

PHAR 7218 Nonprescription Medications and Self Care

Spring 2026

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 Course Information

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: Wednesday from 2:00-4:00 PM in WTB 133

Course Coordinator:

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Office hours: Wednesday from 12:00 – 2:00 pm or by appointment

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 at <https://www.uttyler.edu/pharmacy/academic-affairs/files/fcop-syllabus-policies.pdf>. 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://library.uttyler.edu/>) 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. *Basic and Clinical Pharmacology (12th Edition). Katzung BG, Masters SB, Trevor AJ. Lange-McGraw Hill. ISBN: 978-0-07-176401-8, 2012.
4. *Applied Biopharmaceutics & Pharmacokinetics, 6e; Leon Shargel, Susanna Wu-Pong, Andrew B.C. Yu; McGraw-Hill Education (c)2012; ISBN: 978-0-07-160393-5.
5. Other required materials will be posted on the classes' Canvas site. The site address is: uttyler.edu/canvas.

Recommended Materials

The course recommended materials are on reserve at the Robert R. Muntz Library.

1. Basic Skills in Interpreting Laboratory Data. 5th Edition. Lee M. American Society of Health-System Pharmacist. ISBN: 978-1-58528-343-9, 2013.
2. Review of Medical Microbiology and Immunology. 13th Edition. Levinson W. Lange-McGraw Hill. ISBN978-0-07-181811-7, 2014.

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)
3. Lecture
4. Active learning strategies
5. Team-based learning strategies:
 - a. Team readiness assessment tests (tRATs)
 - b. Team application of content and concepts

Course Learning Outcomes (CLOs) - Course Learning Outcomes are the primary purpose of your course. These are your lofty goals. If a topic in the course does not help students to achieve at least one of your learning outcomes, either the topic is not necessary or you have missed one of the outcomes.

CLOs	PLO(s) Assessed for this CLO (1-15)	EPAs (1-13)	ACPE Std. 11 & 12 (1-4)	Grading Method	Assessment Methods
1. Collect and assess patient information to determine if patient is appropriate candidate for self-care or referral.	1, 6, 11	1, 2, 3, 4	ES, RUB	1, 2	4
2. Develop patient-specific therapy plan for the treatment selfcare conditions.	1, 2, 4, 6, 10	1, 2, 3, 4	ES, RUB	1, 2, 3	4
3. Demonstrate effective communication methods to educate patients on self-care therapy plan.	4, 7, 10, 11, 15	3,4	RUB	4, 5	4
4. Perform pharmaceutical calculations to appropriately dose medications for self-care conditions.	1, 2	1, 2, 3, 4	ES, RUB	1, 2, 3	4

Course Assessment Methods

	Assessment Method	Description <i>Please provide a brief description of each summative assessment that you plan to use in this course to allow us to identify which ACPE standards are being assessed</i>
1	Final Exam Multiple Choice or Multiple Selection Question(s)	<i>Standard MCQ and Select All that apply questions.</i>
2	Final Exam Open Ended Question(s)	<i>Handwritten calculations, fill-in-the-blank, short answer, essay, case-based questions</i>
4	Skills Assessment	<i>Rubric for patient counseling/education to assess patient interview and communication skills</i>
5	OSCE	<i>Students will be assessed on their ability to integrate and apply the knowledge and skills learned in this class, through three distinct patient scenarios</i>
6	Team Project	<i>Rubric to assess</i>
10	SOAP Note	<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 (OSCEs). 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.

All examinations, tests, and assignments, including the final examination, may be **cumulative**. Students are responsible for material presented during 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 Part 2 of the syllabus (<https://www.uttyler.edu/pharmacy/academic-affairs/files/fcop-syllabus-policies.pdf>).

During the time the course is in progress, students who obtain less than 75% on any summative assessment or a total course grade of less than 75% during a particular semester will receive an academic alert from the course coordinator and the Office of Academic Affairs and be subject to weekly in-course remediation with the course instructor(s).

Standard Grade Calculation*

Individual Assessments: 95%	
iRATs/Other Individual Activities	15%
Midterm	25%
Final	35%
Practicums -2 (10% each)	20%
Team Assessments: 5%	
tRATs/Team Application(s)/Team Projects	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 %

PHAR 7218 Course Schedule

WEEK	DAY	TOPIC	INSTRUCTOR	CLO	Disease States
1	1/14	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	1/21	Self-Care Pharmacotherapy: Fever, Musculoskeletal Pain	CW	1,2,3, 4	S05.06
3	1/28	Self-Care Pharmacotherapy: Allergic Rhinitis	CW		S12.01
4	2/4	Self-Care Pharmacotherapy: Cough & Cold	CW	1,2,3, 4	S02.08, S12.02, S12.03, S15.05
5	2/11	Self-Care Pharmacotherapy: Diarrhea, Constipation, Gas, and Hemorrhoids	CW	1, 2, 3	S03.07, S03.08, S03.13
6	2/18	Midterm	CW		
7	2/25	Practicum 1	CW		
8	3/4	Self-Care Pharmacotherapy: Contact, Atopic, and Scaly Dermatitis/ Sunburn, Minor Burns & Wounds	MB	1, 2, 3	S13.02, S13.03, S13.04, S13.06
10	3/11	Self-Care Pharmacotherapy: Ophthalmic, Otic, and Oral Disorders	CW	1, 2, 3	S12.04, S12.05, S12.07, S12.08
	3/16 - 3/20	Spring Break			
11	3/25	Self-Care Pharmacotherapy: Tinea Infections, Warts & Pediculosis	CW	1, 2, 3	S15.13
12	4/1	Self-Care Pharmacotherapy: Complementary Alternative Therapy- Chiropractic / Vitamins, Herbals, & Natural Products : Introduction to Nutrition	CW	1, 2, 3,4	S20.02 S17.03 S17.06
13	4/8	Self-Care Pharmacotherapy: Acne	MB	1, 2, 3	S13.01
14	4/15	Practicum 2			
		Final Exam - – Wednesday, 4/22/25 from 2-4 pm			
<p><i>Please note that dates, topics, and assignments are subject to change. In the event of a change, you will be given ample notification of the change.</i></p>					