

# Course Overview



## Course Information

**Code:** CPH-556

**Title:** Self-Care and Nonprescription Drugs

**Cr hr:** 2+0

**Level:** 9

**Program:** PharmD

**Co-requisites:** None

**Prerequisites:** PHL-436, CPH-442

## Course Description

This course is designed to build and enhance student knowledge and skills necessary for contemporary and future pharmacy practice in the area of self-care and minor ailments. This course will familiarize pharmacy students with available nonprescription drug products with a comprehensive understanding of nonprescription and prescription therapeutics as they relate to patient self-medication and minor ailments. Emphasis will be placed on the role and responsibility of the student pharmacist in accurately assessing and triaging patients, determining the appropriate use of nonprescription and prescription drugs, by determining when to follow-up, refer, and how to document the patient's care.

## Topics

- Orientation and introduction to self-care and nonprescription pharmacotherapy
- Patient assessment and consultation & legal and regulatory issues in self-care pharmacy practice
- Headache
- Musculoskeletal injuries and disorders
- Colds, allergy, and cough
- Heartburn, dyspepsia, constipation, and diarrhea
- Overweight and obesity
- Smoking cessations
- Insomnia
- Skin problems
- Hair loss
- Women's health
- Anorectal disorders
- Oral pain and discomfort
- Natural products and common complementary and alternative medicine health system