

General Medical Conditions EXRS 3240

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Catalog Description:

Recognition and treatment of general medical conditions and disabilities of athletes and others involved in physical activity. Application of pharmacological principles in the treatment of illness, injury, and disease for an athletic population.

Course Objectives:

1. Recognize the general concepts and legal regulations of non-prescription and classified pharmaceutical agents.
2. Recall and access the laws governing the administration and dispensing of pharmaceutical agents.
3. Describes the kinetic process of absorption, distribution, metabolism and elimination of medications.
4. Describes how physical activity may influence a drug's therapeutic dose effect.
5. Describes the general indications, contraindication, side effects, dosing, warning and the generic and brand name for the following pharmaceutical classes:
 - a. Anti-inflammatory (steroids and non-steroidal)
 - b. Antiarthritic
 - c. Analgesics
 - d. Local anesthesia
 - e. Antibiotics
 - f. Respiratory medications
 - g. Anaphylaxis medications
 - h. Gastrointestinal medications
 - i. Beta-blockers and antihypertensive medications
 - j. Prescription and nonprescription topical applications
 - k. Performance enhancing drugs
6. Doping Control
7. Describe congenital or acquired abnormalities, physical disabilities and diseases.
8. Identifies common illnesses and diseases of the body based on contemporary epidemiological studies.
9. Recognizes the coming signs and symptoms for the following conditions and/or body parts:
 - a. Eye pathology
 - b. Ear pathology
 - c. Mouth, sinus, oropharynx, and nasopharynx
 - d. Respiratory infection
 - e. Asthma

- f. Cardiopulmonary conditions
 - g. Internal organs (gall bladder, kidneys, bladder etc.)
 - h. Male and female reproductive organs
 - i. Sexual transmitted diseases
 - j. Skin lesions
 - k. Contagious viral diseases
 - l. Diabetes
 - m. Seizures
 - n. Sleep apnea
 - o. Cancer
10. Sudden death syndrome in athletics

The following clinical skills should be obtained during the semester

1. Use of otoscope to examine ears and nasal passages
2. The use and interpretation of urine diagnostics chemstrips
3. Use of a stethoscope for heart, lung and bowel sounds

Textbook

There is not a required textbook for this course. For course projects and assignments, you should use a variety of authoritative sources. The web and web site generally does not count as an authoritative source unless it is validated by another source.

University Honor Code and Academic Honesty Policy

Students in this course are expected to conform to the UGA Student Honor Code: " I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." Academic honesty means performing all academic work without plagiarism, cheating, lying, tampering, stealing receiving unauthorized or illegitimate assistance from any other person, or using any source of information that is not common knowledge. Examples of academic dishonesty are copying answers from another student during an exam, giving a false excuse for failing to show up for an exam, obtaining advance exam copies by unauthorized means, and damaging a computer disk to prevent evaluation of the work on that disk. Students who assist other students in academically dishonest acts are in violation of the policy. Consequences of academic dishonesty may include receiving a lower grade, community service, a notation on the student's transcript, or suspension or expulsion from the University. Students have the responsibility for knowing the University's policy and procedures on academic dishonesty, which are described in the publication, A Culture of Honesty. Copies of this publication can be obtained from the Office of the Vice President for Instruction or may be viewed at the following web site: <http://www.uga.edu/ovpi/>.

Grading

Grading will be based on course projects, assignments and tests.

Test 1	75 Points
Test 2	75 Points
Test 3	75 Points
Final Examination	100 Points
Quick Hitter	10 Points
Grand Rounds	20 Points
<u>Clinical Competency</u>	<u>15 Points</u>
Total Points	370 Points

Final Grade will be based on pints earned in the course as follows:

A=333-370 Points

B=296-332 Points

C=259-295 Points

D=222-258 Points

F=<222 Points

FINAL EXAMINATION IS DECEMBER 12 FROM 8:00-11:00 AM

Course Outline

Week	Monday	Wednesday	Friday
1	Course Introduction	Drug Terminology and Legal Issues	Legal Issues
2	Management of Pharmacological Products in the Athletic Training Room	Kinetics and Absorption of Pharmacological Products	Analgesics
3	NO CLASS	Analgesics	Anti-Inflammatory
4	Anti-Inflammatory	Anti-Inflammatory	Test 1
5	Respiratory and Other General Medications	Performance Enhancing Drugs	Performance Enhancing Drugs
6		Doping Control	Doping Control
7	Epidemiological of Disease and Illness	Common Illnesses and disabilities	
8	Diabetes	Diabetes	NO CLASS
9	Seizures	Seizures	Test 2
10	Sleep Disorders	Sudden Death	
11	Sudden Death		FALL BREAK
12	Infectious and Communicable diseases	Infectious and Communicable diseases	
13			
14	Asthma	Asthma	Test 3
15			THANKSGIVING
16	Poisons, stings and bites	Poisons, stings and bites	
17	Course Review		Thursday – Final Examination 8AM

Guest Speakers

Dr. Elliott – Interpretation of Lab Results

Dr. Dicks – Spinal Pathology

Dr. Phillips – x-ray and MRI Interpretation

Dr. Mahoney – Arthritis and joint disease

Dr. Thomas – Ocular Injuries

Dr. Russo – STD and women's health issues

Dr. Mays - Cardiology

Mr. Kelly Ward – UTI/URI

Pharmacology Quick Hitters

Date	Name	Pharmaceutical Class/Product
9/4	Mike Ferrara	Quinidine Sulfate
9/6	Jeff Sinclair	Humulin
9/9	Brooke Norman	Prednisone
9/11	Chris Felton	Calcium Channel Blockers
9/13	Mary Katherine Martin	Loratadine
9/16	Krystal Till	Disulfiram
9/18	Courtney Compton	Hydrocodone
9/20	Katie Davis	Methylphenidate
9/23	Shira Dixon	Diazepam
9/25	Elizabeth Hawkins	Azithromycin
9/27	Mary Roddy	Propoxyphene
9/30	Mark Wilson	Meperidine
10/2	Mary Crouch	Fluoxetine
10/4	Laura Trkovsky	Cephalexin
10/7	Jessica Pruitt	Ciproflaxacin
10/9	Allison MacKenzie	Carbamazepine
10/11	Sara Costner	Zolpidem
10/14	Ashley Struck	Nitrostat
10/16	Richie Valdes	Sargramostim
10/18	Michael Haber	Cimetidine
10/21	Amber Cahoon	Albuterol
10/23	Meg Walker	Acyclovir
10/25	Josh Pritchett	Baclofen
10/28	Rebecca Mehlinger	Habitrol
10/30	Sarah Houman	Warfarin
11/1	Jessi Prahl	Griseofulvin

Generic Name	Quinidine Sulfate
Commercial Name	Cin-Quin, Quinidex Extentabs, Quinora
Schedule of Substance/Pregnancy Category	Pregnancy Category C
Indications	Atrial and ventricular arrhythmias – decreases myocardial excitability and slows conduction velocity within the heart.
Contraindications	Heart conduction defects, digitalis glycoside toxicity, severe liver disease
Adverse Reaction/Side Effects	Vertigo, headache, dizziness, tinnitus, blurred vision, HYPOTENSION , tachycardia, <u>diarrhea, nausea, cramping, anorexia</u> , bitter taste, rash
Pharmacokinetics	
Route of Administration	
Dosage/Frequency	
Time/Action Profile (onset, peak, duration)	
Half-Life	