



T-104
2022

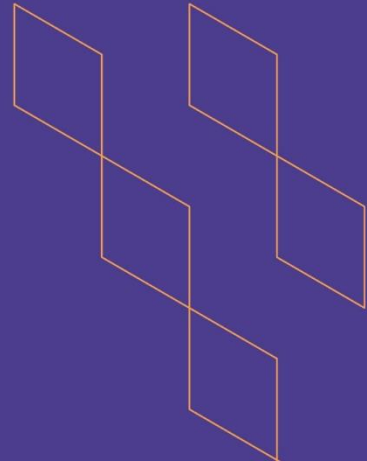
Course Specification





T-104
2022

Course Specification



Course Title: Non-prescription and self-care medications

Course Code: 556 PHP-2

Program: Bachelor of Pharmaceutical Sciences (B.Pharm.Sc.)

Department: Pharmaceutics

College: Pharmacy

Institution: Najran University

Version:

Last Revision Date: 19/12/2023



Table of Contents:

Content	Page
A. General Information about the course	3
1. Teaching mode (mark all that apply)	3
2. Contact Hours (based on the academic semester)	3
B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods	5
C. Course Content	6
D. Student Assessment Activities	7
E. Learning Resources and Facilities	8
1. References and Learning Resources	8
2. Required Facilities and Equipment	8
F. Assessment of Course Quality	8
G. Specification Approval Data	9

A. General information about the course:

Course Identification

1. Credit hours: 2

2. Course type

a. University ☐ College ☐ Department ☐ Track ☐ Others ☒

b. Required ☐ Elective ☒

3. Level/year at which this course is offered: 9th level/5th year

4. Course general description

This course deals with teaching pharmacy students over the counter medications or the medications which can be given to the patient without physician prescription. Students during this course become familiar with the medical conditions that can be manipulated by the pharmacists without prescription e.g. Hyperacidity, GIT disorders (constipation, diarrhea, dyspepsia) topical fungal infections, common cold, anti-cough products etc. Self-care guidelines will be discussed in addition to differentiation of when to treat versus refer patients to a health care provider.

5. Pre-requirements for this course (if any): PHCU538

6. Co- requirements for this course (if any): NA

7. Course Main Objective(s)

Upon completing this course, students will be able to:

- Describe the principle of OTC medications
- Mention ideal treatments for different and common medical conditions
- Describe the ideal treatments combinations and drug- drug interactions
- Identify pharmacological properties of drugs.
- Demonstrate the possible precautions for each OTC medication.
- List the different side effects of OTC medications.

1. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1.	Traditional classroom	30	100
2.	E-learning		
3.	Hybrid <ul style="list-style-type: none"> • Traditional classroom • E-learning 		
4.	Distance learning		

2. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	20
2.	Laboratory/Studio	5
3.	Field	5
4.	Tutorial	
5.	Others (specify)	
	Total	30



B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Demonstrate specialized knowledge and understanding about basic causes and signs and symptoms of each condition covered.	K1	Lectures and group discussions	Exams and quizzes
1.3	Demonstrate knowledge of basic mechanisms of action, uses, potential side effects and precautions for each OTC medication discussed.	K3	Lectures and group discussions	Exams and quizzes
2.0	Skills			
2.1	Integrate pharmaceutical, and clinical sciences with information obtained from patients to recommend /dispense appropriate OTC medications for more efficacy and less side effects.	S1	Lectures and group discussions	Exams and assignments
2.4	Utilize appropriate information technologies to optimize safe medication use and patient care	S4	Lectures and group discussions	Exams and assignments
2.5	Communicate clearly and effectively to educate patients on the self-care therapy plan.	S5	Lectures and group discussions	Assignments and presentations



Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
3.0	Values, autonomy, and responsibility			
3.1	Demonstrate empathy, professional attitude, ethical and legal behavior, integrity, and proper judgment in relevant practice settings.	V1	Lectures and group discussions	Assignments
3.2	Advocate patient rights to safe and effective medication use in relevant practice setting.	V2	Lectures and group discussions	Assignments
3.3	Engage in self-learning practices and inter-professional healthcare education Activities.	V3	Lectures and group discussions	Assignments

C. Course Content

No	List of Topics	Contact Hours (T+P)
1.	Overview and aim of studying OTC medications	2
2.	OTC medication approval process and regulations	4
3.	GIT Symptoms, abdominal pain and diagnosis	4
4.	Fever, Headache, Migraine and Insomnia	2
5.	Fatigue and weakness	1
6.	Cough and common colds treatment and sore throat	2
7.	Oral Health	1
8.	Allergy medications	2
9.	Vitamins/Dietary Supplements	2
10.	Women Health / Men Health	2
11.	Skin medications	2
12.	Mental Health	2
13.	Eye and ear care	2
14.	Obesity management	2
Total		30



D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Periodic exam (theory)	7-9	25%
2.	Quiz and observational cards (practical)	10	15%
3.	Assignment (theory)	10	10%
4.	Oral presentation	15	10%
6.	Final Written exam	17-19	40%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.)

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	Non-prescription Medicines: Alan Nathan, Fifth Edition 2020; Pharmaceutical Press.
Supportive References	British Pharmacopeia 2020
Electronic Materials	https://sdl.edu.sa/SDLPortal/en/Publishers.aspx http://dlaf.nu.edu.sa/en/e-libraries http://www.nu.edu.sa/en/web/deanship-of-libraries-affairs/85 http://lib.nu.edu.sa/DigitalLibrary.aspx
Other Learning Materials	

2. Required Facilities and Resources

Items	Resources
Facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Classrooms and chairs
Technology Resources (projector, smart board, software)	Projectors, computers
Other Resources (depending on the nature of the specialty)	

F. Assessment of Course Quality

Assessment Areas/Issues	Assessors	Assessment Methods
Effectiveness of teaching	Students	Direct (online questionnaire)
Effectiveness of students assessment	Department head peer reviewer	Indirect
Quality of learning resources	Department head peer reviewer	Indirect
The extent to which CLOs have been achieved	Students + Instructor	Survey
Others		

Assessor (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)



G. Specification Approval Data

COUNCIL /COMMITTEE	
REFERENCE NO.	
DATE	

