

I. Contact Information

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II. Course Prerequisites/Corequisites

Successfully completed Principles of Drug Actions-I, PHRD 4002 and II, PHRD 4027

III. Course Description

Study of herbal remedies and phytomedicinals widely used as self-selected products for therapeutic, quality of life, and prophylactic purposes. The course will focus on safety, efficacy, herb-food, and drug-herb interactions, role of pharmacists to properly assist consumers and aspects of marketing regulations.

Note this is a THREE hours class, which meets Mondays and Wednesdays, 3:00-4:15 PM, in Bienville-340.

IV. Curricular Objectives and Outcomes**Communicate Effectively.**

6. Counsel and educate patients regarding medication use, disease-state management, and health maintenance.

Promote Health Improvement and Self-Care.

22. Promote/participate in effective health and disease prevention services as part of patient or population specific care.

Think Critically.

24. Identify, retrieve, understand, analyze, synthesize, and evaluate information needed to make informed, rational, and ethical decisions.

Demonstrate Appropriate Interpersonal, Professional, and Ethical Behaviors.

31. Collaborate proactively with other health care professionals.

34. Demonstrate appropriate interpersonal, intergroup, and cross-cultural behaviors that promote respect and trust from peers, patients, and community members.

V. Course Specific Objectives and Outcomes

By the end of this course, the student must:

1. Develop an adequate understanding of the principles and concepts of frequently used herbal remedies as alternative therapies. This includes knowledge of the chemistry, pharmacology, and clinical use of common phytomedicinals. (3, 6, 22, 24, 31, 34)
2. Develop good knowledge of the basic regulatory dilemma of marketing herbs and phytomedicinals in the US in comparison with other worldwide regulations. (3, 6, 22, 24, 31, 34)
3. Understand the safety and risks of therapeutic use of herbal remedies. (6, 24, 31, 34)
4. Define the relationships and interactions of herbals with drugs, food, laboratory tests, and other herbs. (6, 24, 31, 34)
5. Counsel patients on the proper use of herbal products. (3, 6, 22, 24, 25, 31, 34)
6. Develop a plan for educating patients and consumers concerning herbal therapy. (3, 6, 22, 24, 25, 31, 34)
7. Review a patient-specific drug/herbal & dietary supplement regimen and make any required adjustments. (3, 6, 24, 25, 31, 34)

VI. Course Topics

1. Lecture material placed in Moodle.
2. “Tyler’s Herb of Choice - The Therapeutic Use of Phytomedicinals”, 3rd Edition, Dennis V.C. Awang, Taylor & Francis, Inc., 2009, ISBN 978-0-78902-809-9.
3. Natural Medicine Database

VII. Instructional Methods and Activities

Presentations with audio-visual PowerPoint system, assignment presentations, group activities, guest speaker lectures, field trips, and Moodle2 System.

VIII. Evaluation and Grade Assessment

Three closed book exams are scheduled, each 75 points. The final examination will not be comprehensive. Exams (any combination of essay, matching, fill-in-the-blank, short answer, and multiple choice questions) will cover previous lecture materials and reading assignments. Every student is expected to take examinations on scheduled dates. **Examsoft and in-class Poll Everywhere questions and activities will be used.** The use of programmable calculators and electronic devices capable of storing, receiving or transmitting data are prohibited during an exam or quiz unless expressly authorized by the course instructor. Such devices must be turned off and left with your belongings in the front of the room. **Makeup exams will ONLY be given for emergencies**, e.g., death in the family or illness resulting in hospitalization. A written excuse for missing an exam along with the proper documents must be submitted within one week of the missed exam. Makeup exams for excused absence will be arranged and will be essay format only.

Assessments:

Focus group activities including team discussions of different course units, interactive Moodle assignments, and Poll Everywhere questions will be used at the end of most classes.

A mandatory field trip to Fiesta Health Store, 2225 Louisville Avenue, will be completed individually, due to COVID-19 mandated social distancing, to complete the posted assignment and will be discussed in-class on November 9, 2020.

Grading Scale:

Item Available	Points	% of Grade
Focus group presentation	20	6.6
Examinations	3x75= 225	75
Field trip assignment	15	5
Poll Everywhere activities	25	8.4
Group Activity (Dr. Tice, 10/19)	15	5
	300 points total	

Maximum points to be earned: 300. The overall score will be divided by 3. Grading scale will be:
89.5-100% = A 79.5-89.4% = B 69.5-79.4% = C 59.5-69.4% = D 0.0-59.4% = F

**Undergraduate mid-term grades will be posted on-line for students to view via Banner. Mid-term grades indicate a student's status at mid-semester only and do not indicate the final performance outcome of a student. Any student earning a non-passing grade of "D" or "F" on an exam will be required to participate in mandatory tutoring sessions offered by the course instructor(s) until such a time that they obtain a passing average in the course.*

IX. Class Policies and Procedures

At a minimum, all policies stated in the current *ULM Student Policy Manual & Organizational Handbook* should be followed (see <http://www.ulm.edu/studentpolicy/>). Additional class policies include:

A. Textbook(s) & Material: Recommended-but not required: "Tyler's Herb of Choice - The Therapeutic Use of Phytomedicinals". 3rd Ed., Dennis V.C. Awang, Taylor & Francis, Inc., 2009, 978-0-78902-809-9.

B. ATTENDANCE POLICY: Due to COVID-19 Pandemic, classes will most likely held online. The University class attendance policy can be found at the following web address. Please include a statement that we are following the University Attendance Policy.

http://catalog.ulm.edu/content.php?catoid=23&navoid=2875&hl=attendance&returnto=search#Class_Attendance_Regulations_Excused_Absences

C. Make-up Policy: According to the university policy, Make-up exams will be given during the period of finals, provided you have a bona fide excuse. Students not taking the final during the scheduled time will be given an "I" for the course. All make-up exams may be of the subjective "essay" type.

D. Academic Integrity

Faculty and students must observe the ULM published policy on Academic Dishonesty (*ULM Student Policy Manual* <http://www.ulm.edu/studentpolicy/>). At a minimum, all policies stated in the current *ULM Student Policy Manual & Organizational Handbook* should be followed.

All professional students will adhere to the standards set forth in the College of Pharmacy's Code of Conduct <https://www.ulm.edu/pharmacy/documents/ospa/codeofconduct040617.pdf>

Cheating, plagiarism, or other inappropriate conduct will not be tolerated. Academic cheating includes but is not limited to the accomplishment or attempted accomplishment of the following:

1. Copying or obtaining information from another student's test paper.*
2. Using, during a test, materials not authorized by the person giving the test.**
3. Collaborating, conspiring, or cooperating during an in-class or take-home test with any other person by giving or receiving information without authority.
4. Stealing, buying, or otherwise obtaining all or part of an unadministered test.
5. Selling or giving away all or part of an unadministered test or any information concerning specific questions and items on an unadministered test.
6. Requesting, bribing, blackmailing, or in any other way causing any other person to obtain an unadministered test or information about an unadministered test or a test in the process of being administered.
7. Substituting for another student, or permitting any other person to substitute for oneself to take a test.
8. Submitting as one's own, in fulfillment of academic requirements, any work prepared totally or in part by another person.
9. Any selling, giving, or otherwise supplying to another student for use in fulfilling academic requirement any work.
10. Submitting artificially produced data or information in the place of descriptive, experimental, or survey results.
11. Any other devious means of securing an unearned grade in a non-credit course or in a course offered for credit.
12. Using, during a test, any electronic storage device, wireless and/or internet-based technology, or any other means that provides information not authorized for use during the testing period.

*A student looking on another student's paper is considered cheating.

**The presence on one's person (or in close proximity thereto) of a condensation of test information which could be regarded as a "cheat sheet" will be considered adequate evidence to establish cheating.

Plagiarism is the use of any other person's work (such work need not be copyrighted) and the unacknowledged incorporation of that work in one's own work offered for credit.

o Only a writing instrument should be at your desk. All book bags and other bags should be left at the front of the room.

o Cell phones should be turned off and left with your belongings in the front of the room.

o Students will not be allowed to leave the room to go to the restroom during the exam, unless accompanied by a faculty member of the same sex, provided there is another proctor to remain in the room.

o For exams given using ExamSoft, computers used for the exam must remain in the classroom until the class period is over.

o Students who arrive to an exam after it has started will be sent to the OSPA and will not be given additional time to complete their exam. A warning will be issued and noted after the first offense. A grade of ZERO will be given for subsequent offenses. Arriving late disturbs fellow classmates and will not be tolerated.

Censures (Penalties)

Academic dishonesty will result in a referral to Committee on Ethical and Professional Standards with a recommendation for a grade of “F” for the course and expulsion from the College. Academic dishonesty includes but is not limited to the use of information taken from others work or ideas, the provision of help to others on non-collaborative evaluations (tests, quizzes, etc.), collaboration on take home exams, or the use of unapproved information or electronic devices to assist in obtaining an answer to the question.

E. Course Evaluation Policy: Students are expected to complete the on-line course evaluation. It is requested that they also complete the College of Pharmacy course and instructor evaluations, including providing comments. In addition, individual feedback is encouraged throughout the course.

F. Student Services: Information concerning student services in the College of Pharmacy can be found in the College of Pharmacy Student Handbook. In particular, students should pay special attention to the Colleges technical standards and policies concerning students with special needs (<http://ulm.edu/counselingcenter/special.htm>). ULM student services, such as Student Success Center (<http://ulm.edu/cass/>), Counseling Center (<http://ulm.edu/counselingcenter/>), and Student Health Services, is available at the following Student Services web site <http://ulm.edu/studentaffairs/>

If you are having problems with emotional, social, and/or behavioral issues please call any of the mental health clinics on the ULM campus to make an appointment. All services are free to ULM students, staff, and faculty, and are strictly confidential.

COP Office of Student and Professional Affairs: 342-3800

ULM Counseling Center: 342-5220

Marriage and Family Therapy Clinic: 342-5678

Community Counseling Center: 342-1263

ULM HELPS (Helping Educators and Learners Prevent Suicide) Project Office: 342-1335

The University of Louisiana at Monroe strives to serve students with special needs through compliance with Sections 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. These laws mandate that postsecondary institutions provide equal access to programs and services for students with disabilities without creating changes to the essential elements of the curriculum. While students with special needs are expected to meet our institution's academic standards, they are given the opportunity to fulfill learner outcomes in alternative ways. Examples of accommodations may include, but are not limited to, testing accommodations (oral testing, extended time for exams), interpreters, relocation of inaccessible classrooms, permission to audiotape lectures, note-taking assistance, and course substitutions.

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds, including federal loans and grants. Furthermore, Title IX prohibits sex discrimination to include sexual misconduct, sexual violence, sexual harassment and retaliation. If you encounter unlawful sexual harassment or gender-based discrimination, please contact Student Services at 318-342-5230 or to file a complaint, visit www.ulm.edu/titleix.

G. Emergency Procedures

Please review the emergency escape plan in the classrooms and hallways of the Bienville building. Move quickly and orderly to the appropriate stairwell and exit the building. The meeting place for this class will be the far end of the north parking lot between Bienville and Broadmoor Blvd. Under no circumstances is the elevator to be used for emergency evacuation. Any student needing assistance should notify the professor immediately. For emergencies, to contact University Police, call 1-911 from landlines and **342-5350** from cell phones.

H. Discipline/Course Specific Policies

Students are responsible for all course information on Moodle and/or instructor websites. They are expected to check these sources regularly to access class materials, required readings, assignments, and other information necessary to excel in this course.

G. FIRE EMERGENCY PLAN: Please check the emergency escape plan by the door of the classroom. Move quickly and orderly to the appropriate stair well and exit outside the building. **Under no circumstance is the elevator to be used for emergency fire evacuation.** Any student needing assistance with the stairs should notify the professor.

H. COMMUNICATION WITH INSTRUCTORS: Open and frequent communication via email, phone, or face-to-face, is highly encouraged. Your comments and suggestions can and will be used to improve this and future offerings of this course.

If you feel that you are having problems in the course, please approach and discuss with the appropriate faculty member(s) as early as possible, to avoid complications later in the course that could impact your understanding of the material or your grade in the course.

Per College of Pharmacy policy, concerns, comments, and suggestions should be discussed/submitted first to the individual instructor to which they pertain (or to the course coordinators, if the concern is with the course as a whole). If not satisfactorily addressed, then that instructor's Department Head should be contacted, followed by the Associate Dean of Academic Affairs. Following this communication "chain" is important to allow for appropriate resolution of issues and continuous quality improvement.

****The course instructors reserve the right to adjust the schedule as needed, in accordance with University and College policies and procedures.****

X. Tentative Course Schedule

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B. Schedule:

Planned Lecture Schedule		
	Date	Topic
1	Aug 17 (M)	I- Introduction- Basic Principles
2	Aug 19 (W)	Introduction- Basic Principles- Herbal Regulatory Dilemma
3	August 24 (M)	Guidelines in Using Herbal remedies- Herbal Regulatory Dilemma
4	Aug 26 (W)	Herbs Used in Digestive system disorders: 1- Motion sickness: Ginger 2- Appetite loss: Gentian 3- Constipation: Psyllium, Senna, Aloe 4- Diarrhea: Blackberry, Blueberries
5	Aug 31 (M)	5- Indigestion-Dyspepsia: Peppermint, Chamomile, Anise 6- Cholagogues: Turmeric 7- Hepatotoxicity: Milk Thistle, Schizandra 8- Peptic ulcer: Licorice
6	Sep 2 (W)	Herbs used in Kidney, UT problems: 1- Aquaretic herbs: Goldenrod, Parsley 2- Antiseptic herbs: Bearberry
-	Sep 7 (M)	No class, Labor Day Holiday
7	Sep 9 (W)	3- Anti-infective herbs: Cranberry Benign Prostate Hyperplasia: Saw Palmetto, Nettle root, Pygeum
8	Sep 14 (M)	Herbs treating respiratory tract problems: 1- Demulcent antitussive: Iceland Moss, Slippery Elm 2- Expectorants: Ipecac, Lobelia. 3- Local irritants: Horehound, Thyme Herbs Used in Cardiovascular Problems: Hawthorn
-	Sep 16 (W)	Examination-1 (Covering classes 1-7)
9	Sep 21 (M)	Herbs to Reduce Blood Cholesterol/ arteriosclerosis: Garlic, Onion, Artichoke, Barley, Saffron, Oats, Yucca, Sweet almond, Red yeast, Lactobacillus acidophilus, Fish oil
-	Sep 23 (W)	Focus Group-1: Herbals Case Studies, students 1-6
10	Sep 28 (M)	Herbs Used in Peripheral vascular diseases: 1- Cerebrovascular diseases: Ginkgo 2- Venous disorders: Horse chestnut seed Nervous System Problems: 1- Anxiety/sleep disorders: Valerian, Kava, Hops, Melatonin

11	Sep 30 (W)	2- Depression: St John Wort 3- General Pain: Capsicum 4- Headache: Feverfew, Caffeine-Containing beverages, 5- Toothache: Clove Oil 6- Sexual Impotence: Yohimbe
12	Oct 5 (M)	Herbs Used in Endocrine Disorders: Gynecological Disorders: Black cohosh, Evening primrose, Black currant, Borage seed oils Herbs inducing hypoglycemia: Fenugreek, Reishi mushroom, Glucomannan
-	Oct 7 (W)	Examination-2 (Covering classes 8-12)
13	Oct 12 (M) Dr. Tice	Herbs/Dietary Supplements for weight loss Herbs Used to enhance immune system
14	Oct 14 (W) Dr. Tice	Antibacterial - antifungal herbs
15	Oct 19 (M) Dr. Tice	Patient counseling/drug interactions/drug poisoning Group Activity - TBD
-	Oct 21 (W) Dr. Tice	Focus Group-2: Herbals-Patient-Pharmacist Mocking, Students 7-12
16	Oct 26 (M)	Herbs Against Hyperthyroidism: bugleweed Herbs Used in Arthritic/Musculoskeletal Disorders: 1- Arthritis: Willow bark 2- Muscle Pain: Rubefacient: Methyl salicylate, turpentine oil Refrigerants: Menthol, Camphor
17	Oct 28 (W)	3- Gout: Colchicum Anti-inflammatory herbs: Pineapple, Calendula, Comfrey Skin, Mucous Membranes, & Gingival Problems: 1- Dermatitis: Witch hazel leaves, Jewelweed
18	Nov 2 (M)	2- Burns, Wounds & infection: Aloe Gel, Tea tree oil Herbs against alcoholism: Kudzu, Roseroot, Danshen
19	Nov 4 (W)	Oral cavity & throat problems: Canker sores: Goldenseal, Myrrh, Sage, Sanguinaria Chemopreventive herbs: Green tea, Grape seed extract
-	Nov 9 (M)	Assignment discussion for the field trip visit to Fiesta Health Store, Monroe
-	Nov 11 (W)	Class Activity-Review (Dr. El Sayed)
-	Final Exam TBD	Final Examination (Covering classes 13-19)