

Pharmacy Practice 305 | Fall Semester (2 credits)

Consumer Self-Care & Over-the-Counter Drugs

Lecture

Tuesdays, 2:25-4:20 p.m.
Room 2002, Rennebohm Hall

Course Description

Provides learners with information regarding self-care of common, minor health conditions and appropriate use of over-the-counter (OTC) medications. Emphasis is placed on illness prevention, health condition symptoms, guidelines for OTC product use, adverse effects and alcohol/drug interactions of OTC products, precautions associated with OTC products (including pregnancy issues), and when to request professional care. The course is taught via lecture accentuated with active learning strategies in addition to assigned readings.

Prerequisites

Not open to students declared in the Nursing, Physician Assistant, or Doctor of Pharmacy programs

Topics to be covered:

- Self-care basics
- Headache
- Respiratory conditions
- Skin conditions
- Herbals
- Body pain
- Veterinary medicine
- Insomnia & fatigue
- Digestive system ailments
- Sunblock & sunscreen
- Tobacco treatment
- First aid
- Home medical testing
- Pediatric & older adult issues
- Vitamins
- OTC's & medication impaired driving/product abuse
- Driving and OTC product abuse
- OTC regulation & advertising

Course Goal

To develop informed consumers of nonprescription medications.

Course Objectives

After completing this course, learners will be able to:

- Describe signs and symptoms of common health conditions
- Explain guidelines for self-treatment with OTC products
- Describe basic drug action & common side effects of selected OTC products
- Explain appropriate use of nonprescription treatments
- Identify drug and alcohol interactions with OTC products
- Discuss precautions or contraindications (including pregnancy issues) and adverse effects associated with OTC treatments
- Explain when to request professional care
- Select appropriate measures to prevent health conditions



Course Coordinator:

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