



**\*\*The Course has been converted to an Online Learning Environment due to COVID-19\*\***

**School of Pharmacy**

**Required Course Syllabus**

Spring – P1

Course # PHAR 6222 / Track: **Global Health Colloquium (GHC)**  
**Health and Wellness Through Evidence-Based Medicine Principles**

**Mondays**

January 21 – May 3, 2021

1:00 PM – 2:50 PM

**Synchronously and Asynchronously Hybrid**

**Virtual**

**IPPE Hours: 10 / IPE Hours: 0**

<b>Course Coordinator</b>	<b>Co-Coordinator</b>
<b>Jacquelyn Navarrete, PharmD, BCACP:</b> OFFICE HOURS: Mondays 3 PM– 4 PM, or by appt. <b>Phone:</b> (915) 747- 8520 <b>E-mail:</b> <a href="mailto:jnnavarrete@utep.edu">jnnavarrete@utep.edu</a>	<b>Jeri Sias, PharmD, MPH:</b> OFFICE HOURS: Mondays 5:00 PM – 5:45 PM, Fridays 12:15 PM – 1:00 PM, or by appt. <b>Office Room 714</b> Office Phone: (915) 747-8599 <b>E-mail:</b> <a href="mailto:jjsias@utep.edu">jjsias@utep.edu</a>

**Course Faculty**

<b>Faculty Lecturers/Instructors</b>	<b>IPPE (Introductory Pharmacy Practice Experiences) Contact</b>
Amanda Loya, Pharm.D., BCPS Email: <a href="mailto:amloya1@utep.edu">amloya1@utep.edu</a> Phone: (915) 747-8534	Sara Smith, PharmD, <a href="mailto:scrigo@utep.edu">scrigo@utep.edu</a> ; (915) 747-8270
Denise Pinal, Pharm.D., BCPPS Email: <a href="mailto:denisepi@utep.edu">denisepi@utep.edu</a> Phone: (915) 747-5884	

**Virtual Office Hours**

Virtual Office Hours will be synchronous through Blackboard Collaborate Ultra and will be used to discuss problematic exam questions and any course logistic problems. Office hours will be held Monday afternoons 3:00 – 4:00 PM MST. See individual faculty office hours above. To connect to the weekly sessions, go to Blackboard Collaborate Ultra in course. The course coordinator will check emails multiple times daily, and will try to respond as soon as possible (generally within 24-48 hours). When sending an email, please place the

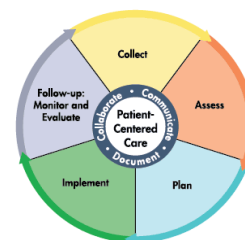
course number and name (PHAR 6222 Health & Wellness and the issue/topic in the subject line of the email). This will help me locate and respond to the email more quickly. Students may request an individual appointment with the course coordinator via e-mail, and the course coordinator will respond as soon as possible.

For individual faculty, please email faculty for their online office hours.

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## Course Description

This course will explore health and wellness through evidence-based medicine principles. Topics covered include principles of self-care, common classes of over-the-counter medications, and guidelines for detecting common chronic illnesses in a safe and responsible manner. Students will be introduced to behavioral and educational principles that pharmacists can use to empower patients to self-manage their health. Examples of theories to be explored include the Health Belief Model and the Trans-theoretical Model (with constructs of Stages of Change). Through this foundational knowledge and skill development, students will be able to design a prevention and educational strategy to improve health and wellness.



Source: <https://doi.org/10.21019/9781582122564.ch6>

### What part of PPCP (Pharmacists' Patient Care Process) is addressed.

Pharmacist's Patient Care Process: This course will introduce students to using evidence-based medicine principles. It will also provide foundational knowledge and skills to create a plan related to health and wellness by collecting patient information, assessing risks, and developing a plan for referral and/or education for selected chronic diseases and self-care products. <https://www.pharmacist.com/sites/default/files/files/PatientCareProcess.pdf>

The course coordinator may adapt the syllabus/course calendar to support student and course success.

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## Course Learning Objectives

At the conclusion of this course, students shall be expected to:

1. Identify sources of evidence-based literature and guidelines for disease prevention and risk reduction across the life span
2. Evaluate quality of information on health and wellness (e.g., recommendations provided in guidelines)
3. Develop knowledge and skills needed for performing community screenings and education awareness for health and wellness
4. Interpret screening criteria for common chronic diseases used in community health fairs
5. Identify common classes of over-the-counter products used in self-care for health and wellness
6. Apply behavioral and educational principles and theories for health promotion and wellness
7. Educate community members, families, and caregivers on the importance of nutrition and other healthy lifestyle choices

### IPPE Learning Objectives

At the conclusion of the IPPE activity, students shall be expected to :

1. Explain how health education and health screenings contribute to health and wellness
2. Explain how health education and health screenings fit into the Pharmacist's Patient Care Process

Course Objectives	CAPE Outcomes	PCOA	NAPLEX	Learning Activities	Assessment Measures	Level of Assessment (I) Introduce (R) Reinforce (A) Apply
1. Identify sources of evidence-based literature and guidelines for disease prevention and risk reduction across the life span 2. Evaluate <b>quality of information</b> on health and wellness	1.1 <i>Learner (Learner)</i> 2.3 <i>Health and wellness (Promoter)</i> 2.4 <i>Population-based care (Provider)</i>	4.1.4 Interpret guidelines as they apply in a clinical setting  3.1.4 Public Health and Wellness: chronic disease prevention, health promotion, infectious disease control, demographics, physical, social, and environmental factors leading to disease, comparing and contrasting public health with individual medical care	<b>1.5.0 Advocate individual and population-based health and safety, considering...</b> 1.5.1 Best practices, scientific literature evaluation, and health-related resources 1.5.5 Emergency preparedness protocols	Readings, LIBRARY guest speakers, lectures, discussions, and class activities	Exams, Final	I
3. Develop knowledge and skills needed for performing community screenings and education awareness for health and wellness 4. Interpret screening criteria for common chronic diseases used in community health fairs	4.4 <i>Professionalism (Professional)</i>	3.9.2 Principles of behavior modification  4.7.7 Recommend nonprescription and natural product therapies	<b>1.1.0 Obtain, interpret, assess, and/or evaluate...</b> 1.1.3 Results from instruments and screening strategies used to assess patients 1.1.7 Risk factors relevant to the prevention of a disease or medical condition and the maintenance of wellness <b>2.1.0 Employ various techniques to calculate...</b> 2.1.1 Patients' nutritional needs and the content of nutrient sources	Readings, lectures, discussions, and group class activities	Exams, Final	I
5. Identify common classes of over-the-counter products used in self-care for health and wellness			<b>1.2.0 Develop and implement individual treatment plans, taking into consideration....</b> 1.2.3 lifestyle and self-care therapy <b>2.3.0 Review, dispense, and administer drugs and drug products, considering...</b> 2.3.1 Packaging, labeling, storage, handling, and disposal of medications 2.3.2 Commercial availability, identification, and ingredients of prescription and non-prescription drug	Readings, lectures, discussions, and class activities	Exams, Final	I
6. Apply behavioral and educational principles and theories for health promotion and wellness 7. Educate community members, families, and caregivers on the importance of nutrition and other healthy lifestyle choices			<b>1.5.0 Advocate individual and population-based health and safety, considering...</b> 1.5.1 Best practices, scientific literature evaluation, and health-related resources 1.5.5. Emergency Preparedness protocols	Project	Rubric	I, A

## How to Succeed in this Online Course

Students should log into Blackboard at least weekly to review any updates to course and announced in the Announcements section. All lectures will be recorded. Students should review each week consistently to avoid risking falling behind. There will be one group activity that will require students to communicate and collaborate. Please review the instructions for the group activity under the dedicated section. Exams schedules are the same as originally planned. Please see the updated course calendar below.

## How to take an online course

If you want to be a successful student:

- Treat this course like a “real” live course.
- Be self-motivated and self-accountable.
- Be willing to “speak up” if any problems occur.
- Be able to communicate through writing/messaging/chats.
- Practice time management and stay on schedule.
- Create a consistent quiet study space.
- Make sure you have the technical computer requirements.

If you want to be an unsuccessful student:

- Wait until the last day to read assignments.
- Do not review material until the night before an exam.
- Forget about deadlines.
- Do not have interactions with the course coordinator, instructors or classmates.
- Ignore emails from the course coordinator, instructors and/or your peers regarding course activities.
- Do not know about any grade requirements and the course syllabus.
- Use your computer as a PlayStation 4 or 5.

## Netiquette

Your instructors and classmates want to generate a safe online learning environment. Please use appropriate online classroom behavior by reading the UTEP Netiquette Guide for Online Courses available at <https://www.utep.edu/extendeduniversity/cid/Files/docs/faculty-resources/student-orientation/NetiquetteGuideforOnlineCourses>.

## Course Evaluation

During this course, you will be provided with an opportunity to evaluate this course and your instructors. The Associate Dean for Assessment, Accreditation, and Strategic Planning will send an email reminder toward the end of this course for you to complete the course evaluation. UTEP uses an online course evaluation system. Course Evaluations can be taken at **my.utep.edu** by clicking on the CLASSES TAB on the left. The Course Evaluation module will appear and your classes will be listed. Click on the Course Name, or CRN, to complete the evaluation for the course. Your participation is an integral part of this course and the accreditation process, and your feedback is vital to improving education at the School of Pharmacy.

## Questions Related to the Course and Grading/Exams

In general, questions related to the overall course should be directed to the coordinator. **Content/topic-specific questions** should be directed to the content instructor within **five (5) business days** of the material being presented.

Any questions concerning **assignments/exam grades** should be discussed with the **course coordinator within five (5) business days** after the grades have been posted.

## **Additional / Detailed Course Meetings & Location**

Class will be online asynchronously. Lectures will be posted by M 12:00 PM. All lectures will be recorded. Exams that are synchronous will be held at the posted lecture time as outlined in the course calendar. Exams will be held normally on Monday afternoons from 1:00 PM – 2:50 PM on dates provided in the course calendar until otherwise stated. The final exam will occur during finals week.

Students who need accommodations for taking exams outside the posted time must submit a written email request to the Course Coordinator explaining why they cannot take the exam at the time of the exam. The request must be ahead of the scheduled exam. For unanticipated or emergency absences when advance notification to a course coordinator is not possible, the student should contact the course coordinator as soon as possible by email. When the student is unable to email the course coordinator and is unable to leave word with the because of circumstances beyond the student's control, and in cases of bereavement, the student or the student's representative should contact the Office of the Director of Student Affairs.

## **Learning Technology**

On March 30, President Wilson wrote in message to students, faculty and staff that all 25,000 UTEP students will be engaged in online learning. Students will join thousands of UTEP faculty and staff working remotely. The UTEP community is among many others in the El Paso Region that are teleworking, conducting business online and taking classes online in order to comply with public health guidelines. With this added strain on internet use across the city, it is important to optimize the performance of your home network.

### Online Platform/Blackboard:

Accessing Course Content on Blackboard: All lectures, handouts, and course material will be located in Blackboard. Log into My UTEP.edu and click on the Blackboard link to access the online course for PHAR 6222. The course is individualized, and students may access lectures/handouts as they are made available by course instructors. Except in cases of a UTEP network being "down" or "offline" you are ultimately responsible to ensure that your computer is connected to the internet and that any issues are addressed prior to class and/or assessments.

### Online Assessment Requirements:

This course requires the use of ExamSoft® (or CORE ELMS®). Students are responsible for creating their online login within the first week of class. It is the student's responsibility to maintain access to a reliable internet connection (with the rare exception of when UTEP's systems are down).

If students cannot access your online account, please contact **Adrian Enriquez ([aealonso@utep.edu](mailto:aealonso@utep.edu))**, to resolve this issue **within five (5) business days of the first day of class**. Students are responsible for ensuring they have access to the online assessment system. Mr. Enriquez is **NOT available** for questions or laptop failures/requests **after business hours or on weekends**.

Electronic exams need to be **downloaded at a minimum of 2 hours prior to the examination to avoid a 10% grade penalty** deduction. Repeated instances (> 1 time) of not downloading electronic exams will result in a referral to the professionalism committee on the **SOP Progression Committee and additional 10% grade penalty** deduction from the student's earned exam score.

### CORE ELMS Online Assessment Requirements:

This course requires the use of CORE ELMS and Blackboard. Students are responsible for ensuring they have access to CORE ELMS before the beginning of the IPPE/APPE. If you cannot access your online CORE ELMS account, please contact Alma Dominguez ([arsaldana2@utep.edu](mailto:arsaldana2@utep.edu)) to resolve this issue. Assessments (e.g., assignments, quizzes, and exams) may be disseminated before the due date. This requires students to download the assessment using an internet connection. It is the student's responsibility to maintain access to a reliable internet connection (with the rare exception of when UTEP's systems are down).

### **Introductory Pharmacy Practice Experience (IPPE)**

IPPE hours and activities have been assigned to this course. Students will be responsible to complete a total of 4 hours as part of this course (4 site, 0 Simulation). The IPPE requirements of the course (e.g. site assignments) will be coordinated by Dr. Sara Smith with guidance from the Office of Experiential Education.

To guide this experience, students will complete a checklist/activity documenting the achievement of each learning objective. Specific information regarding these elements will be available to students in the Blackboard Course and CORE ELMS as appropriate.

During the semester, students may be able to select IPPE slot preferences through CORE ELMS. Please refer to CORE ELMS for specific dates from which they may select to schedule IPPE hours. Experiential education experiences generally occur outside of class time, including evenings, weekends, and holidays. Additionally, IPPEs may be scheduled at other times of the day.

At all times during the IPPE, students are expected to follow OEE policies, including the dress policy, and maintain professionalism. Refer to the OEE handbook for details. Additionally, while at IPPEs, students are always expected to carry with them their Texas State Board Trainee Letter/Intern Card. Students must always have readily available electronically on CORE ELMS® the following: Unexpired BLS CPR Card, HIPAA Training Certificate, Bloodborne Pathogen, etc. Refer to OEE Handbook for a complete list. Failure to exhibit credentials will result in the student being asked to leave the pharmacy site. Eligibility to return to site is determined by the preceptor and the Experiential Program Director.

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### **Methods of Instruction/Learning**

Provide describe the methods of instruction and/or learning used in the course. Use the following as an example.

*The learning outcomes in this course will be achieved via:*

1. **Outside Preparation**
2. **In-class Lectures**
3. **Team Assignment/Activity**
4. **Live Patient Interview**- provides practice in interview skills and practice integrating clinical information.
5. **Exams/Quizzes** – allows students to demonstrate the course ability outcomes and instructors to provide necessary feedback

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### **Required Course Technology/Tools/Needs**

Laptop Computer

- Students are expected to bring laptop computers to the class each day for participation in on-line exercises or assessments. It is the responsibility of the students to make sure that the laptops are in working condition and meets the University and School of Pharmacy IT requirements (See SOP Student Handbook).

#### Calculator

- Students are expected to bring a non-programmable calculator to class and to all assessment activities.

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### Evaluation and Grading Policy

Course point distribution will be as follows:

Type of Assessment	Total Points	% Course Grade
Exam I	45	22.5%
Exam II	45	22.5%
Final Exam	60	30%
Group Project and Peer Evaluation	30	15%
Healthy Lifestyle Message	10	5%
BP quiz - open note	10	5%
IPPE	Pass/Fail	Pass/Fail
<b>Total points</b>	<b>200</b>	<b>100%</b>

#### Assignment of grades:

- A = 90 – 100%**
- B = 80 – 89%**
- C = 70 – 79%**
- D = 60-69%**
- F = < 60%**

All Assessments will be administered via ExamSoft®, unless noted otherwise.

It is the responsibility of the **student** to monitor his/her progress during the course and see that he/she is maintaining the required competency level. Students should seek advice and assistance from the course facilitator as soon as he/she encounters any difficulty in the course.

Exams: There will be three exams including the final exam. The exams will consist of true/false, matching, multiple choice, and multiple answer questions. Exam 1 and Exam 2 are worth 45 points. The Final Exam is worth 60 points.

Group Project: Grading will be based on the participation and contribution of each member.

Activity Worksheet(s): An activity worksheet(s) will be graded for completeness worth 15 points.

Other Assignments: Individual faculty lecturers may have activities associated with their topics. There are no points allotted for these individual activities, however, the course coordinator reserves the right to decrease the students final grade due to lack of participation.

### Experiential LINK (IPPE):

A reflection that documents the ability of the student to explain how health education and health screenings fit into the Pharmacist's Patient Care Process and contribute to health and wellness. Students are responsible for their own transportation. Additionally students are required to dress appropriately for experience (i.e., white coat and business casual). It is the responsibility for students to arrive on time to IPPE.

It is the responsibility of the student to monitor his/her progress during the course and see that he/she is maintaining the required competency level. Students should seek advice and assistance from the course facilitator as soon as he/she encounters any difficulty in the course.

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## **Attendance**

The attendance policy for the School of Pharmacy is outlined in the Student Handbook. It is expected that students should demonstrate their commitment to the profession and respect for faculty, guest speakers, and colleagues by attending all classes and arriving to class on time prepared for the day's lesson(s).

Attendance at lectures is not mandatory in that attendance will not be taken at each lecture. However, attendance and punctuality at lectures are strongly recommended and expected as a sign of professional behavior. If large numbers of students are absent, the course coordinator reserves the right to give unannounced quizzes. Missing class for work is NOT a valid reason for your absence.

## **Classroom Behavior**

Students are expected to be professionals and will be treated as such unless circumstances deem otherwise. Any behavior that impairs student ability to learn will not be tolerated (e.g., side conversation, cell phone use, electronic device use for activities not related to coursework). Laptops may be used during class for taking notes. Using laptops for other activities than taking notes causes a disruption to the class around you.

## **Expectations of Students During Course**

It is the responsibility of the **student** to monitor his/her progress during the course. Students should seek advice and assistance from the course facilitator as soon as he/she encounters any difficulty in the course.

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## **Exam Day Policy**

Students must arrive on time for examinations. Students arriving after any student(s) has/have completed the exam and have left the ILC may not be allowed to sit for the exam, and may receive a score of zero. No allowances will be made for an exam being missed, other than documented illness or emergency. The student must contact the course coordinator and Student Affairs for confirmation prior to the exam. If permission is granted to delay the exam; it is the student's responsibility to contact the course coordinator to arrange for an alternative exam time. In this event, the nature of the make-up will be at the discretion of the course coordinator (oral, written, increased weighting on the final, etc.). An unexcused absence from an exam may result in a grade of "zero" for that exam and will result in an extra 5% deduction of the total overall course.

## **Student Expectations Prior and During Examination**



### **ExamSoft/ExamMonitor**

Students will need to contact ExamSoft support for any technical issues during an exam. This would be the only scenario where students will be allowed to use their cell phones. Although this will be flagged by ExamMonitor, faculty will know that a student contacted ExamSoft. **Students must make sure to request a case/ticket number from ExamSoft**, as this will serve as proof for the course coordinator. The case/ticket number must be submitted to the course coordinator.

During an exam, if a student has any questions/concerns regarding exam questions, please type the question(s) on the Notes section within Examplify. Please do not bring scratch paper or calculators to exams, as these will be enabled in Examplify. The contact information for ExamSoft Support. This information must be saved to your phones:

### **ExamSoft Technical Support**

- 866.429.8889 or 954.429.8889

Exams: Electronic exams need to be **downloaded at a minimum 2 hours prior to the examination to avoid a grade penalty** as dictated in the syllabus [example 10% deduction]. **Repeated instances (> 1 time)** of not downloading electronic exams will result in a **referral to the professionalism committee** on the SOP Progression Committee and **may result in a 10% deduction** from a student's earned exam score.

Students are responsible for having a computer for electronic exams. Computers are available to check-out as a loan for exams from the ILC, and students should make early arrangements for securing computers. Students who show up without a computer to take an electronic exam will (1) be provided a paper exam, (2) may receive a grade deduction as stipulated in the course syllabus, and (3) will receive a professionalism referral to the SOP Progression Committee.

### Availability of items during exam

By default, faculty will provide scratch paper for examinations, unless faculty determines scratch paper is not necessary in which case students will receive advance notice that scratch paper will not be provided. Only faculty will provide scratch paper, and only scratch paper provided by the School of Pharmacy can be used during the examination. Any scratch paper utilized during an examination must have the student's name on every page and all pages must be turned in at the completion of the examination. Any exemption will be noted accordingly in the syllabus.

- No backpacks, purses, hats, large coats, and/or other bulky clothing permitted; these items need to be left outside the examination room or in an area in the exam room designated by the faculty/proctor.
- No food or drink allowed during an exam.
- No electronic devices (for example: watches, phones, calculators, etc.) are permitted on the student during an examination unless approved by the instructor prior to the examination or inspected upon entry into the exam room for approval. A specific model for calculators may be specified in the course syllabus or provided in advance of the examination to students.
- Disruption of examination time due to an electronic device can result in a grade penalty as stipulated in the syllabus.
- Bathroom break: No bathroom breaks permitted during examinations unless a prior accommodation is made. Faculty maintain discretion over the permissibility of bathroom breaks; students should expect that

a proctor will accompany them to the restroom and will wait outside the restroom if permission for restroom use is granted. No additional time will be provided for examinations when restroom breaks occur.

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## Missed Quizzes / Exams / Assignments – Excused/Unexcused Absences

Only students who miss an exam, quiz or an assignment due date as a result of an **excused absence** will be allowed to make-up the missed assignment or assessment. Students should consult the UTEP School of Pharmacy **Student Handbook** for definitions and examples of excused absences.

- The course coordinator **MUST** be notified on the day of the exam for the student to be excused from that exam for an **emergency**.
- In the case of **religious holidays**, the student **MUST** notify the course coordinator 10 business days prior to the exam. Students should not assume that they can miss an exam for vacation or other personal conflicts.
- Any excused absence from an exam for **health reasons** must be documented with a note from an appropriate health professional.
- Any unexcused absence from an exam will result in a grade of zero for that exam.

The course coordinator will determine the time and date for a make-up exam, which will occur before the final exam period. If the student is unable to attend either the original exam or the make-up exam, the course coordinator is not required to provide additional opportunities for the student make-up exam. The format of the make-up examination is at the discretion of the course coordinator, and may include any question type including, but not limited to, open-ended questions, an essay examination, or oral examinations.

## Remediation Policy

Students must participate fully in the course to be eligible for remediation. Please refer to the Student Handbook for end-of-course remediation policies and timelines (*see Table of Contents for End of Course Remediation*).

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## General Statement about Course Policy

The syllabus is subject to change to meet course needs, especially if there are unexpected disruptions or changes in class size, resources, etc. The most updated syllabus can be found on the course Blackboard shell. It is the student's responsibility to review the syllabus periodically for updates.

## UTEP and SOP Policy for Academic Integrity

Any student who commits an act of academic dishonesty is subject to discipline. The instructor is required to report all suspected academic dishonesty to the UTEP Office of Student Conduct and Conflict Resolution. Please refer to the Student Handbook for SOP guidance on academic integrity (*see Table of Contents for Curriculum and Classroom Policies: Academic Integrity*).

Academic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, and any act designed to give unfair advantage to a student or the attempt to commit such acts.

Proven violations of the detailed regulations, as printed in the Handbook of Operating Procedures (HOP), and available in the Office of the Dean of Students and on the homepage of the Dean of Students at

[www.utep.edu/dos](http://www.utep.edu/dos), may result in sanctions ranging from disciplinary probation, to a failing grade on the work in question, to a failing grade in the course, to suspension or dismissal, among others. (For more information, see: <https://www.utep.edu/student-affairs/osccr/student-conduct/academic-integrity.html>)

## Professionalism and Professional Conduct

While enrolled at the University, a student neither loses the rights nor escapes the responsibilities of citizenship. Thus, UTEP and the SOP value professionalism and expect all students to not only acquire but also maintain the highest standards of professional attitudes and behaviors in their interactions with their fellow classmates, staff, faculty, colleagues and their patients, as described in **the UTEP School of Pharmacy Student Handbook** and as per UTEP's student conduct policies (see <https://www.utep.edu/student-affairs/osccr/student-conduct/index.html/> for further information). Any student who engages in conduct that is prohibited by the Board of Regents' Rules and Regulations, University or SOP rules or by federal, state, or local law is subject to discipline whether such conduct takes place on or off campus or whether civil or criminal penalties are also imposed for such conduct. Please refer to the Student Handbook for specific expectations regarding professional conduct in the SOP (*see Table of Contents for Academic Progression: Good Standing: Professional*).

## Cell Phones

Students should carry cell phones, but keep the phone on the vibrate mode in the event students need to be notified by the emergency alert system. Cell phone use for the purpose of texting, email or social media is not permitted. This use is disruptive to fellow classmates, faculty and the learning environment. The use of a cell phone or the ringing of the phone in class is considered unprofessional behavior. No cellphones, calculators, laptops or other items may be used during an assessment (e.g., exam or a quiz) unless specifically as part of that assessment and approved by the faculty member/instructor.

## Technical Assistance

Checking computer requirements and ensuring that all software up to date is essential for students to access course content. **Supported browsers include –**

- 1) **For a PC:** FireFox, Internet Explorer (Do NOT use IE7), and Chrome
- 2) **For a Mac:** Safari, Firefox, and Chrome

To enhance browser performance, students should clear the browser cache and allow pop-ups. In addition to testing the web browser, check to ensure that the computer has an updated version of **Java** (go to <http://java.com>, click on "Do I have Java", click on "Verify Java Version," update Java if needed). Additional browser plug-ins may also be needed to view some content that your instructor may share on the learning management system. Common plug-ins include: **Adobe Reader, Flash Player, Windows Media Player, QuickTime**. When creating documents, slide presentations, spreadsheets, etc., be sure to use Microsoft Office or a compatible program (see 10 Free MS Word Alternatives). The UTEP Technology Support Services (3rd floor, UTEP Library) can also provide students with any applications, compatibility packs, patches, and updates that may be needed.

Students working off campus may need to set up a **Virtual Private Network (VPN)** on their computer to access UTEP resources for this class (i.e., Library). The link below provides information in setting up a VPN connection depending on the operating system. Students may contact the UTEP Help Desk (915-747-HELP) for assistance (or [https://www.utep.edu/technologysupport/ServiceCatalog/NET\\_VPNGlobalProtect.html](https://www.utep.edu/technologysupport/ServiceCatalog/NET_VPNGlobalProtect.html)).

If technical problems are experienced with the course, students should contact the **UTEP Help Desk** during: Monday– Friday: 8AM – 5PM. If calling within UTEP: 915.747.4357. If calling from outside UTEP: 915.747.5257.

For more information, please visit <http://helpdesk.utep.edu>. For help with **Blackboard**:  
[https://www.utep.edu/technologysupport/ServiceCatalog/BB\\_Students.html](https://www.utep.edu/technologysupport/ServiceCatalog/BB_Students.html)

In order for UTEP to provide a stable learning environment, Thursdays from 12:00-6:00am MST are reserved for minor preventive maintenance. This maintenance window is scheduled during the lowest usage time for the system. Blackboard may or may not be available during this time, depending on whether maintenance is necessary. Whenever possible, this time will be utilized to perform all minor maintenance. Unscheduled outages occur rarely, but they do happen. In the event of an unscheduled outage, Technology Support Services will confer with appropriate student and faculty networks to provide appropriate notifications to those affected.

Students can also visit an on-campus lab such as the ATLAS lab located within the Undergraduate Learning Center (UGLC building) for additional technical assistance. In addition to the various campus computer labs (ATLAS in UGLC or LACIT in Liberal Arts for example), Technology Support Services provides workstations for student use. To learn more, please visit: [https://www.utep.edu/technologysupport/ServiceCatalog/BB\\_Students.html](https://www.utep.edu/technologysupport/ServiceCatalog/BB_Students.html)

### **UTEP and SOP Policy for Special Accommodations (ADA)**

"If you have or suspect a disability and need classroom accommodations, you should contact the Center for Accommodations and Support Services (CASS) at 747-5148." You can also e-mail the office at [cass@utep.edu](mailto:cass@utep.edu) or go by their office in Union Building East (Room 106). For additional information, visit the CASS website at <http://sa.utep.edu/cass/>

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## **Additional Information**

### **Campus Concealed Carry:**

Effective August 1, 2016. <https://www.utep.edu/campuscarry/>

### **Civility Statement:**

You are expected to follow basic standards of courtesy (<https://www.utep.edu/student-affairs/dean-of-students-office/community-of-care/index.html>) and may be dismissed from class for blatant or sustained disruptive behavior.

### **Student Support:**

UTEP provides a variety of resources for those in need (e.g., if you feel overwhelmed, stressed or dealing with a crisis):

- UTEP's Counseling Center (free counseling to all students): **915-747-5302**, which after-hours goes to a crisis line
- Mental Health Crisis Line: 915-779-1800
- National Suicide Prevention Hotline: 1-800-273-8255 / [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- **Veterans Crisis Line: 1-800-273-8255 / [www.veteranscrisisline.net](http://www.veteranscrisisline.net)**
- NAMI (National Alliance on Mental Illness) of El Paso: 915-534-5478 / <https://namiep.org>
- <http://caringeducators.tumblr.com/survival>

## **Title IX:**

Title IX of the Education Amendments of 1972 (Title IX), prohibit discrimination on the basis of sex in education programs or activities operated by recipients of Federal financial assistance. Sexual harassment of students, which includes acts of sexual violence, is a form of sex discrimination prohibited by Title IX. Sexual violence refers to physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent due to the victim's use of drugs or alcohol. An individual also may be unable to give consent due to an intellectual or other disability. A number of different acts fall into the category of sexual violence, including rape, sexual assault, sexual battery, sexual coercion, stalking, and relationship violence. All such acts of sexual violence are forms of sexual harassment covered under Title IX.

In accordance with Title IX of the Education Amendments of 1972, UTEP does not discriminate on the basis of sex in the operation of its educational programs and activities. This commitment to non-discrimination applies to both employment in and admission to such programs and activities. [Link to full text at <https://www.utep.edu/titleix/>]

### **UTEP offers the following tips for taking online courses**

#### **Check Your Plan**

• *For starters, check your internet plan. What speed of service do you subscribe to? Is it enough to meet any new demands? FCC consumer guides on household broadband use and broadband speeds may be helpful for you to determine your home Internet usage needs.*

#### **Test Your Speed**

- If your speeds are slower than expected, you should contact your internet service provider to find out if they offer troubleshooting tips, or if there is an outage or service disruption in your area that may be affecting your speeds.
- Sometimes a simple router reboot—by powering it off and then back on again—can resolve a problem.
- If these tips don't work, you may have an equipment issue, such as an outdated router.
- Search the model number on your router to see if it's capable of providing your subscribed speeds. It might need to be updated to take advantage of higher speeds.
- If updates aren't available, you may need to purchase a new router or rent an upgraded router from your service provider.

#### **Create an Internet Schedule**

- Even the latest Wi-Fi routers with fast service speeds can get bogged down by a family of users trying to do things simultaneously.
- Set guidelines with your family members and discuss daily schedules to avoid performance issues and prioritize usage.
- If your job offers flexible hours, you may be able to work around high-traffic times on your home network.

#### **Microsoft OneDrive**

- UTEP faculty, staff and students have the option to use Microsoft OneDrive for Business.
- The University-supported cloud storage system is accessible anywhere, anytime, from any device.
- Current faculty, staff and students can utilize Microsoft OneDrive for Business to store, sync and share files across all their devices.
- Learn more: [www.utep.edu/technologysupport/ServiceCatalog/DATA\\_OneDrive.html](http://www.utep.edu/technologysupport/ServiceCatalog/DATA_OneDrive.html)

#### **Explore Your Options**

- If you get a good cellular signal in your home, another way to alleviate home Wi-Fi network congestion is to disconnect your cellular devices from your Wi-Fi network.
- You may also be able to use your cellular device as a mobile hotspot.
- Before switching any of your devices to cellular-only service, check your data plan to make sure you won't go over any data caps and incur overage charges. You can also explore options for fixed wireless service or other cellular alternatives in your area.
- If you're not seeing congestion on your in-home Wi-Fi network, turning on Wi-Fi and Wi-Fi calling from your smartphone can conserve data and reduce potential congestion on mobile networks.
- Many service providers have committed to providing free Wi-Fi hotspots during the national coronavirus emergency. Some are offering discounts or temporary upgrades at low or no cost during the crisis, or eliminating caps on data plans.

### PHAR6222 --- Course Calendar and Topic Outline

January 19, 2021 to May 14, 2021

1:00 PM – 2:50 PM

The course coordinator may adapt the syllabus/course calendar to support student and course success.

	Date	Topics	Faculty	Course Delivery
Week 1	1/18/2021	No class – The Rev. Dr. Martin Luther King, Jr. Day		
Week 2	1/25/2021	<b>Introduction to Course Outcomes/Syllabus</b> <b>Library:</b> Medline, PubMed, and GoogleScholar , MeSH search terms and Boolean operators, advanced searching tricks use in databases, how to locate a specific journal and to obtain access to articles the UTEP Library does not subscribe to, and where to find definitive sources of AMA publication/writing style rules online	Dr. Navarrete Ms. Lucero	Asynchronous
Week 3	2/01/2021	<b>Introduction to Screening Project</b> (due at the end of semester): Create health and wellness event incorporating Healthy People, health disparities, setting target, address health belief model, how to attract people to event, and source of referral <b>Intro to Epidemiology Basics and Terms</b> <b>Principles of Screening and Awareness:</b> Health Belief Model, Stages of Changes <b>Evidence-Based Medicine:</b> EBM triad (Armstrong), Steps – 5As, Questions: Prevalence, Screening, Diagnoses, Prognosis, Treatment, Framing Question: PICOT, Differentiating Literature: 1, 2, 3, Systematic Reviews, Guidelines (Strength of Evidence vs. Clinical Evidence), types of study design	Dr. Navarrete Dr. Sias Dr. Navarrete	Synchronously
Week 4	2/08/2021	<b>Nutrition and Lifestyle</b> (Guidelines, Screening, Awareness, and Detection) <b>OTC/Self-Care Highlights</b> (upper and lower GI) <b>Healthy Lifestyle Message Assignment</b> due week 5 health message on healthy plate with major food groups, exercise, water (optional), sleep (optional)	Dr. Navarrete	Synchronously
Week 5	2/15/2021	<b>Diabetes</b> (Guidelines, Screening, Awareness, and Detection) <b>OTC/Self-Care Highlights</b>  <b>Obesity &amp; Overweight</b> (Guidelines, Screening, Awareness, and Detection) <b>OTC/Self-Care Highlights</b> (upper and lower GI)	Dr. Sias Dr. Navarrete	Synchronously
Week 6	2/22/2021	<b>EXAM 1 (Weeks 1-5)</b>		

Week 7	3/01/2021	<b>Cardiovascular (HTN, HLD) (Guidelines, Screening, Awareness, and Detection) and OTC/Self-Care Highlights</b>	Dr. Sias	Synchronously
Week 8	3/08/2021	<b>Asthma and Smoking Cessation (Guidelines, Screening, Awareness, and Detection) OTC/Self-Care Highlights/CAM (nicotine, allergy)</b>	Dr. Pinal	Asynchronous (Yuja)
	3/15/2021	<b>SPRING BREAK</b>		
Week 9	3/22/2021	<b>Pediatric Health: Child PS (Guidelines, Screening, Awareness, and Detection)</b>	Dr. Pinal	Asynchronous (Yuja)
Week 10	3/29/2021	<b>Geriatric Health: Adult PS (Guidelines, Screening, Awareness, and Detection) &amp; incorporation of OTC – how read a label</b>	Dr. Loya	Synchronously
Week 11	4/05/2021	<b>EXAM 2 (Weeks 7-10)</b>		
Week 12	4/12/2021	<b>Introduction to Point-of-Care (Checking BP, finger stick), showing video, quiz due 11:59 PM</b> <b>Practice blood pressure and POC via online 120 mins (1:00pm-3:00pm)</b> <b>COVID-19 prevention with practice quiz for exam review 10 mins (3:00pm-3:10pm)</b> <b>Infection Prevention (Guidelines, Screening, Awareness, and Detection) 50 mins (3:10pm-4:00pm)</b> <b>OTC/Self-Care Highlights/CAM (Lower GI: Diarrhea and constipation) (10 mins)</b>	Dr. Sias  Drs. Sias/Smith/Navarrete  Dr. Navarrete	Synchronously  Synchronously  Asynchronously
Week 13	4/19/2021	NO CLASS - See ISL syllabus		
Week 14	4/26/2021	<b>(Optional and not recorded) Live group project time with faculty for feedback 1:00 PM – 1:50 PM</b> -Available in Blackboard Collaborate Ultra <b>Mental Health: PHQ, Suicide Hotline, Adult and Child Protective Services</b>	Dr. Sias  Dr. Montes	Synchronously
Week 15	5/03/2021	<b>Classroom Screening Group Project : (DM, Stroke/Heart attack, cholesterol, HTN) – Group PowerPoint upload into assignment portal and blog, upload by 3:00 PM, Monday, May 3, 2021 and peer evals due 5:00 PM, Thursday, May 6, 2021</b>	Dr. Sias/Navarrete	Synchronously
Week 16	5/10/21	<b>FINAL EXAM (Cumulative + Weeks 12-15)</b>		

\* Additional reading material may be required by some lecturers.