The University of Jordan

Faculty: Pharmacy
Department: Biopharmaceutics and Clinical Pharmacy
Program: Pharm D and BSc Pharmacy
Academic Year/ 2014-2015
Semester: Fall

Over the Counter Drugs (1203563)

<table>
<thead>
<tr>
<th>Credit hours</th>
<th>Level</th>
<th>5th year</th>
<th>Pre-requisite</th>
<th>Pharmacotherapy 2</th>
</tr>
</thead>
</table>
| Coordinator/ Lecturers | Prof. Mayyada Wazaify, PhD
Dr Ala Issa, PhD | Office number | 217 (Dr Ala) | Office phone | 23345 (Dr Ala) |
| Course website | E-mail | m.wazaify@ju.edu.jo,
ala.issa@ju.edu.jo | Place | DAD Hikma |

**Upon completion of the course, the student is expected to be able to:**

1) Help the students grasp the concept of "OTC" drugs and FDA guidelines regarding these drugs.
2) Increase students’ knowledge of non-prescription products available in the Jordanian market.
3) 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.
4) Provide students with the ability to recommend specific non-prescription products and/or other modes of care to alleviate specific conditions.
5) Provide students with the ability to differentiate between rational and irrational use of non-prescription products.
6) Stimulate the ability of the students to practice clinical judgment regarding the selection of the most appropriate OTC drug after initial evaluation of patient’s condition.
7) Develop and polish the students’ pharmacist-patient communication skills (i.e. counseling, interviewing, individualizing the treatment…etc).
Intended Learning Objectives

A. Knowledge and understanding:

✓ To provide students with the knowledge of clinical manifestations, complications, goals of pharmacotherapy and patient education of self-treatable illnesses and assessment of symptoms.

✓ To provide students with the knowledge of clinical uses, pharmacokinetics, clinically significant side effects & drug interactions and contraindications to medications used in the treatment of various self-treatable illnesses.

B. Intellectual skills:

✓ Through short case discussion, to enable students to identify drug-related problems and recommend the appropriate treatment.

C. Subject-specific skills:

✓ Develop the ability to design the rational therapy regimen according to the patient specific condition

D. Transferable skills:

✓ To enable students to provide information related to diseases and their management through browsing the internet professional sites.

✓ To enable students to collect and interpret information from medical guidelines & journal databases (MEDLINE, e-library)

Teaching Methods

Lectures and case discussions

Course Material and Announcements

In addition, course related announcements and exam results will be posted on the site and it is the responsibility of each student to check it regularly.

Tests and Evaluation

<table>
<thead>
<tr>
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<th>Weight</th>
<th>Exam Type</th>
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<tbody>
<tr>
<td>Midterm exam</td>
<td>40%</td>
<td>TBA</td>
</tr>
<tr>
<td>Quizzes &amp; Assignments</td>
<td>10%</td>
<td>Quiz</td>
</tr>
<tr>
<td>Final exam</td>
<td>50%</td>
<td>TBA</td>
</tr>
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Distribution of examination material (may vary depending on material included):

✓ 35% - diseases: etiology & pathogenesis, clinical presentation, stages & classification, complications, disease management guidelines, pharmacotherapy goals, patient education

✓ 35% - pharmacotherapy: clinical uses, method of administration, monitoring for efficacy and adverse effects, drug interactions, & contraindications, patient counseling

✓ 30% - Patient counselling and education.
Important regulations

Attendance is mandatory.

- First warning – with 4 absences
- Last warning – with 5 absences
- Failing in the subject – with 6 absences

No side talks

No mobile phones

Entering the lecture theatre after the instructor is not permitted.

Homeworks should be done by students independently and will be asked at the exams

Cheating policy

The participation, the commitment of cheating 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.

Course Contents and Schedule

<table>
<thead>
<tr>
<th>Topic</th>
<th>Number of Lectures</th>
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<tbody>
<tr>
<td><strong>Introduction to self-care and OTC medications</strong></td>
<td>1</td>
</tr>
<tr>
<td>The concept of OTC, patient counseling and FDA regulations. Labeling of OTC drugs and characteristics of OTC eligible medications.</td>
<td></td>
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<tr>
<td><strong>Common cold and cough products</strong></td>
<td>4</td>
</tr>
<tr>
<td><strong>Allergic rhinitis</strong></td>
<td>2</td>
</tr>
<tr>
<td>Definition, symptoms, pharmacologic and non-pharmacologic treatments. 2nd generation antihistamines, intra-nasal corticosteroids, immunosuppressive therapies. Patient counseling and product selection.</td>
<td></td>
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</tbody>
</table>
Anti-inflammatory, analgesic and antipyretic products. 3

Management of constipation. 2
Adults and Pediatrics treatment guidelines. Discussion of pharmacologic and non-pharmacologic therapies.

Management of diarrhea. 2
Definitions, classification, pharmacologic and non-pharmacologic management.

Probiotics. 1
Criteria for selection. Evidence-based approach appraisal of current indications and uses.

Mid Exam
Management of hemorrhoids. 2
GERD and acid neutralizing/suppressive therapies. 2
Topical glucocorticoids 2
Management of Acne 3
In-home testing devices (optional) 2
Sunscreen products 2
Contraceptives methods. 2

Final Exam

References:


Further Readings:

1. eMedicine disease centers.
2. Selected research articles will be handed out to students.

**Important Regulations:**
(1) Attendance
First warning- with 4 absences
Second warning- with 5 absences
Failing in the module- with 6 absences