



AUBURN UNIVERSITY  
Harrison College of Pharmacy

HARRISON COLLEGE OF PHARMACY



CONTINUING  
EDUCATION

## ASSISTING PATIENTS WITH SELF-CARE: OTC MEDICATION UPDATE

Dr. Erika Kleppinger

Recorded Webinar



## PROGRAM OVERVIEW

This webinar will focus on nonprescription medications used for self-care management of various conditions. The presentation will start with an overview of the laws associated with nonprescription medication approval. Next several medications which have recently undergone an Rx to OTC switch will be presented. Finally, the QuEST process for recommending OTC medications for patients will be summarized with participants being provided to practice the process through a patient case discussion.

This webinar is part of our 5-part LIVE @ LUNCH Webinar Subscription series subscription for \$100. Each individual course can be purchased separately for \$25.

Following registration, participants will have access to course instructions, updates, presentations, recorded presentation, program evaluation, CE certificates and credits, etc. **This program is approved for 1.0 ACPE Contact Hours, .1 CEUs.** Once credit is awarded, transcripts will be available online within 24 hours on the learner's CPE Monitor profile at <http://nabp.pharmacy/>. **This program is also approved by the ABN.**

*The Office of Alumni and Professional Affairs strongly encourages each participant to check their profile online within 60 days of attendance to ensure credit has been awarded properly. ACPE will not accept CE submissions after 60 days from the live seminar date.*

This program is not sponsored by an external organization.

## TARGET AUDIENCE

This knowledge-based program is intended for Pharmacists, Pharmacy Technicians, and Nurses.

## LEARNING OBJECTIVES

1. Define self-care from a patient and health care professional perspective.
2. List the criteria needed to classify a medication as nonprescription in the United States.
3. Describe the process for medications to switch from prescription to nonprescription status.
4. Identify medications that have recently undergone a prescription to OTC switch.
5. Practice the steps in the QuEST process for recommending self-care strategies.

## ACTIVITY COMPLETION REQUIREMENTS

To complete the steps for CE credit, each attendee will be required to access and review program materials located within the online course, watch the recorded Zoom webinar, take the Quiz located within the course, complete the program evaluation within the online course, and claim credit within the course. Please contact [hcopce@auburn.edu](mailto:hcopce@auburn.edu) if you have any questions or needs related to this online CE program.

## FACULTY DISCLOSURES

Programming in with AUHCOP is in any way involved, whether as sole provider or joint-providership, shall exhibit fair content balance, providing the audience with information of multiple perspectives from which to form a professional opinion. In addition, the fair balance will assure that information provided does not discuss a commercial product. Brand names of all products included in the content may be mentioned for identification purposes only. Presenters in any continuing education offering will acknowledge and disclose any affiliation with the provider and such information will be made available to the audience.

Faculty disclosures will also be included on an introductory slide during the presentation. Dr. Kleppinger has no actual or potential conflict of interest in relation to this program.

# ACCREDITATION INFORMATION



Auburn University is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education; credits are recognized nationwide. The Universal Activity Number for this knowledge-based program is **0001-0000-23-034-H01-P/T** and is intended for pharmacists and pharmacy technicians. The initial release date for this home-study program is July 11, 2023, and the intended expiration date is July 11, 2026.

Auburn University Harrison School of Pharmacy is a Board approved provider of continuing nursing education in Alabama by the Alabama Board of Nursing. Provider Number: ABNP1515.

# PROGRAM FACULTY

Erika L. Kleppinger, Pharm.D., BCPS is an Associate Clinical Professor in the Department of Pharmacy Practice. Since joining the faculty at the Harrison School of Pharmacy in 2003, she has practiced in several ambulatory care practice settings, coordinated and taught in a variety of skills laboratory activities, and worked passionately on curriculum development and revision.

Dr. Kleppinger graduated from the Philadelphia College of Pharmacy in 2001 with a Doctor of Pharmacy degree. After graduation, she completed two years of post-graduate residency training – a Pharmacy Practice residency at Temple University Hospital and a Primary Care specialty residency at the Philadelphia College of Pharmacy in association with the Philadelphia VA Medical Center. In 2003, Dr. Kleppinger became a Board-Certified Pharmacotherapy Specialist (BCPS) and from 2006-2016 she was a Certified Diabetes Educator (CDE).

During the first seven years after joining the faculty of HSOP, Dr. Kleppinger practiced as a Clinical Pharmacist Specialist at the Central Alabama Veterans Health Care System (CAVHCS), managing patients with diabetes and lipid abnormalities. Additionally, she practiced as a Clinical Pharmacist in the Auburn University Pharmaceutical Care Center (AUPCC) for two years assisting with wellness screenings and medication management education.

Currently Dr. Kleppinger dedicates most of her time to skills activity coordination and assessment with Objective Structured Clinical Exams (OSCEs) and other performance-based assessments. She teaches in many areas of the Practice-Ready Curriculum, including patient assessment skills, communication skills (specifically assessing patient understanding and new prescription counseling), the pharmacists' patient care process, self-care, dermatology, cough and cold management, and immunization certification training. She also serves as a Skills Coordinator and a Learning Experience Coordinator for the first professional year of the PharmD program.

She was honored with the Preceptor of Excellence Award for the Auburn/Montgomery Region in both 2006 and 2010, Outstanding Teacher Award for the Harrison School of Pharmacy in 2010, and the Harrison School of Pharmacy WOW Award in 2014. Her outreach efforts include coordinating the Resident Teaching and Learning Program (RTLTP) offered by the Harrison School of Pharmacy to pharmacy residents across three states, mentoring pharmacy residents in various teaching activities, and assisting with the creation and implementation of a summer Pharmacy Camp for high school students.

Dr. Kleppinger is active in the American Association of Colleges of Pharmacy (AACP). She has served on several committees within the Section of Teachers of Pharmacy Practice and the Council of Faculties. She is also an active member and previous chair of the Laboratory Instructors Special Interest Group within AACP and has been invited to present on several skills-based topics.

[Kleppinger CV January 2022.pdf](#)

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*Members of the Post-Graduate Education Advisory Committee have completed a conflict-of-interest disclosure form and have no actual or potential conflicts of interest in relation to this program.*