may be used during class for taking notes.
- 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.

**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 (use Broadband if you have a fast internet connection and Dial In if you have a slower connection). You will need Flash installed on your computer to view these recordings (a free plugin is available at http://get.adobe.com/flashplayer/).

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/.

**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://registrar.utexas.edu/catalogs/gi09-10/ch01/index.html.

**College of Pharmacy Honor Code:** Students are also expected to uphold the University of Texas College of Pharmacy Honor Code, which may be located for your review at http://www.utexas.edu/pharmacy/students/handbook98/3code.html. Students are expected to uphold the principles of the honor code.

**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://www.utexas.edu/depts/dos/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.
6. Use of programmable calculators of computers for concealing information.
7. Talking to another student during an exam or quiz.

Any other act which gives a student an unfair advantage on an exam or quiz as compared with classmates.

**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://www.utexas.edu/diversity/ddce/ssl/](http://www.utexas.edu/diversity/ddce/ssl/). 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 class instructors. 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](http://www.utexas.edu/emergency).

**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](http://www.utexas.edu/safety/bcal).

**Required Text:** Up to 10% of exam material will come from textbook readings:

Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 18th ed., 2015, edited by Daniel Krinsky, et al., published by the American Pharmacists Association, 2215 Constitution Avenue NW, Washington, DC 20037. The textbook may be purchased directly from
APhA or at the University Co-op, however, it is available for free through the online UT library.

To access the textbook online through the UT library, go to: www.lib.utexas.edu/lsl/clinic/index.html.

**Lecture Notes:** Course materials will be posted in Canvas at least 24 hours before each lecture. It is the student’s responsibility to print out the notes if a hard copy is desired.

**Draft Course Schedule**
(Updates or changes to be provided in class)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Required Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 27</td>
<td>Course Introduction</td>
<td></td>
</tr>
<tr>
<td>Sept 1</td>
<td>Self-Care and Nonprescription Pharmacotherapy</td>
<td>Chapter 1</td>
</tr>
<tr>
<td></td>
<td>Patient Assessment and Consultation</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>Sept 3</td>
<td>Legal and Regulatory Issues in Self-Care Pharmacy Practice</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>Sept 8</td>
<td>Colds and Allergy</td>
<td>Chapter 11</td>
</tr>
<tr>
<td></td>
<td>Cough</td>
<td>Chapter 12</td>
</tr>
<tr>
<td>Sept 10</td>
<td>(continued)</td>
<td></td>
</tr>
<tr>
<td>Sept 15</td>
<td>(continued)</td>
<td></td>
</tr>
<tr>
<td>Sept 17</td>
<td>Insomnia, Drowsiness and Fatigue</td>
<td>Chapter 46</td>
</tr>
<tr>
<td>Sept 22</td>
<td>(continued)</td>
<td></td>
</tr>
<tr>
<td>Sept 24</td>
<td>Nausea and Vomiting</td>
<td>Chapter 19</td>
</tr>
<tr>
<td>Sept 29</td>
<td>(continued)</td>
<td></td>
</tr>
<tr>
<td>Oct 1</td>
<td>Insect Bites and Stings</td>
<td>Chapter 36</td>
</tr>
<tr>
<td>Oct 6</td>
<td>Exam 1 (material through Oct 1)</td>
<td></td>
</tr>
<tr>
<td>Oct 8</td>
<td>Pediculosis</td>
<td>Chapter 36</td>
</tr>
</tbody>
</table>
Oct 13  Headache  Chapter 5  
Fever  Chapter 6

J. Nile Barnes, Pharm.D., BCPS

Oct 15  Musculoskeletal Injuries and Disorders  Chapter 7

J. Nile Barnes, Pharm.D., BCPS

Oct 20  Disorders Related to Menstruation  Chapter 9
Overactive Bladder

Oct 22  Anorectal Disorders  Chapter 17
Pinworm Infection  Chapter 18
Kidney/Urinary Tract/Prostate

Oct 27  Exam 2 (material through Oct 22)

Oct 29  Fungal Skin Infections  Chapter 41

Nov 3  Constipation  Chapter 15

Richard Ray Espinosa, Pharm.D.

Nov 5  (continued)

Nov 10  Diarrhea  Chapter 16

Richard Ray Espinosa, Pharm.D.

Nov 12  Vaginal and Vulvovaginal Disorders  Chapter 8

Nov 17  Heartburn and Dyspepsia  Chapter 13
Intestinal Gas  Chapter 14

Nov 19  (continued)

Nov 24  Developing Cultural Competency for  Chapter 3
Self-Care

Dec 1  Heartburn, Dyspepsia and Gas continued

Dec 3  Exam 3 (material through Dec 1)

Final Exam Week  Final Exam  Time/Location TBA
(Comprehensive over Exams 1 and 2)
**Student Project: Drug Information Exercise**

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

For each product, include the following:
- **Column 1:** Brand name
- **Column 2:** All active ingredients and strength per dosage form or dose
- **Column 3:** Therapeutic class and use of each ingredient

Example:

<table>
<thead>
<tr>
<th>Tylenol® Extra Strength</th>
<th>Acetaminophen 500 mg/caplet</th>
<th>Pain reliever/fever reducer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Acetaminophen 500 mg/gelcap</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Acetaminophen 500 mg/15 mL</td>
<td></td>
</tr>
</tbody>
</table>

The student may add a picture of the product for extra credit.

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.

Students may submit the Drug Information Exercise when completed, but all exercises are due by November 13, 2016 at 11:59 PM.

Products:
- Zyrtec (including Zyrtec-D)
- Delsym
- Mucinex (including Mucinex-D and Mucinex-DM)
- Aleve
- Monistat
- Motrin
- Imodium A-D
- Tums
- Metamucil
- Pepto-Bismol