What is Self-Care?

This two credit introductory course is designed to provide you with the tools necessary to take care of yourself and your family.

Phar 1003: Nonprescription Medications and Self-Care: Treating Minor Conditions provides information on:

- common health conditions
- making informed decisions about nonprescription medications
- non-medication related treatment options
- prevention measures to avoid illness

How is the course structured?

This partially online self-study course utilizes WebVista to deliver course content, so there is no required textbook for you to purchase. The course site is organized into modules consisting of various instructional materials including: study guides, presentations, handouts, and worksheets. All of which can be viewed 24/7 from your own computer!

The course is also flexible. You'll come to campus only to take your exams. No class attendance is required! You can even plan your own testing schedule from among the many testing sessions.

Interested in online and self-study courses?

Our office provides additional courses, including:

Phar 1001: Orientation to Pharmacy
An introductory online course on the profession of pharmacy, designed for those who are curious about the profession or are interested in becoming a pharmacist. You'll be exposed to various settings where pharmacists work and learn about challenges facing the profession.

Phar 1002: Health Sciences Terminology
An introductory self-study course that utilizes the prefixes, suffixes, and roots of works as an aid in learning the descriptive vocabulary used in health science. This is a great foundation course for those who work in health care or with healthcare professionals.

Phar 1004: Common Prescription Drugs and Diseases
An introductory self-study course designed to inform you about frequently prescribed medications (e.g. Lipitor®) and the diseases these medications are intended to treat. (e.g. high cholesterol). You'll be a more informed consumer; learning about the most common ambulatory conditions experienced by Americans, including their symptoms, diagnostic criteria, and goals of therapy, as well as how to interpret the direct-to-consumer advertising for the medications discussed.

Phar 5201: Health Sciences Applied Terminology
An advanced self-study course for students with basic knowledge of human anatomy and physiology. In addition to analyzing and building words, you will learn how to apply them when documenting and reporting patient care procedures.

For more information on these courses, please visit:
http://courses.pharmacy.umn.edu

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The University’s mission, carried out on multiple campuses and throughout the state, is threefold: Research and discovery, teaching and learning, and outreach and public service.

This publication is available in alternative formats upon request. Please contact the Office of CyberLearning and Outreach at the University of Minnesota College of Pharmacy at 612.624.7976.

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Who should take this course?

Anyone interested in learning how to take better care of themselves and their loved ones.

What will I learn?

This course is designed to help create informed consumers of OTC medications. You’ll learn to recognize signs/symptoms of common conditions, basic guidelines for safe self-medication with over-the-counter products, and when to seek professional treatment.

Topics covered in the course include:

- self-care
- dietary supplements
- head and chest conditions
- body pain
- skin problems
- mental health issues
- digestive system ailments
- children and elderly issues
- women’s and men’s health

Tell me more!

- Participate from University of Minnesota: Twin Cities, Duluth, or Rochester campuses
- Participants from other campuses and schools welcome, call for details
- Unlimited enrollment and no prerequisites
- Register for A-F or S/N grading
- Access learning materials 24/7
- Offered every semester: Fall, Spring, and Summer* (*Twin Cities only)
- Flexible testing times including days, evenings, and even weekends**

How do I register?

Twin Cities and Rochester Students:
Find the answers to your questions at: http://onestop.umn.edu/onestop/registration.html

Duluth Students
Find the answers to your questions at: http://www.d.umn.edu/Register

Other U of M Students:
Please download and complete the “Application for Attending Another University of Minnesota Campus as a Multi-Institutional Student,” located at: http://onestop.umn.edu/onestop/img/assets/9061/otr031.pdf

Need More Information?
Explore our website at: http://courses.pharmacy.umn.edu

Still Have Questions?
Feel free to contact us. We’re happy to help!

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