

WesternU COP 2021-2022 Didactic Elective Course Summary

PHRM ELC3 Diabetes Advanced Elective – Online DM Educate (2 credits, Letter Grade)

Facilitators:	Dr. David Pham
Eligibility:	P2 & P3
Term:	Fall & Spring
Capacity:	1-25
Format:	Online modules, class does not meet in person
Grading:	Letter Grade

This is a self-paced online series of videos and post-quizzes after the videos that expand your knowledge in diabetes care. There are multiple topics that each take varying amount of time, but overall accounts to about 2 hours/wk (30hrs overall) which can be done whenever throughout the course.

This comprehensive diabetes series includes drug therapy, but also history of diabetes, exercise and nutrition, how to manage inpatient diabetes, gestational diabetes, children with diabetes, physiological issues, and motivation interviewing. The course was created by the University of Pittsburgh (<https://www.dmecourse.pharmacy.pitt.edu/>), but the modules were created by Certified Diabetes Educators (CDEs) from all over the country.

PHRM ELC4 Independent Research (1 Credit, CR/NCR) FALL & SPRING

Facilitators:	Individual Faculty Preceptors
Eligibility:	P1-P3
Prerequisite:	Consent from faculty preceptor
Term:	Fall & Spring
Time:	Depends on faculty preceptor
Capacity:	Unlimited
Format:	Research
Grading:	CR/NCR

This block introduces the student pharmacists to independent research experiences under the supervision of a faculty member. The research experience may vary from bench research (pharmaceutical sciences) to clinical translational research (pharmacy practice). Student pharmacists will be expected to participate in research activities at the rate of 3 hours per week per credit. 30 hours of research must be completed by the end of the semester to earn a grade for the elective course. Schedules for research will be determined by the student pharmacist in consultation with the faculty preceptor. Student pharmacists will only be allowed a maximum of 2 professional elective credits over two semesters (1 credit each). Any additional research elective course while eligible for course credit, will not be counted towards the overall elective degree requirement.

Please note that all faculty members may not be able to offer the research elective course. Thus, the student pharmacist must email the faculty member directly to enquire about any openings for the desired semester (see faculty research and specialty profiles <http://www.westernu.edu/pharmacy/>). If a position is available, the student pharmacist must choose the “independent research” elective course during semester course registration.

PHRM ELC5 Vaccines: Science and Society (1 credit, CR/NCR)

Facilitators: Dr. David Sanchez
Eligibility: P1
Prerequisite: PHRM 5401 and 5111
Term: Spring
Time: Spring Times TBD
Capacity: 25
Format: Combination of Didactic and Active Learning
Grading: CR/NCR

Course Description: The overall goal for this course is to allow for students to further appreciate the scientific and clinical basis of vaccination as well as the key aspects of society opinion that have recently been challenging vaccine usage. Overview of important vaccines and the scientific basis behind the efficacy and safety of these vaccines are introduced along with aspects of individual vaccines that are often discussed in society with regards to safety issues. The class will provide didactic instruction and reading blended with discussions on key topics.

PHRM ELC6B Seminar in Professional Development (1 credit, CR/NCR)

Facilitator: Dr. Jason Wong
Eligibility: P1 & P2
Term: Spring
Time: Wednesdays 12-1pm
Capacity: 50 – 140
Format: Seminar by guest speakers, self-reflections
Grading: Cr/NCR

This seminar elective provides presentations related to careers, leadership, management, legal and regulatory issues and other topics related to professional and personal development. This seminar course will give 1 unit of credit for attending a minimum number of these presentations and writing a minimum number of reflections. Open to year 1 PharmD students and year 2 PharmD students that have not taken the course previously. Course is offered in both fall and spring terms. See registration notification for capacity, course dates/times.

PHRM ELC7 Leadership in Pharmacy (1 credit, CR/NCR)

Facilitators: Dr. Janice Hoffman and Dr. Steve O’Barr
Eligibility: P-2
Term: Spring
Time: Fridays 1:00 PM - 3:00 PM
Capacity: 3 - 10
Format: Combination of Didactic, Online work/reading, and Seminar
Grading: CR/NCR

This is an exploratory course for students to find the leader within. There are on-line modules for reading, and self-assessments and projects for defining leadership. Discussion groups and guest speakers discuss leadership styles and roles in various settings. A second domain involves interaction with a leadership mentor. Lastly, students use reflections to define leadership and how they fit into leadership.

PHRM ELC8 Food and Cooking Basics for Student Pharmacists (1 credit, CR/NCR)

Facilitator: Dr. Anne Kugler
Eligibility: P2
Term: Spring
Time: Tuesdays 4:00 – 6:00 pm (8 weeks)
Capacity: 5 – 15
Format: Online modules, Field trip, Zoom cook-alongs
Grading: CR/NCR

Course Description

It's very difficult to advise a patient on healthy ways to select and prepare ingredients for a healthy lifestyle without first-hand experience. This course provides an introduction to the basics of cooking/preparing healthful and flavorful meals and snacks that fit within the limited time left in your day outside of the PharmD curriculum. It is targeted to those with minimal food shopping, meal-planning, and cooking experience and is perfect for students who have newly moved out on their own. Class sessions will be a mix of online modules, instructional videos, and live cook-along sessions via Zoom.

PHRM ELC9 Introduction to Decision Analyses in Formulary Management (1 credit, CR/NCR)

Facilitator: Dr. Quang A. Le
Eligibility: P-2
Term: Spring
Time: Wednesdays 3:00 – 5:00pm (8 weeks)
Capacity: 5 – 15
Format: Combination of workshop, didactic and active discussion
Grading: CR/NCR

Course Description

Formulary management is an integrated patient care process which enables physicians, pharmacists and other health care professionals to work together to promote clinically sound, cost-effective medication therapy and positive therapeutic outcomes. Effective use of health care resources can minimize overall medical costs, improve patient access to more affordable care and provide an improved quality of life.

In this elective course, students will learn about common decision-analysis tools used in formulary decision-making. The focus will be on cost-effectiveness and budget impact analyses. This class will include didactic learning, directed reading assignments, and classroom discussions.

PHRM ELC10 The Chemistry of Cosmetics (1 credit, Letter Grade)

Facilitator: Dr. Maria Lambros
Eligibility: P2
Prerequisite: PHRM 5301, PHRM 5302
Term: Spring
Time: Once a week in Spring
Capacity: 4 - 30
Format: Combination of didactic and active learning
Grading: Letter Grade

Course Description - This course introduces the components of cosmetic products, their function and chemistry. Specifically, we discuss cosmetics, such as skin and hair care products, sunscreens, and perfumes as well as product safety issues, and evaluation. The students have directed reading assignments and discussions.

PHRM ELC11 OTC and Self-care for IPBP Students (1 Credit, CR/NCR)

Facilitators: Dr. Jason Wong
Eligibility: P2 IPBP Students only
Term: Spring
Time: Mondays 3:00 pm – 4:00 pm
Capacity: 20
Format: Didactic/Online
Grading: CR/NCR

Course Description - This course provides an extended review of OTC and Self-care to supplement instruction in the IPBP program. Through this elective, faculty will go over key concepts in OTC/Self-care that will better prepare student pharmacists in the IPBP program for their career as students and practicing pharmacists.

PHRM ELC13 Pharmacy Residency Elective Preparation (PREP) Course (1 credit, CR/NCR)

Facilitator: Dr. Patrick Chan, Dr. Mark Nguyen, Dr. Doreen Pon
Eligibility: P2
Term: Spring
Time: 2 Thursdays per month 3:00-5:00 (8 meetings total)
Capacity: 5-30
Format: In class lectures, active learning, coaching, and online activities
Grading: CR/NCR

Course Description - In this hands-on course, you will learn how to prepare for the pharmacy residency application process. We will guide you through researching residency programs, applying through PhORCAS, and preparing a *curriculum vitae* and letter of intent. You will also have opportunities to improve your clinical reasoning, oral presentation and interview skills through direct interactions with the course facilitators, who will share their tips on how you can maximize your potential.

PHRM ELC15 Principles of Biomedical Ethics (1 Credit, Letter Grade)

Facilitators: Dr. Bradley T. Andresen
Eligibility: P2
Prerequisite: None
Term: Spring
Time: Fridays from 2:00pm to 4:00pm (but first half from 2 to 3)
Capacity: 1-13 students
Format: Combination of didactic and TBL
Grading: Letter Grade

This course consists of three topics within modern biomedical ethics. First, the course will survey the various moral philosophies that are used in society as well as the biomedical enterprise. Second, the course will utilize a small group format to discuss medical scenarios to tease apart ethical approaches and the conflict between various ethical theories. Lastly, the course will continue in the small group format to discuss research ethics and use real cases to examine the role that ethics and ethical theories play in laboratory science. Students are also expected to explore their own ethical philosophy and articulate this philosophy in line with the traditional philosophies that will be discussed in class.

PHRM ELC20 Stress Management for Student Pharmacists: MMY Method [Mindfulness, Meditation, and Yoga] (1 Credit, CR/NCR)

Facilitators: Dr. Anandi V. Law, B.Pharm, PhD, FAPhA, *Certified Yoga Instructor*
Eligibility: Fall P1, P2 & P3; Spring P1 & P2
Prerequisite: None
Term: Fall & Spring
Time: Friday 1:00-3:00PM and offline (other days 3:00-5:00PM possibility)
Capacity: minimum 5, maximum 15
Format: Combination of in-class and homework
Grading: CR/NCR

This elective is designed as an introductory to intermediate level course for the student pharmacist to learn basic techniques of Yogic breathing (Pranayama), postures (asanas), mindfulness and meditation towards relaxation and stress reduction. The benefits of the course are intended to be both short and long term, dependent on individual levels of practice.

PHRM ELC22 The Pharmacist & Patient Centered Diabetes Care Certificate Training Program (APhA) (2 Credit, Letter Grade)

Facilitator: Dr. Hyma Gogineni & Dr. Josephine Aranda
Eligibility: P-2 & P-3 (Fall) P2 (Spring/Summer)
Term: Fall, Spring & Summer
Time: Saturdays 8:00-5:00pm (1 Weekend)
Capacity: 20-60
Format: Self-Study Component - Pre-requisite before attending the live session
Self-Study Assessment (two opportunities to pass with a score of 70% or higher)
Pre-seminar patient cases
Live seminar component – required to attend full 8-hours
Post-seminar component – post-test, complete evaluations & claim credit
Combination of didactic and active learning
Grading: Letter Grade
Cost: \$130.00 to be paid by student for APhA certificate

The Pharmacist and Patient-Centered Diabetes Care is an APhA Certificate Training Program that many employers are requiring this certification program in both community and ambulatory care settings to advance the profession of pharmacy. This is an intensive training program designed for student pharmacists to equip with the knowledge, skills, and confidence needed to provide effective, evidence-based diabetes care. Five self-study modules provide comprehensive instruction in current diabetes concepts and standards of care. The live seminar incorporates case studies and hands-on skills focused on the situations most likely to be encountered in community and ambulatory care practice settings. Students will refine their skills on evaluating and adjusting drug therapy regimens for patients with type 1 and type 2 diabetes, counseling patients about lifestyle interventions, analyzing and interpreting self-monitoring of blood glucose results, and assessing the overall health status of patients to identify needed monitoring and interventions.

PHRM ELC24 - Global Health Summer Rotation (2 Credit, CR/NCR)

Facilitators: Dr. Sunil Prabhu, Global Advancement Committee
Eligibility: P1 - P2
Prerequisite: An interest in learning about the profession of pharmacy in foreign countries
Term: Summer
Time: 4 weeks
Capacity: 2 - 12 (max 4 students per international destination x 3 destinations)
Format: Classroom discussions and lecture, out of class assignments, student presentations
Grading: CR/NCR

Course Description:

This elective course aims to provide a global health experience to student pharmacists interested in learning about the pharmacy profession in countries outside of the USA. The course is offered during summer months of the P1 and P2 years and depends on availability of the international sites at the time of application. The total duration of the course will be 4 weeks of which 1 week accounts for travel back and forth from the international destination and also for report writing. The remaining 3 weeks will focus on spending time at the campus of our affiliate host institutions and visits to hospital pharmacies and pharmaceutical industries or as planned by the host institution. Current memorandums of understanding exist with institutions in China, Japan, Korea and Thailand. While there will be no tuition fee for participating in this elective course (provided it is within the credit limits as designated by the College), there will be costs pertaining to visa, travel, lodging and food which will be the responsibility of the student. Student pharmacists interested in this elective course can request estimated costs for the trip from the facilitator. A waiver form will need to be signed prior to travel. **Please note student pharmacists must enquire with the facilitator prior to registering for this elective.**

PHRM ELC25 Advanced Clinical Research Design (1 Credit, CR/NCR)

Facilitator: Dr. David I. Min
Eligibility: P-2
Term: Spring
Time: Thursdays 3:00-5:00pm (8 weeks)
Capacity: 5 - 15
Format: Combination of didactic and active learning
Grading: CR/NCR

This course aims to have the students learn various issues associated with clinical research and experimental designs. This elective helps students to learn the practical aspect of clinical trials and how to develop the study objectives, the research protocol, IRB preparation, study design issues, data analysis, and preparation of abstracts, and publish the findings. This course will help those interested in pursuing research career, i.e., fellowship, industry, or academia. Throughout the elective course we will discuss principles of the study objectives, clinical research/ experimental design, protocol development, managing and monitoring clinical trials, data management and analysis, and regulatory issues with drugs, and the student will have the opportunity to develop his/her own study protocol.

PHRM ELC26 History of Pharmacy in the US and Abroad (1 Credit, CR/NCR)

Facilitator: Dr. Erik Skoglund
Eligibility: P1 - P2
Term: Spring
Time: Monday 3:00 – 4:30 pm, 10 weeks
Capacity: 6 - 24
Format: Didactic, active discussion, team-based learning
Grading: CR/NCR

This course will explore the development of pharmacy as a profession and review how pharmacists have historically carved out roles for themselves in various career settings. Special emphasis will be placed on the history of pharmacists' relationships with other healthcare providers, their ethical responsibility to patients, and select advocacy initiatives (such as pharmacist provider status). Learning activities will include student presentations on notable pharmacists and their impact on the profession.

NEW ELECTIVES FOR 2021-2022 ACADEMIC YEAR

PHRM ELC27 Transgender Health (2 Credit, Letter Grade)

Facilitator: Dr. Hyma Gogineni
Eligibility: P2 & P3 (Fall); P2 (Spring)
Term: Fall, Spring
Time: Saturday 8 am - 5 pm (1 weekend)
Capacity: 2 - 60
Format: Self-Study Component - Pre-requisite before attending the live session
Self-Study Assessment (two opportunities to pass with a score of 70% or higher)
Pre-seminar patient cases
Live seminar component – required to attend full 8-hours
Combination of didactic and active learning
Grading: Letter Grade

This course will introduce student pharmacists to the terms, concepts and guidelines related to transgender health. In addition, student pharmacists' will gain insights into cross-sex hormonal therapy (CSHT) specific to transgender health and addressing primary care, preventive, and mental health perspectives of transgender patients. The live seminar incorporates active learning through interactive case studies and group discussions.

PHRM ELC28 Advanced Informatics (1 Credit, CR/NCR)

Facilitator: Dr. Don Roosan
Eligibility: P-2 & P-3 (Fall) P2 (Spring/Summer)
Pre-requisites: None
Term: Fall, Spring
Time: TBD
Capacity: 6-12
Format: Self-Study Component - Prerequisite learning from papers and video sessions
 Didactic
 Team-Based Component
 Student Presentations
Grading: CR/NCR

This elective will serve as a project-based course in various areas of how health informatics relates to the real world. Students will be partnered in teams to work on specific project as required at the time. Students will have the ability to work together to create presentations on assigned research topics and projects in regard to health technology and the impact on patient care. The elective will be a mixed approach with current papers and topics in informatics as well as project based. Student pharmacists will learn about advanced topics about various aspects of informatics. At the end of the course, a presentation of findings will be given by the student teams.

PHRM ELC29: Personal Finances and Investments (1.0 credits, CR.NCR)

Facilitator: Dr. Sheryl L. Chow
Eligibility: P2 (Spring)
Pre-requisites: None
Term: Spring
Time: TBD
Capacity: 5-8
Format: Discussion, assignments, assigned videos
 Student Presentations
Grading: CR/NCR

Many students find it challenging to manage personal finances and invest when struggling with student loans and living expenses with little-to-modest income during academic training. This course provides an introduction to money management and optimizing practical yet realistic strategies to build their investment portfolio to exceed \$1 million dollars by retirement. The course will identify ways to budget for personal expenses, prioritize select debt repayments, and build additional savings for tax-sheltered investments. Furthermore, approaches to selecting stocks or mutual funds, sector rotation based on economy, and basic stock chart technical analyses will be introduced. Class sessions will be a combination of online modules, interactive discussion, personal budget challenge assignment with reflections, and development of a personal finance investment plan. All meetings will occur through Zoom. Open to year 2 PharmD students only. See registration notification for capacity, course dates/times.

PHRM ELC31 Motivational Interviewing and Shared Decision Making (1.0 credit, CR/NCR)

Facilitator: Drs. Micah Hata, Cynthia Jackevicius, Jenny Kang, and Emmanuelle Schwartzman
Eligibility: P2
Pre-requisites: None
Term: Spring
Time: TBD
Capacity: 6 - 10
Format: Zoom/live lecture, online videos, and interactive discussions
Grading: CR/NCR (1 unit)

As an essential part of the healthcare team, pharmacists must effectively communicate with their patients and their providers. This course provides an in-depth training on Motivational Interviewing and Shared Decision Making skills used to provide the most effective patient-centered care. The course will allow students to practice with validated tools for risk communication in order to lead successful discussions with their future patients of their medication treatment plans. This course also addresses challenges in engaging patients in their medication treatment plan and provides practical strategies to overcome these challenges. Class sessions will be a combination of live lectures, online webinars, and interactive discussions. Open to Year 2 PharmD students only.

PHRM ELC32 The Nonpharmacological Management of Obesity Disease (1 Credit, CR/NCR)

Facilitator: Dr. Jenny Kang
Eligibility: P1 & P2
Pre-requisites: None
Term: Spring
Time: TBD
Capacity: 5 - 20
Format: Zoom/live lecture, online videos, and interactive discussions
Grading: CR/NCR (1 unit)

Obesity is a chronic disease that is prevalent in over 40% of the people in the United States. Pharmacists treat patients with obesity everyday regardless of their practice setting. There are a number of pharmacological management options to treat obesity, but majority of the patients rely on nonpharmacological method to manage this condition. This course is designed to train students on nonpharmacological strategies to combat obesity, such as diet, exercise and surgical alternatives. This course also addresses the stigma associated with obesity and other relevant discussions around the disease of obesity. Class sessions will be a combination of live lectures, online videos, and interactive discussions.