

**The University of Jordan**

**Accreditation & Quality Assurance Center**

**COURSE Syllabus**

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| **1** | Course title | Over-The-counter (OTC) Drugs |
| **2** | Course number | 1203563 |
| **3** | Credit hours (theory, practical) | 2 |
| Contact hours (theory, practical) | 2 |
| **4** | Prerequisites/corequisites | Pharmacology-1 (1203462) |
| **5** | Programtitle | Bsc.Pharm + PharmD |
| **6** | Programcode |  |
| **7** | Awarding institution |  |
| **8** | Faculty | Faculty of Pharmacy |
| **9** | Department | Biopharmaceutics and Clinical Pharmacy |
| **10** | Level of course | 4th/5th year |
| **11** | Year of study andsemester(s) | Summer semester 2020/2021 |
| **12** | Final Qualification |  |
| **13** | Other department(s) involved in teaching the course |  |
| **14** | Language of Instruction | English |
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| **15** | Teaching methodology | ☐Blended ☐Online |
| **16** | Electronic platform(s) | ☐Moodle ☐Microsoft Teams ☐Skype ☐Zoom  ☐Others………… |
| **15** | Date of production/revision | 8/10/2021 |

16. Course Coordinator:

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| *Dr.NeedaZallloum*  *Office*  *Phone#*  *e-mail: n.zalloum@ju.edu.jo* |

17.Other instructors:

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| *None* |

**18. Course Description:**

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| *Medications that can be bought without prescriptions are known as Over-The-Counter (OTC) Drugs.*  *This course introduces students to the concept of dispensing medications in the pharmacy without medical prescription and self-care.*  In addition, the course differentiates between cases that requires the referral to the doctor and those that be treated in the pharmacy using OTC drugs and the proper counseling that should be offered to patients. |

**19. Course aims and outcomes:**

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| **A- Aims:**   1. To increase students’ knowledge of non-prescription products and the monitoring devices used at home and available in the Jordanian market. 2. To provide students with the ability to differentiate between circumstances warranting the use of non-prescription products and those for which alternative modes of care are indicated. 3. To provide students with the ability to recommend specific non-prescription products and/or other modes of care to alleviate specific conditions. 4. To provide students with the ability to differentiate between rational and irrational use of non-prescription products 5. To provide students with practical skills (e.g. use of In-home testing and monitoring devices). 6. To develop pharmacist-patient communication skills in students. |
| **B-Competencies: by completion of this course student is expected to achieve the following competencies:**  **1. Dispensing of medicine**  **1.1Recognize pharmacological classes of OTC drugs**  **1.2. Identify available originator brands of OTCmedicines and their alternative generic products**  **1.3. Characterize different dosage forms of OTC medicines and their proper usage**  **1.4. Identify different routes of administration ofOTC medicines**  **1.5. Obtain OTC medicines from their legal and reliable sources**  **1.6. Recognize and follow proper storage conditions of OTC medicines**  **1.7. Advise patients on proper storage, usage and adherence of dispensed OTC medicines**  **1.8. Verify patient’s understanding of all instructions related to dispensed OTC medicines**  **1.16. Identify over-the-counter medicines and advise patients on their selection and usage**  **1.17. Advise patients about the proper use of medical devices and other non-medicinal pharmaceutical products/in-home diagnostic kits**  **1.18Advise patients to seek further medical assistance whenever self-treatment is excluded**  **1.19Consider special needs of patients and act according to them**  **2. Patient care**  **2.8Identify indications, side effects and contraindications of f OTC medicines**  **2.9. Identify drug-drug and drug-food interactions of OTC medicines**  **2.10.Interview patients to obtain further information about their medical history, use of medicines, drug allergies and any other factors potentially affecting their therapy**  **2.11Advise patients and other health professionals on proper usage of OTC medicines including their strength, frequency, dosage form and route of administration** |
| **C- Intended Learning Outcomes (ILOs)and learning skills:** Upon successful completion of this course students will be able to … |
| **A) Knowledge and understanding**  A1) to be able to know the various pharmaceutical and pharmaceutical products available in the community pharmacy without a prescription (i.e. OTC products)  A2) know for every category the different types and brand names available in the Jordanian market |
| **B) Intellectual skills (cognitive and analytical)**  B1) to be able to differentiate between symptoms warranting the supervision of a medical doctor and those that can be self-treated  B2) to be able to recommend a specific OTC product suitable for each symptom presented to the pharmacist |
| **C)** **Subject specific skills**  C1) being able to differentiate between rational and irrational use of OTC products  C2) being able to recommend certain OTC products to the public  C3) being able to provide the proper advice for each product and/or symptom  C4) being able to deal with special populations of patients and provide the necessary counseling (i.e. geriatric patients, cases of comorbidity or polypharmacy) |
| **D) Transferable Skills**  D1) develop the skills for using the products properly and transfer these skills to patients  D2) acquire the proper communication skills needed to deal with patients in the community pharmacy settings during an OTC drug therapeutic dialogue  D3) the use of internet professional sites to extract information about OTC drugs, symptoms of minor ailments and recent developments in this field. |

20. Topic Outline and Schedule:

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| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | Topic | Number of Lectures | Week no. | Platform used for online part | Instructor | Achieved ILOs | Evaluation Methods | Reference | | **Introduction to self-care and OTC medications**  The concept of OTC, patient counseling and FDA regulations.  Labeling of OTC drugs and characteristics of OTC eligible medications | 2 | 1 | /teams | NZ |  | Exam | 1,2 | | **Common cold and cough products**  Pathophysiology and treatment of common cold. Non-pharmacologic management. Common myths and misconceptions. Pharmacologic management: Antihistamines **(including the ones used as sleep aids)**, anti-tussives, expectorants & mucolytics, decongestants and dietary/herbal supplements. Optional add-on therapies.  Product selection based on host and drug factors | 3 | 2,3 | teams | NZ | B1,B2,C1,C2,D | Exam assignment | 1 | | **Allergic rhinitis**  Definition, symptoms, pharmacologic and non-pharmacologic treatments. 2nd generation antihistamines, intra-nasal corticosteroids | 2 | 4 | teams | NZ | C3,D1 | exam assignment | 1, | | **Acne** | 2 | 5 | teams | NZ | A,B,C,D | exam, assignment |  | | **Management of constipation.**  Adults and Pediatrics treatment guidelines. Discussion of pharmacologic and non-pharmacologic therapies | 2 | 6 | teams | NZ | A,B,C,D | exam, assignment | 1 | | **Midterm exams week** |  |  |  |  |  |  |  | | **Management of diarrhoea.**  Definitions, classification, pharmacologic and non-pharmacologic management | 2 | 7 | teams | NZ | A,B,C,D | exam, assignment | 1 | | **Management of haemorrhoids** | 2 | 8 | teams | NZ | A,B,C,D | exam, assignment |  | | **sunscreen products** | 2 | 9 | teams | NZ | A,B,C,D | exam. assignment | 1 | | **Anti-inflammatory, analgesic and antipyretic products.**  **management of fever**  **management of pain**  Classes of NSAIDS, drug selection based on anti-inflammatory, antipyretic and analgesic potencies. Toxicities and precautions associated with NSAIDs use. FDA-approved and off-label indications, topical pain medications, patient counseling and recommendations. Select drug interactions | 3 | 10.11 | teams | NZ | A,B,C,D | Exam | 1 | | **GERD** | 2 | 11,12 |  |  |  |  |  | | **Contraceptives methods (including hormonal contraception).** | 4 | 12,13,14 | teams | NZ | A,B,C,D | exam, assignment | 1 | |

21. Teaching Methods and Assignments:

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| Development of ILOs is promoted through the following teaching and learning methods:  1) Lectures( live interaction)  2) record of the live lectures vis MS teams  3) Case Studies  4) Assignments: e.g. EBM, self-reading topics, patient education material etc.  **Learning skills:**  Critical thinking  Digital literacy  Problem-solving skills  Self-directed learning |

22. Evaluation Methods and Course Requirements:

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| Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:  1.Exams  Mid-term: 30%  Final exam:50%  Quiz (self-readingmaterial (diaper dermatitis section of chapter 35)):10% deadline 20/12/2021  Assignment :10% deadline 5/12/2021  A group of 5 students:   * Assignment topics:  1. Common cold and cough preparations 2. Allergic rhinitis 3. Constipation 4. Diarrhoea 5. Haemorrhoids 6. GERD |

23. Course Policies:

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| B- Absences fromexams andhandinginassignmentson time:   * Midterm exam: a justified excuse should be submitted and accepted by the instructor in order to be eligible for a make up. * Final Exam: a justified excuse should be submitted and accepted by the Dean in order to be eligible for and "incomplete" exam. * Failure to hand assignments on time will result in deduction of marks.   C- Health and safetyprocedures:  D- Honesty policy regarding cheating, plagiarism, misbehavior:  The participation, the commitment of cheating, plagiarism or misbehaviour will lead to applying all following penalties together   1. Failing the subject he/she cheated at 2. Failing the other subjects taken in the same course 3. Not allowed to register for the next semester   The summer semester is not considered as a semester.  E- Grading policy:   * Mid Exam (30%) * Assignments and quizzes (20%) * Final Exam (50%)   F- Available university services that support achievement in the course:   * E-Library, Virtual Pharmacy |

24. Required equipment:

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| * In-Home testing and monitoring products: e.g. Home pregnancy tests, Home ovulation prediction kits, Blood pressure measurements devices (digital, mercury in-glass and aneroid) etc * Different OTC products though visits to Virtual Pharmacy at the faculty. |

**25. References:**

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| 1. Required book (s), assigned reading and audio-visuals:  Text Books: 1. American Pharmacists Association (AphA). Handbook of nonprescription drugs, 18th edition. Washington D.C: American Pharmaceutical Association, 2015  2. Basic & Clinical Pharmacology, ed. Katzung, 13th edition, 2014   1. Recommended books, materials, and media:   1. Nathan A. Non-prescription Medicines, 4th edition. London: The Pharmaceutical Press, 2010  2. Blenkinsopp A, Paxton P. Symptoms in the pharmacy: A guide to the management of common illness. 6th ed. Oxford: Blackwell Science, 2009 |

26. Additional information:

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| None |

Name of Course Coordinator: NeedaZalloumSignature: ------------------ Date: ------8/10/2021---------

Head of curriculum committee/Department: ------------------------- Signature: ---------------------------------

Head of Department: ------------------------- Signature: ---------------------------------

Head of curriculum committee/Faculty: ------------------------- Signature: ---------------------------------

Dean: ------------------------------------------- -Signature: ---------------------------------

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Assistant Dean for Quality Assurance

Course File