

## Abstract

### Introduction:

Pharmacists are the most accessible members of a healthcare team. Pharmacists undergo extensive schooling that contains a core curriculum and electives, at Southern Illinois University Edwardsville the electives include an Advanced Self-Care Elective, which expands on the core concepts taught in the curriculum and includes patient counseling.

### Objectives:

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

### Methods:

This research was performed through an analytical observational cross-sectional study design conducted through online pre- and post-surveys completed at the first and last class meeting, respectively. The surveys were completed by students enrolled in the Advanced Self-Care Elective. Questions included information on employment history, confidence levels and prior experiences with patient counseling, and knowledge-based questions formed from content taught in the Elective.

### Results:

The post-survey results showed an increase in confidence levels and knowledge from the beginning to the end of the Advanced Self-Care Elective. When asked to rank how students felt about whether they knew how to counsel a patient on nonprescription medications the average score increased from 4.04 to 4.45. The average score increased from the pre- to post-survey from 3.6 to 4.1 when asked if students were confident in their ability to counsel a patient on

nonprescription medications. On the knowledge portion of the survey, the pre-survey had 39.5% and the post-survey had 65% of questions answered correctly.

Conclusions:

With pharmacists being the most accessible health care providers it is essential to give students the knowledge and resources to best assist patients with their health concerns. The Advanced Self Care Elective increases students' confidence levels when counseling patients and their knowledge about nonprescription medications. This study reinforces the importance of the Advanced Self Care Elective in the pharmacy school curriculum.