

Nonprescription Medications and Self Care
PHAR 7218
Spring Semester 2025

Course Description

This course focuses on the application of knowledge and skills needed for pharmacists to guide patient use of nonprescription and self-care therapies. Students will learn to formulate preventative therapies and treatment plans for various disease states and medical conditions with use of nonprescription medications and self-care remedies.

Additional Information on the Course

Nonprescription medications and dietary supplements comprise a large market within the health care industry. Students will learn to formulate preventative therapies and treatment plans for various disease states and medical conditions with use of nonprescription medications and self-care remedies. Self-care guidelines will be discussed in addition to differentiation of when to treat versus refer patients to a health care provider. This course will provide the foundation on the safe and effective use of non-prescription and self-care products. The course will also introduce valuable skills required to provide individualized patient care, such as patient interviewing, counseling and pharmaceutical calculations.

Course Credit 2 credit hours

Pre-Requisites PHAR 7191

Co-Requisites N/A

Class Meeting Days, Time & Location Friday from 2:00-4:00 PM in WTB 236

Course Coordinator

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Preferred method of contact: Email

Fisch College of Pharmacy (FCOP) and UT Tyler Policies

This is part 1 of the syllabus. Part 2 contains UT Tyler and the FCOP course policies and procedures. These are available as a PDF at: <https://www.uttyler.edu/offices/student-conduct-and-intervention/student-conduct/policies/>. Syllabus Part 3 contains specific-policies adapted regarding instruction during COVID. For experiential courses (i.e., IPPE and/or APPE), the Experiential Manual contains additional policies and instructions that supplement the Syllabus Part 1 and 2. Please note, the experiential manual may contain policies with different deadlines and/or instructions. The manual should be followed in these cases.

Required Materials

Most course required materials are available through the Robert R. Muntz Library. These materials are available either online* (: <http://libguides.utt Tyler.edu/pharmacy>) or on reserve.

1. *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care (17th Edition). Krinsky DL, Berardi RR, Ferreri SP et.al. American Pharmacist Association. ISBN: 978-1-58212-160-4, 2014.
2. *Pathophysiology of Disease: An Introduction to Clinical Medicine (7th Edition). Hammer GD and McPhee SJ. Lange-McGraw Hill. ISBN: 978-0-07-180600-8, 2014.
3. Pharmacotherapy: A Pathophysiologic Approach, 10th Edition. DiPiro JT, Talbert RL, Yee GC, et al. McGraw-Hill Education. (©2017) ISBN 978-1-259-58748-1
4. **Other required materials will be posted on the classes' Canvas site. The site address is:**
<http://www.utt Tyler.edu/canvas/>

Course Format

The course may include, but are not limited to, the following activities:

1. Independent study of selected readings
2. Individual readiness assessment tests (iRATs) and applications
3. Team-based learning, active learning strategies:
 - a. Team readiness assessment tests (tRATs)
 - b. Team application of content and concepts

Course Learning Outcomes (CLOs)

CLOs ¹	PLO(s) Assessed for this CLO (1-12)	Assessment Methods ³	ACPE Appendix 1	ACCP Didactic Toolkit	NAPLEX (1.1-6.5)	MPJE (1.1-4.7)
1. Collect and assess patient information to determine if patient is appropriate candidate for self-care or referral.	1, 2, 5	1, 2, 3, 4	Pharmacotherapy	-	1.2, 1.5	-
2. Develop patient-specific therapy plan for the treatment selfcare conditions.	1, 2, 5	1, 2, 3, 4	Pharmacotherapy	-	3.2	-
3. Demonstrate effective communication methods to educate patients on self-care therapy plan.	3	3, 4	Professional Communication	-	-	-
4. Perform pharmaceutical calculations to appropriately dose medications for self-care conditions.	2	1, 2, 3, 4	Pharmaceutical Calculations	-	4.1-4.6	-

³Course Assessment Methods

	Assessment Method	Description
1	Midterm/Final Exam Multiple Choice or Multiple Selection Question(s)	<i>Standard MCQ and Select All that apply questions.</i>

2	Midterm/Final Exam Open Ended Question(s)	<i>Handwritten calculations, fill-in-the-blank, short answer, essay, case-based questions</i>
3	Skills Assessment	<i>Rubric for patient counseling/education to assess patient interview and communication skills</i>
4	Team assignment	<i>Rubric to assess</i>

Grading Policy & Grade Calculation

Grades will be determined based on evaluation of individual and team readiness assessment tests (iRATs, tRATs), individual and team cumulative assessment tests (iCATs, tCATs), midterm examinations, final written examinations, skills assessments, graded application assignments, participation in team-based projects, peer evaluations and other assessment methods that may include, but not limited to, Objective Structured Clinical Examinations (OSCE). Examinations, RATs and CATs may consist of, but not limited to, multiple-choice, true/false, fill in the blank, short answer, essay, and problem-based questions.

During the time the course is in progress, students whose cumulative course percentage falls below 70.0% may receive an academic alert and be subject to periodic course content review in special sessions with the course instructor(s). The student's faculty advisor may receive an academic alert to act upon on the student's behalf.

All examinations, tests, and assignments, including the final examination, may be cumulative. Students are responsible for material presented during the prior courses. The grading scale for all graded material is below. The final course grade will be assigned according to the calculated percentage and the percentages will not be rounded upward or downward. For additional information, see examination/assessment policy below.

Standard Grade Calculation*

Individual Component	95%
iRATs /Other Individual Activities	15%
Midterm	35%
Final	45%
Team Component	5%
tRATs	2.5%
tCAT/Other Individual Team Activities	2.5%
Total	100%

** The final course letter grade will be determined according to the following grading scheme:*

A	90 - 100 %
B	80 - 89.999 %
C	70 - 79.999 %
D	65.0 - 69.999 %
F	< 65.0 %

Appropriate Use of Artificial Intelligence

AI is not permitted in this course at all.

- a. Example 1: I expect all work students submit for this course to be their own work. I have carefully designed all assignments and class activities to support your learning. Doing your own work, without human or artificial intelligence assistance, is best for our efforts in mastering course learning objectives. For this course, I expressly forbid using ChatGPT or any other artificial intelligence (AI) tools for any stages of the work process, including brainstorming. Deviations from these guidelines will be considered a violation of Ut Tyler's Honor Code and academic dishonesty values.

Spring Schedule

Week	TOPIC	Instructor	CLO	WSOP Category
1 (1/17)	Self-Care Pharmacotherapy: Introduction to Self-Care Problem Focused Interview and Pharmacists Patient Care Process	CW	1, 2, 3, 4	S18.01, S18.02
2 (1/24)	Self-Care Pharmacotherapy: Fever, Musculoskeletal Pain	CW	1, 2, 3, 4	S05.06
3 (1/31)	Self-Care Pharmacotherapy: Allergic Rhinitis	CW	1, 2, 3	S12.01
4 (2/7)	Self-Care Pharmacotherapy: Cough & Cold	MB	1, 2, 3, 4	S02.08, S12.02, S12.03, S15.05
5 (2/14)	Self-Care Pharmacotherapy: Diarrhea, Constipation, Gas, and Hemorrhoids	CW	1, 2, 3	S03.07, S03.08, S03.13
6 (2/21)	Midterm Exam			
7 (2/28)	Self-Care Pharmacotherapy: Ophthalmic, Otic, and Oral Disorders	CW	1, 2, 3	S12.04, S12.05, S12.07, S12.08
8 (3/7)	Self-Care Pharmacotherapy: Contact, Atopic, and Scaly Dermatitis	CW	1, 2, 3	S13.02, S13.03
10 (3/14)	Self-Care Pharmacotherapy: Sunburn, Minor Burns & Wounds	MB	1, 2, 3	S13.04, S13.06
Spring Break (3/17 – 3/21)				
11 (3/28)	Self-Care Pharmacotherapy: Tinea Infections, Warts & Pediculosis	CW	1, 2, 3	S15.13
12 (4/4)	Self-Care Pharmacotherapy: Acne	JF	1,2,3	S13.01
13 (4/11)	Self-Care Pharmacotherapy: Complementary Alternative Medicine (CAM) Vitamins, Herbals, & Natural Products	JF	1, 2, 3	S20.02
14 (4/18)	Self-Care Pharmacotherapy: Introduction to Nutrition (TLC, growth curve, BMI, Essential vitamins and nutrients)	JF	1,2,3,4	S17.03, S17.06
Final Exam: 4/25				