

## SELF CARE AND HOME CARE 31:725:550

Spring 2016

**Lecture in:** Mondays: Pharmacy Building Room 413  
Section 1: 12:00-12:50  
Section 2: 12:55-1:45  
Section 3: 1:50-2:40  
Section 4: 2:45-3:35  
Section 5: 3:40-4:35  
Tuesdays/Thursdays: Hill Center Room 114  
Practicals: Pharmacy Building Room 413

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The course coordinators reserve the right to change format, policy or sequence at their discretion and as circumstances may dictate. Any issues not specifically addressed in this syllabus will be resolved at the sole discretion of the course coordinators.

**Required Text:** Handbook of Nonprescription Drugs, 18<sup>th</sup> Edition (APhA) available via Sakai website.

### Course Objectives:

Following completion of the self-care course, the student will:

- Provide patient-centered care: design, implement, monitor, evaluate, and modify in drug therapy/pharmaceutical care to ensure effective, safe and economical patient care with over-the-counter (OTC) medications.
- Provide health care information regarding nutrition, lifestyle, and other non-drug measures that are effective in treating minor ailments without physician oversight, promoting health, or preventing or minimizing progression of a disease or medical condition.
- Provide information regarding the documented uses, adverse effects and toxicities of OTC's and dietary supplements.
- Monitor and counsel patients regarding the purposes, uses and effects of OTC therapy.
- Provide health care information regarding the prevention and treatment of diseases and medical conditions, including emergency patient care/referral.
- Provide information regarding the selection, use and care of medical/surgical appliances and devices and durable medical equipment, as well as products and techniques for self-monitoring of health status and medical conditions.
- Promote wellness, health improvement and disease prevention in collaboration with patients, communities, at-risk populations and other members of an interdisciplinary team of health care providers.
- Promote public health in identifying at-risk patients and populations for screenings (provide disease/condition detection) and preventive care interventions (patient education).

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### **Professionalism:**

Professional behavior is expected of all students enrolled in this course. Tardiness (lateness) to class; talking or sleeping during class; using electronic devices including iPhones, iPads, iPods, tablets, or any other cellular devices; or disruptive/rude behavior will not be tolerated and may result in removal from class.

### **Academic Integrity:**

Students are required to be familiar with the university's Policy on Academic Integrity (see <http://ctaar.rutgers.edu/integrity/policy.html>). Violation of academic integrity is a separable offense under the University Code of Student Conduct. Any student who is aware of academic misconduct by another student is obligated to notify a faculty member; failure to do so is also a violation of the Policy on Academic Integrity. Any violations of academic integrity relating to this course will be handled by the student disciplinary process as outlined in the University Code of Student Conduct.

### **Attendance:**

- Attendance will be mandatory at all lectures and will be assessed during **ALL** interactive sessions.
- Students will not be permitted absences from an interactive session period during the course of the semester unless an excused absence is granted prior to class.
- Greater than 5 minutes late to an interactive session will be counted as an absence (except practical exam days, see practical exam policy).
- You will be allowed to sit in the class if you are late and complete all assignments, however, will not be given credit for the attendance.
- Students missing an interactive session will lose 3 points off their final course grade, **NO EXCEPTIONS.**

### **Examinations:**

- Students are expected to arrive on time for examinations. Students will **NOT** be allowed admittance to an exam after any other student has completed the exam and left the exam room. This will be considered an unexcused absence.
- You **MUST** contact Dr. Mansukhani prior to the start of the exam in order to be excused for an exam. Absolutely no exceptions will be made after the completion of an exam. If you are excused from an exam, see make up policy for more details.
- Seating chart will be used for exams.
- Students must leave coats, book bags, and other belongings at the front or back of the examination room. The only items allowed on the desk are those that are essential to completion of the exam. Other than the examination itself, papers of any kind are **not** allowed on the desk.
- Students must be prepared to present picture identification (e.g. driver's license, Rutgers student ID) if requested by proctors during exam and/or practical.
- A student may be moved to a different seat at any time during the exam at the discretion of the proctors.
- Students who want to keep track of the time during an exam should wear a watch. Exam proctors will also provide periodic updates on the time remaining. Cellular phones and personal digital assistants (PDAs) are **not** acceptable timepieces and will not be allowed on the desk.
- Programmable calculators or PDAs may **not** be used during an exam. The exam proctors reserve the right to inspect and remove any calculator that they feel may give a student an unfair advantage.

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- Students wearing baseball caps or similar hats with lids must turn the hat around so that the lid does not cover the eyes.
- For multiple-choice questions, students must not write their answers in big block letters in the margin of the exam.
- Students must refrain from talking from the time they enter the examination room until they have left the room and are out of hearing range. Talking about the exam outside of the room is unacceptable at any time.
- If you are cheating on an exam, you will be given a zero and disciplinary action will be taken.

### **Practical Exams:**

- Assigned time slots will be posted on Sakai one week prior to the exam.
- Students must show up on time or can forfeit a letter grade (10 points) for every 5 minutes they are late from their scheduled and confirmed time.
- Students must dress professionally for the practical including pressed and clean lab coats. Men must wear ties. Women cannot wear open toed shoes of any kind. Jeans, sneakers, belly or mid-drift shirts, and opened toed shoes are not considered within the professional dress code. Professional conduct is expected.
- If you are cheating on an exam, you will be given a zero and disciplinary action will be taken.

### **Make Up Policy:**

- All students excused from an exam will have a cumulative make up exam at the end of the semester. The format of this exam will be at the discretion of the course coordinators and can be multiple choice, true/false, fill in the blank, or open-ended. Only one make up exam is allowed, therefore students may not miss more than one exam during the semester.
- All students excused from the practical will have a cumulative makeup practical at the end of the semester where each of following will be assessed: blood glucose monitoring, insulin injection, and blood pressure monitoring. The three grades will be averaged to make up for the missed practical exam.
- The make up exam/practical will be held following the final exam for the course, usually on the same day or within that same week. You must attend the make up session otherwise forfeit your grade.
- You are only allowed to make up either an exam or practical, not both. Therefore if you miss exam 1, you would not be able to miss any other exams or practical exams during the semester. If you miss a second exam, you will automatically receive a zero for the second exam or practical.

### **Website and Bulletin Board:**

- To provide ease in communication between the students and faculty for self care, the course coordinator has set up a web page for the course at the following web address:  
<https://sakai.rutgers.edu/portal>
- Students should check the site frequently, as there will be important announcements noted on the page.
- With the exception of the first lecture, students will be required to print the lecture handouts from the website. Handouts will **NOT** be provided in class.

### **Grading:**

Students must include their name and Rutgers Student ID number on all assignments and examination in order to ensure proper identification and scoring.

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	Percentage of Final Grade (%)
Exam 1	20
Exam 2	20
Exam 3	20
Blood Pressure Practical	10
Blood Glucose Practical*	10
Insulin Injection Practical*	10
Assignments	10
<b>Total</b>	<b>100</b>

\*Blood Glucose and Insulin Injection Practical exams will take place on the same day and will account for a total of 20% of the final course grade.

Final grades will be assigned as follows:

90-100	A
86-89.9	B+
80-85.9	B
76-79.9	C+
70-75.9	C
60-69.9	D
≤ 59.9	F

Absolutely no rounding will take place with final grades, therefore an 89.9 will be a B+ not rounded to an A.

### Office Hours:

- All course coordinators are available on an individual basis by appointment only. Students should contact the individual instructor if they have questions on specific lecture material.
- Office hours will be set after each exam to review your exam. If you cannot make the office hours, please email the course coordinators prior to the office hours to schedule another time. If you do not contact the coordinator prior, you will forfeit your right to review your exam.
- A time period of two weeks will be allowed for students to review the grading of exams and practical. No exceptions/grade changes will be made after two weeks.
- Please be aware that the grading keys for the practical exams are standardized, and changes cannot be made to the scoring of the key, instructor's comments, scoring, etc. during office hours. This would disrupt the integrity of the exam and its key.

### Course Instructor Evaluations:

At the end of the semester, course and instructor evaluations will be provided to all students in the course. Your comments and feedback are greatly appreciated!

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DATE	DAY	TIME	TOPIC	LECTURER
Jan. 19	TUE	12-1:20p	Introduction & Practitioner's Role in Self-Care	Mansukhani
Jan. 21	THUR	12-1:20p	Diabetes	Mansukhani
Jan. 25	MON	12-4:35p	Diabetes Interactive	Mansukhani
Jan. 26	TUE	12-1:20p	Cold and Allergy	Volino
Jan. 28	THUR	12-1:20p	Diabetes	Mansukhani
Feb. 1	MON	12-4:35p	Diabetes Interactive	Mansukhani
Feb. 2	TUE	12-1:20p	Noninfectious Dermatology	Durie
Feb. 4	THUR	12-1:20p	Noninfectious Dermatology	Durie
Feb. 8	MON	12-4:35p	Diabetes Practical	Mansukhani
Feb. 9	TUE	12-1:20p	Ophthalmic and Otic Disorders	Volino
Feb. 11	THUR	12-1:20p	Oral Disorders	Volino
Feb. 15	MON	12-4:35p	Triple O Interactive Session	Volino
Feb. 16	TUE	12-1:20p	GI Disorders: Heartburn, Dyspepsia, and Gas	Bridgeman
Feb. 18	THUR	12-1:20p	GI Disorders: Constipation, Diarrhea, Nausea, and Vomiting	Bridgeman
Feb. 22	MON	12-4:35p	GI Disorders Interactive Session	Bridgeman
Feb. 23	TUE	12-1:20p	<b>Exam 1</b>	Course Faculty
Feb. 25	THUR	12-1:20p	Obesity	Mansukhani
Feb. 29	MON	12-4:35p	Obesity Interactive	Mansukhani
Mar. 1	TUE	12-1:20p	Smoking Cessation	Nguyen
Mar. 3	THUR	12-1:20p	Smoking Cessation	Nguyen
Mar. 7	MON	12-4:35p	Smoking Cessation Interactive Session	Nguyen
Mar. 8	TUE	12-1:20p	Infectious Dermatology: Acne and Secondary Skin Infections	Moreau
Mar. 10	THUR	12-1:20p	Infectious Dermatology: Warts, Foot Disorders, and Hair Loss	Moreau
Mar. 12-20	<b>Spring Break – No Class</b>			
Mar. 21	MON	12-4:35p	Display Session I	Course Coordinators
Mar. 22	TUE	12-1:20p	Home Medical Equipment & Incontinence	Fahim
Mar. 24	THUR	12-1:20p	Blood Pressure Patient Education	Volino
Mar. 28	MON	12-4:35p	Blood Pressure Interactive Session	Volino
Mar. 29	TUE	12-1:20p	<b>Exam 2</b>	
Mar. 31	THUR	12-1:20p	Insomnia, Fatigue, and Drowsiness	Patel
Apr. 4	MON	12-4:35p	Blood Pressure Practical	Volino
Apr. 5	TUE	12-1:20p	Women's Health: Disorders Related to Menstruation and the Prevention of Pregnancy	Bridgeman
Apr. 7	THUR	12-1:20p	Women's Health: Vaginal and Vulvovaginal Disorders	Bridgeman
Apr. 11	MON	12-4:35p	Women's Health Interactive Session	Bridgeman
Apr. 12	TUE	12-1:20p	Musculoskeletal Injuries and Disorder	Volino
Apr. 14	THUR	12-1:20p	Headache, Pain, Fever	Volino
Apr. 18	MON	12-4:35p	Headache, Pain, Fever Interactive	Volino
Apr. 19	TUE	12-1:20p	Infant Nutrition	Siu
Apr. 21	THUR	12-1:20p	Adult Nutrition	Bridgeman
Apr. 25	MON	12-4:35p	Nutrition Interactive Session	Bridgeman
Apr. 26	TUE	12-1:20p	Cough and Asthma	Volino
Apr. 28	THUR	12-1:20p	<b>Exam 3</b>	
May 2	MON	12-4:30p	Display Session II	Course Coordinators