

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: Complementary Therapies & Self Care
CODE NO. : PTN306 **SEMESTER:** 4
PROGRAM: Pharmacy Technician
AUTHOR: Malisa M. Carullo, ND
DATE: May 2013 **PREVIOUS OUTLINE DATED:** May2012
APPROVED:

	<u>CHAIR, HEALTH PROGRAMS</u>	<u>DATE</u>
TOTAL CREDITS:	3	
PREREQUISITE(S):	PTN202, PTN303	
HOURS/WEEK:	3	

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I. COURSE DESCRIPTION:

Non-prescription medications, over-the-counter products; vitamins, herbs and supplements will be studied from an evidence-based perspective. Overview of the most commonly used complementary therapies and their relation to the use of pharmaceutical products. The use and retailing of home health care items will be studied.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. explore the retail pharmacy outside the dispensary areas and demonstrate an understanding of non-prescription drugs and various complementary therapies.

MODULE 1: Non-prescription medications and self care

Potential Elements of the Performance:

- Outline the role and responsibility as a Pharmacy Technician in directing communications to the pharmacist from either patients or other healthcare providers.
- Outline the role of the Pharmacy Technician in regards to various therapies
- Demonstrate effective communication skills in dealing with patients, pharmacists, colleagues, and other healthcare providers
- Discuss drug schedules and categories including prescription, non-prescription, herbal, nutraceuticals and homeopathic remedies.
- Define behind the counter medications and explain how these differ from OTC items

2. explore the over-the-counter (OTC)/non-prescription products available for self medication

MODULE 2: Over the counter products

Potential Elements of the Performance:

- Describe why OTC products are popular
- List considerations concerning the use of OTC drugs
- List the criteria for designating a medication as an OTC drug
- Describe indications, classifications, contraindications, side effects, and warnings of the following types of OTC products:
 - Pain and fever medications
 - Respiratory medications
 - Gastrointestinal medications
 - Ophthalmic and Otic medications
 - Dermatological medications

- Medications for other disorders such as insomnia, drowsiness, and fatigue
 - List a minimum of five conditions treated with OTC drugs
 - Explain why special precautions are taken with geriatric and pediatric populations in the selection of OTC drugs
 - List various non-prescription drugs of abuse and associated therapeutic category.
3. explain the idea of natural healing processes and the benefits and drawbacks of non-conventional medicine

MODULE 3: Complementary and Alternative Therapies

Potential Elements of the Performance:

- Differentiate between complementary and alternative therapies
 - Differentiate between Eastern and Western medicine
 - Describe why alternative medicine has gained popularity
 - Describe complementary therapies and their relation to the use of pharmaceutical products
 - Explain what is meant by the placebo effect
 - Differentiate between alternative professionals and/or treatments and belief systems of each. Examples include:
 - Acupressure/ Acupuncture
 - Massage therapy
 - Aromatherapy
 - Chiropractic
 - Naturopathy
 - Homeopathy
 - Energy medicine
4. discuss the most common vitamins and minerals available in retail pharmacies.

MODULE 4: Vitamins and Minerals

Potential Elements of the Performance:

- List the conditions that occur from a deficiency of the vitamins covered in this module
- Explain the functions of vitamins and minerals
- Describe the differences between water-soluble and fat-soluble vitamins
- Understand what is meant by a daily allowance and be able to apply this knowledge when reading labels
- Understand the definition of a trace element
- List the common minerals and be able to recognize their chemical symbol
- Describe the adverse effects of overuse of both vitamins and minerals
- List the foods that contain the common elements discussed
- Discuss how vitamins and minerals can be used as therapies

5. explore a variety of herbal remedies and nutraceuticals through relevant literature research.

MODULE 5: Herbs and Supplements

Potential Elements of the Performance:

- Define “natural health products” as per Health Canada
 - Demonstrate an understanding of what resources are available to find accurate, reliable, authoritative information on the therapeutic constituents of herbs and other natural medicinals. Examples include:
 - St. Johns wort
 - Kava Kava
 - Valerian
 - Ginkgo
 - Black cohosh
 - Saw palmetto
 - Ginseng
 - Glucosamine
 - Chondroitin
 - MSM
 - Fish oils and omega fatty acids
 - Describe the appropriate clinical indications, uses, dosages, interactions, side effects, and pharmacology of common phytomedicinals.
 - Describe the regulatory and labeling issues as well as how they apply to natural products and other dietary supplements
 - Explore various nutritional supplements available in retail pharmacies and note indications, special formulations, and terminology associated with the product.
6. explore the various home healthcare items available in retail pharmacies.

MODULE 6: Home Healthcare Items

Potential Elements of the Performance:

- List the advantages and disadvantages of home diagnostic products
- Identify various types of sanitary products-diapers, enuresis products, sanitary napkins, tampons, and related products.
- List indications, contraindications, and side effects of vaginal and rectal products
- Be familiar with common therapeutic questions for the pharmacist associated with vaginal and rectal products
- Be familiar with products categorized as family planning. Examples include pregnancy tests and contraceptives.
- Identify various first aid products and explain methods of use
- Identify various mobility aids and explain methods of use, indications, contraindications
- Be familiar with various forms of fittings available including compression stockings, orthotics (braces/ supports)
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- Identify various smoking cessation products available and be familiar with products available
 - Proper selection, use, side effects and disposal

III. TOPICS:

1. Over-the-counter products
2. Complementary and alternative therapies
3. Vitamins and minerals
4. Herbal products and supplements
5. Home healthcare products

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Atlas M, Faris A. Introduction to Pharmaceutical Dosage Forms for Pharmacy Technicians. Pharmacy Tech Consultants, 2008-2009.
2. Sault College Learning Management System (D2L)
3. Research articles and/or other online resources as indicated by the instructor.

V. EVALUATION PROCESS/GRADING SYSTEM:

Assignments (3 x 10%)	30%
Quizzes (5 x 7%)	35%
Final exam	35%

1. Students must achieve a minimum combined average of 60% (calculated as indicated above) in order to pass this course.
2. All items listed above must be submitted in order to receive credit for this course.
3. All policies and procedures as outlined in the current Student Success Guide related to submitting assignments, scholarly work/academic honesty, tests, and examinations will be followed.
4. **No supplements** will be provided for quizzes or the final exam.
5. Students missing quizzes or the final exam because of illness or other serious reason must contact the professor before the quiz or exam to inform him/her (by phone or email). Those students who have notified the professor of their absence, according to policy, will be eligible to arrange an opportunity to complete the quiz or exam at another time. Students must contact the professor on their first day back at school following a missed quiz or exam. Those students who do not follow the above procedures will receive a zero for that quiz or exam. The professor reserves the right to request documentation to support the absence.

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

A minimum of a “C” grade is required to be successful in **most** PTN coded courses.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.