

Background

- Pharmacists are the most accessible and frequently visited members of a healthcare team.
- Pharmacists undergo extensive schooling that contains a core curriculum and electives, which include the Advanced Self-Care Elective.
- This elective expands on the core concepts taught in the curriculum and includes additional learning points of patient interviewing and counseling.

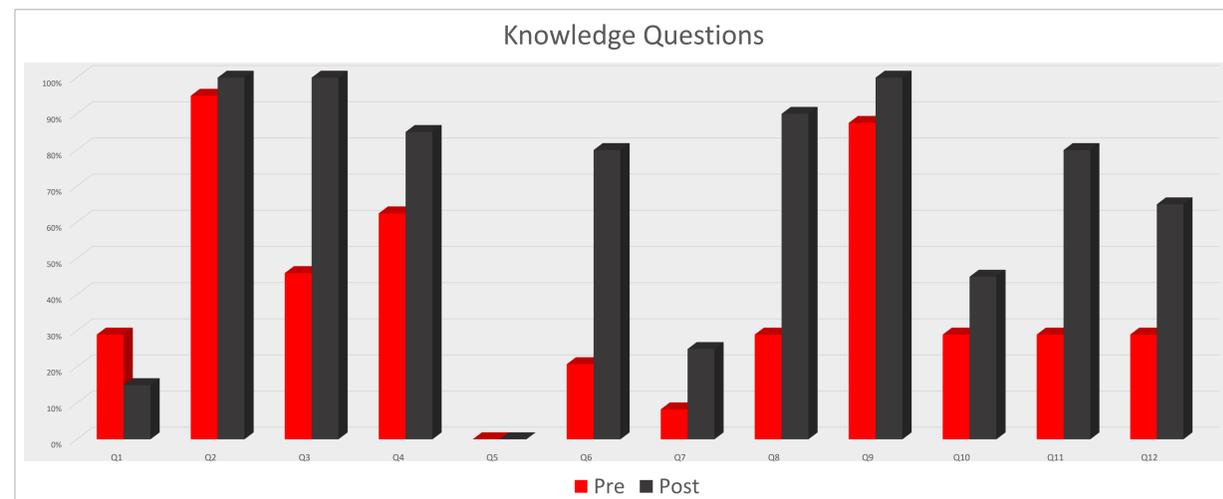
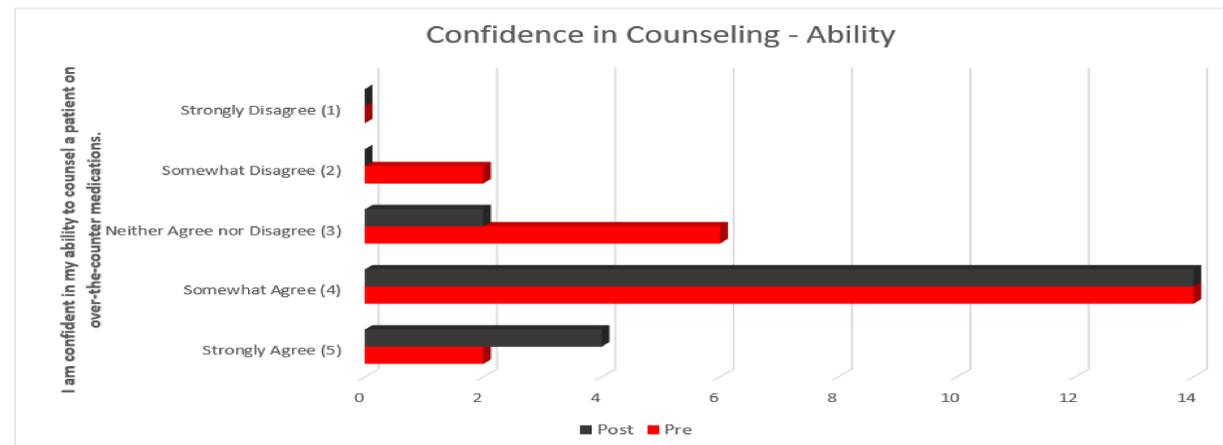
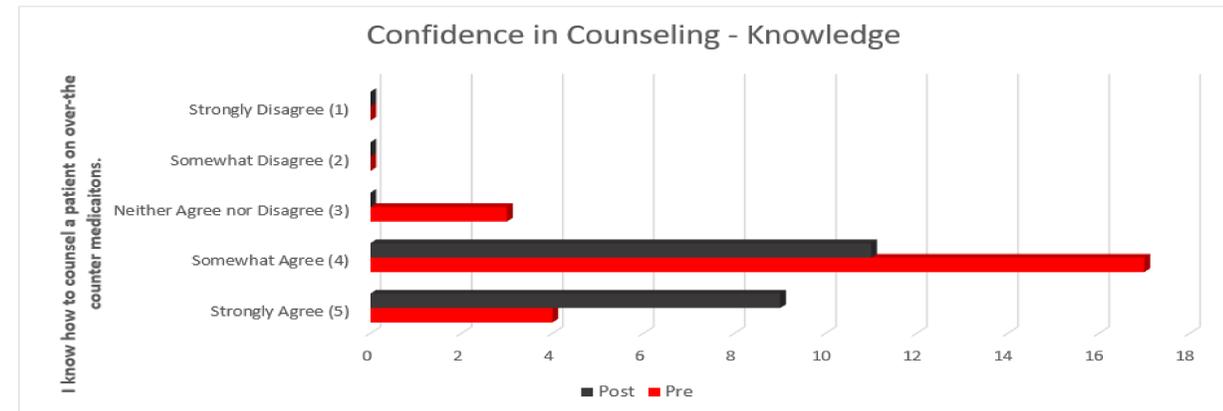
Objectives

- The purpose of this study was to evaluate student confidence and knowledge in self-care topics before and after completion of an Advanced Self-Care Elective course.

Methods

- Analytical observational cross-sectional study design conducted through online pre and post surveys.
- Completed by students enrolled in the Advanced Self Care Elective.
- Web-based survey was posted on the class Blackboard page.
- Included 20 questions and utilized a five-point Likert scale and multiple-choice items.
- Questions included employment history, confidence levels and prior experiences with patient counseling, and knowledge-based questions developed from content taught in the Elective.

Results



- When students were asked if they knew how to counsel a patient on over the counter medications the mean score increased between the pre and post surveys
 - Pre-survey: 4.04
 - Post-survey: 4.45
- When students were asked if they were confident in their ability on how to counsel a patient on OTC medications the mean score increased between the pre and post surveys
 - Pre-survey: 3.6
 - Post-survey: 4.1
- On the knowledge portion of the survey, the overall percentage of questions answered correctly increased
 - Pre-survey: 39.5%
 - Post-survey: 65%

Conclusion

- The Advanced Self-Care Elective increases students' confidence levels when interacting with and counseling patients but also increases their knowledge about over the counter medications.
- This study reinforces the importance of the Advanced Self-Care Elective in the pharmacy school curriculum when trying to teach well-rounded and knowledgeable future pharmacists.