

# Phar 5205: Obesity: Issues, Interventions, Innovations

Spring 2020 Course Syllabus  
2 credits

---



## Course Team

### Course Director

Anna Milone, Pharm D  
[amilone@umn.edu](mailto:amilone@umn.edu)

### Course Coordinator

Sarah Maxwell, MA  
[phar5205@umn.edu](mailto:phar5205@umn.edu)

## Office Hours

Wednesdays, 11-noon  
Thursdays, 3-4:30 pm  
Mayo A-290 or online (must be arranged)

## Course Email

[phar5205@umn.edu](mailto:phar5205@umn.edu)

## Course Site

<https://canvas.umn.edu/courses/162738>

## Textbook

None

## Course Purpose

In this course, we will focus on the role of the pharmacist in treating obesity. You will learn the pharmacology of past and current medications to treat obesity, as well as discuss the pathophysiology of the disease to understand why more options aren't available. You will explore drug information sources for dietary supplements for weight loss and create presentations for the class. We'll discuss the care of a patient with obesity including non-pharmacologic treatments for obesity, as well as recognizing the potential for bias and its effect on patient care. Finally, we'll look at bariatric surgery and discuss some specific adjustments in care for patients who received bariatric surgery.

## Course Objectives

Upon completion of this course, you will be able to:

- Discuss the complex nature of obesity, including the epidemiology and definition of the disease.
- Describe the pathophysiology of obesity including the function of adipocytes as endocrine cells and the complex system of appetite regulation.
- Explain insulin resistance and metabolic syndrome.

- Describe the pharmacology of past and present medications for obesity and hypothesize why more options aren't available.
- Evaluate sources of information regarding dietary supplements for reliability, accuracy, and usability.
- Create a presentation on an assigned dietary supplement including recommendations for or against its use.
- Describe pharmacologic and non-pharmacological methods of treatment of obesity, including lifestyle changes and behavioral interventions.
- Discuss the care of a patient with obesity including comorbidities.
- Identify medications that may cause weight gain.
- Describe medication dosing in obesity.
- Describe the role of conscious and unconscious bias and how it affects patient care.
- Compare and contrast the different types of bariatric surgeries.
- Explain the path to surgery and recognize common misconceptions regarding bariatric surgery.
- Complete entrustable professional activity (EPA) assignments that will benefit the student during the course and beyond.

## Course Requirements

### Prerequisites

2nd, 3rd, or 4th year pharmacy student; student in a science or health-related graduate or professional program, or instructor consent

### Suggested Prerequisites

Biochemistry, Cell Biology, and Physiology

### Course Requirements

You must:

- Complete course orientation located on the Canvas site before beginning the course. *Note: You will not have access to learning materials until orientation is complete*
- Complete an introduction to group members using VoiceThread
- Complete an EPA self-assessment
- Complete a mid-point reflection
- Complete an EPA reflection
- Review and study online materials
- Contribute to discussions with thoughtful, finished writing. Note that the course is asynchronous, meaning that there are no specific times in which you will need to meet online for discussions or assignments.
- Complete two exams
- Complete a dietary supplement presentation and peer reviews
- Complete a dietary supplement summary
- Complete a patient care plan

### Course Topics

- **Module 1:** Background, Definitions, and Epidemiology
- **Module 2:** Physiology and Pharmacology
- **Module 3:** Bias, Eating Disorders, and Dietary Supplements

- **Module 4:** Care of a Patient with Obesity
- **Module 5:** Bariatric Surgery

### Assignment Schedule

Assignment	Due Date (all due by 11:59pm)	Point Value
Orientation Quiz	Friday, January 24th	Required
EPA Self-Assessment	Friday, January 31st	10 points
VoiceThread Introduction	Friday, January 31st	Required
Online Discussion Posts – 8 weeks	Mondays, Wednesdays, Fridays on designated weeks	18 points per week (144 points total)
Exam 1	Thursday, March 5th	100 points
Dietary Supplement Presentation	Thursday, March 19th	50 points
Peer Review of Dietary Supplement Presentations	Thursday, March 26th	Required
Dietary Supplement Summary	Friday, March 27th	10 points
Mid-point Reflection	Friday, March 27th	20 points
Optional Revision of Dietary Supplement Presentation for Regrading by Course Director	Monday, March 30th	50 points (replaces average of peer review scores)
Patient Care Plan	Wednesday, April 22nd	35 points
Exam 2	Wednesday, May 6th	100 points
EPA Reflection	Wednesday, May 6th	20 points
		<b>Course total: 489 points</b>

### Online Discussions

You will be divided into groups and will have nine formal discussions spaced throughout the semester. Groups will debate various controversial and current issues related to the course objectives. To prepare for the discussion, you will be given scholarly articles, news articles, and other forms of media to review as well as a discussion prompt.

Reading lists for discussion postings:

- You are expected to access readings electronically, either through the library website or through the links provided.
- You are expected to register with Medscape, if you haven't already done so.
- Some readings may require you to first login to the library website with your x500 to have full access.

You will post at least four times per week in the discussion forums. Discussions will last from Monday through Friday. Complete details for discussion forums are on the course Canvas site. Sources should be cited in APA format. Tips on APA citation can be found here:

<https://owl.english.purdue.edu/owl/resource/560/01>.

### Entrustable Professional Activities (EPA) Assignments

You will be asked to utilize four focus EPA statements in a series of two assignments at the beginning and end of the semester. These are the EPA Self-assessment and the EPA Reflection. You will also complete a mid-point reflection halfway through the semester. For each of these assignments, the focus will not be on finding a correct answer, but instead reflecting on your own viewpoint and growth. Complete assignment directions will be available on the course Canvas site.

### Dietary Supplement Presentation and Summary

You will create a VoiceThread presentation covering an assigned dietary supplement for weight loss. Eight different dietary supplements will be assigned, and presentations will be used to teach each other about each supplement. Presentations should give an overview of the supplement as well as present your evidence-based opinion of the supplement when used for weight loss. Your understanding of the eight dietary supplements will be assessed through the Dietary Supplements Summary. Directions for the Dietary Supplement Presentation as well as the Dietary Supplement Summary will be available on the course Canvas site.

### Patient Care Plan

Students will create a patient care plan for an obese patient based on the material covered in Modules 1-4. Assignment directions and the patient care will be available on the course Canvas site.

### Exams

There will be two 50-question multiple choice exams during the course. Exam 1 covers sections 1-3, and Exam 2 covers sections 4-5. Exams will be online in Canvas, open-resource, and must be completed in 60 minutes. After the allotted time for the exam has passed, additional answers cannot be submitted. Therefore, you are advised to save each answer as you go, returning and changing/re-saving, if needed and if time allows. You will not have time to look up all the answers so be sure to prepare for the exam like you would any other test. Since exams will be available during a window of time, some students may complete the exam before others. It is expected that you will not share information regarding the exam with students who have yet to complete it.

**Exams are due by 11:59 pm on the due date. The exam will close at 11:59pm regardless of when you begin the exam, so if you start the exam at 11:45 pm, you will have only 14 minutes to complete the exam.**

### Grading Policy

The final grade will be determined using the scale below. All final grades will be rounded up to the nearest percentage.

Points	Percentage	Letter Grade	Points	Percentage	Letter Grade
453-489	93-100	A	374-388	77-79	C+
438-452	90-92	A-	355-373	73-76	C
423-437	87-89	B+	340-354	70-72	C-
404-422	83-86	B	291-339	60-69	D
389-403	80-82	B-	290 or below	0-59	F

### Missing and Late Work

We want you to succeed in this course. If you encounter difficulties completing the course as outlined, you should contact us ([phar5205@umn.edu](mailto:phar5205@umn.edu)) **immediately**. If a course deadline passes and a requirement goes unfulfilled, acceptable circumstances must be met and documentation must be provided to receive full credit for the assignment. Circumstances and documentation for make-ups and incompletes are outlined in "Extensions and Incompletes".

If acceptable circumstance or adequate documentation is not provided, a penalty on assignments and/or final grade is at the discretion of the Course Director. However, in general a penalty of 20% per day is applied to late assignments and exams.

### Regrade Requests

If, after reviewing an assignment and the returned grading rubric and feedback, you wish your grade to be reconsidered, email the Course Director requesting a regrade. The request will be reviewed by the Course Director and a response will be provided via email.

## Course Policies and Resources

### Extensions and Incompletes

If you have a personal concern that may hinder your progress or if you experience difficulties with the course, it is critical that you contact the Course Coordinator immediately. Difficulties arise when a student fails to remain in contact with us. Extensions on course requirements (e.g. exams) or incompletes for the course will be granted for the following conditions (For more information, see [Administrative Policy: Makeup Work for Legitimate Absences](#)):

- illness of student or dependent, verified by a note from a health care provider;
- a family emergency, verified by a note from the professional person in attendance;
- military duty or leave, verified by a superior officer;
- a University-sponsored event, verified by a note from the leader of the sponsoring organization.

Additional circumstances may be considered at the discretion of the Course Coordinator and/or Course Director. Unless there are extenuating circumstances, extensions are generally not more than one week after the original due date. Documentation must be received by the Course Coordinator no later than one week after the extension request was submitted.

Incompletes will be granted to students making reasonable progress in the course at the time of the request and only after meeting with a Course Director and Course Coordinator (contact via phone or email to make an appointment). At this meeting, you must submit a written request including: (1) the date, (2) your name and ID number, and (3) your reason for requesting an incomplete. If it is determined that an incomplete can be granted, a contract for completion will be written and signed. If this contract is not completed as specified, the "I" will be changed to an "F".

### Disability Accommodations

The University of Minnesota views disability as an important aspect of diversity, and is committed to providing equitable access to learning opportunities for all students. The Disability Resource Center (DRC) is the campus office that collaborates with students who have disabilities to provide and/or arrange reasonable accommodations.

- If you have, or think you have, a disability in any area such as, mental health, attention, learning, chronic health, sensory, or physical, please contact the DRC office on your campus (UM Twin Cities - [612.626.1333](tel:612.626.1333)) to arrange a confidential discussion regarding equitable access and reasonable accommodations.
- Students with short-term disabilities, such as a broken arm, **can** often work with instructors to **minimize** classroom barriers. In situations where additional assistance is needed, students should contact the DRC as noted above.
- If you are registered with the DRC and have a disability accommodation letter dated for this semester or this year, please contact your instructor early in the semester to review how the accommodations will be applied in the course.
- If you are registered with the DRC and have questions or concerns about your accommodations please contact your (access consultant/disability specialist).

Additional information is available on the DRC website for each campus:

- [UM Duluth](#) or email: [access@d.umn.edu](mailto:access@d.umn.edu)
- [UM Twin Cities](#) or e-mail: [drc@umn.edu](mailto:drc@umn.edu)

### Student Academic Integrity and Scholastic Dishonesty

You are expected to do your own academic work and cite sources as necessary. Failing to do so is scholastic dishonesty. Scholastic dishonesty means plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering, forging, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis. ([Student Conduct Code](#)) If it is determined that a student has cheated, he or she may be given an "F" or an "N" for the course, and may face additional sanctions from the University. For additional information, please review the [Teaching and Learning: Instructor and Unit Responsibilities Administrative Policy](#).

The Office for Student Conduct and Academic Integrity has compiled a useful list of [Frequently Asked Questions pertaining to scholastic dishonesty](#). If you have additional questions, please clarify with your instructor for the course. Your instructor can respond to your specific questions regarding what would constitute scholastic dishonesty in the context of a particular class-e.g., whether collaboration on assignments is permitted, requirements and methods for citing sources, if electronic aids are permitted or prohibited during an exam.

### Appropriate Student Use of Course Materials

Taking notes is a means of recording information but more importantly of personally absorbing and integrating the educational experience. However, broadly disseminating class notes beyond the classroom community or accepting compensation for taking and distributing classroom notes undermines instructor interests in their intellectual work product while not substantially furthering instructor and student interests in effective learning. Such actions violate shared norms and standards of the academic community. For additional information, please review the [Teaching and Learning: Student Responsibilities Administrative Policy](#).

### Sexual Harassment Policy

Sexual harassment means unwelcome sexual advances, requests for sexual favors, and/or other verbal or physical conduct of a sexual nature. Such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive working or academic environment in any University activity or program. Such behavior is not acceptable; especially in the University setting. For additional information, consult the [Board of Regents Policy on Sexual Harassment](#).

As the course team wishes to create and maintain an open, welcoming, and safe learning environment, we invite you to communicate with us if you feel you are a victim of sexual harassment and you wish to acquire help. We care about your well-being, and we will provide you with the necessary resources to begin the healing process. Although we will do our best to keep the information you share with us private, please be advised that it is mandatory for us to report any disclosures of sexual misconduct to the University. Such reporting is necessary in order for the University to remain in compliance with the Title IX Education Amendments Act.

### Mental Health and Stress Management

As a student, you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. University of Minnesota services are available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the [Student Mental Health Website](#).

### Equity, Diversity, Equal Opportunity, and Affirmative Action

The University provides equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. For more information, please consult [Board of Regents Policy on Equity, Diversity, Equal Opportunity, and Affirmative Action](#).

### Academic Freedom and Responsibility

Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.

Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact the instructor, the Department Chair, your adviser, the associate dean of the college, or the Vice Provost for Faculty and Academic Affairs in the Office of the Provost.

### Technology Expectations\*

Online classes offer students great flexibility in the pursuit of knowledge. To fully take advantage of this flexibility and to have a successful experience in an online course, students must understand and take

action to meet certain requirements prior to registering for an online course. Such requirements include access to:

1. Computer equipment (including hardware and software)
2. Specific programs (including, but not limited to, Microsoft Word or other word processing software, Microsoft Excel, and Adobe PDF)
3. Reliable internet access
4. Functional internet browsers (such as Mozilla Firefox, Safari, and/or Google Chrome), with Flash, Shockwave, Java plugins, and allowable pop-ups.

Along with these requirements, the course team expects students will:

- Allow sufficient time to complete course assignments, discussions, exams, and other course related activities.
- Contact the course team using the course account listed in the syllabus if technical difficulties should arise.
- Attempt to make reasonable adjustments to solve problems (varies based on the circumstances, but may include actions like: turning off and re-starting the computer, using a different internet browser, clearing cache and cookies, checking internet access, etc).
- Utilize other resources available on your campus (see links below) for computer equipment (hardware and software), programs necessary to complete a course requirement, wifi access, etc.
- Contact technology support (this may include one or all the following):
  - [University of Minnesota 1-HELP](#) (Technology Help Service Desk) is available via phone and email 24 hours a day, 7 days a week, and via chat during certain hours.
  - Canvas support: Please consult the [Canvas Student Guide website](#), and/or feel free to call or chat with a Canvas representation at any time by selecting the Help icon found on the global navigation toolbar found at left-hand side of the screen when you log into the Canvas course site.
  - Local campus support
    - [Duluth](#)
    - [Twin Cities](#)

Technological issues are not an acceptable reason for failing to complete course requirements by the deadline. In rare circumstances, exceptions may be made when a system-wide outage has been reported and verified by the Office of Information Technology. Other issues will be considered on a case by case basis, and documentation may be required. Penalties may be applied at the course director's and/or course coordinator's discretion.

\* Content from this section was taken and adapted from: (2016). *Technology requirements and specifications*. Retrieved from: <https://www.crk.umn.edu/units/online-programs/technology-requirements-and-specifications>

