**Know Your Recreational Drugs**

Arts and Sciences 138?, Freshman Seminar

Autumn Quarter only, 2 Credits

Wednesday, 1:30-3:18PM, Building?, Room?

**Instructor Office**

Gopi A. Tejwani 5072 Graves Hall

**E-mail Office Hours**

[Tejwani.1@osu.edu](mailto:Tejwani.1@osu.edu) Wednesday 10:00 a.m. – 1:00 p.m.

**Course Description**

Have you ever used an illicit drug such as marijuana, cocaine, amphetamines? If yes, you are one of every three Americans who have used these drugs. Millions of Americans abuse legal drugs such as alcohol, tobacco/nicotine and narcotics. Do you know how these drugs change your physiology, mind and behavior? Medical scientists, legislators and media personnel have devoted considerable attention to drugs, yet most of us have limited information about their short- and long-term effects on our body. We will discuss in simple language, the biochemical, behavioral and social factors associated with the use of recreational drugs. We plan to understand the mechanism of action and use of amphetamines, methamphetamine, opiates, marijuana, cocaine, crack, hallucinogens, and club drugs, as well as legal substances as alcohol, tobacco and prescription drugs. Why do some people get addicted to the drugs? We will focus on the physiology of drug addiction as well as scientific procedures employed to treat drug abuse. **We will focus on four drugs in detail: Alcohol, Cocaine, Amphetamines and Opioids.**  No prior knowledge of physiology or biochemistry is needed to join this class. Students will learn not only about the drug effects on the body but will also become familiar with very basic concepts in physiology, biochemistry and pharmacology. In addition, they will know the impact of these drugs on our culture through their use in movies, clubs and other social venues. All classes will have a 'discussion' format. Students will be evaluated based on the discussion in the class and their presentations by the instructor.

**Texts**

All PowerPoint presentations made by the instructor will be posted on the Carmen Course web site before the first day of class. The course material posted on the web site should be enough to have a good discussion in the class. The following two books are useful to learn more about the subject. It is not necessary to buy these books.

1. ***Drugs of Abuse***by Simon Wills, 2nd edition, Pharmaceutical Press, Chicago, 2005, ISBN 0-85369-582-2.

2. ***The American Drug Scene*** by J. Inciardi and K. Mcelrathy, 6th edition, Oxford, 2011, ISBN 9-78019-97-3929-5.

**In addition, the following web sites are very useful to learn more about the drugs discussed in the class.**

Drugs and Pharmacy

<http://www.globalrph.com/index.htm>

Prescription Drugs

<http://www.rxlist.com/>

FDA

<http://www.fda.gov/cder/drug/default.htm>

Wikipedia

<http://en.wikipedia.org/wiki/Category:Pharmacology>

National Institute on Drug Abuse

<http://www.nida.nih.gov>

Drug Scope

<http://www.drugscope.org.uk>

World Health organization

<http://www.who.int/substance_abuse/en/>

Virtual Clearinghouse on Alcohol, Tobacco and Other Drugs

<http://www.atod.org/>

US Drug Enforcement Administration

<http://www.usdoj.gov/dea>

Daily Dose

<http://www.dailydose.net>

Victoria Government (Australia) Drugs Site

<http://www.drugs.vic.gov.au>

National Treatment Agency UK

<http://www.nta.nhs.uk/>

Harm Reduction

<http://www.harmreduction.org>

**Course policies**

Attendance, class-discussion and presentation are essential for success in this course. All students are supposed to be in the class except those who are permitted for exceptional reasons in advance. If a student does not come to the class for any reason, the student is expected to provide the evidence of illness (a doctor's letter, etc). A student will not lose class participation for excused absences, but will be responsible for work missed during his/her absence. All students are supposed be punctual in the class. It is important to participate in the class. More than two unexcused absence will result in getting a grade of 'unsatisfactory'. 'A student should expect that missing class will reduce the points assigned to the evaluation of his/her contributions to class discussions'.

Students are expected to read the material posted on the course web site. They will be encouraged to bring the print-outs of the lecture material and take notes on it in the class where the instructor and students get involve in seminar type of discussion in the class. A list of the reading material for every drug/lecture topic will be posted on the Carmen course web site and students are expected to participate and give their input during the discussion in the class.

During the class the instructor will also lead discussion of certain **basic concepts**. Students can participate by narrating drug experience by any one, peer pressure, impact of movies, research papers or quoting some other publications, Power Point presentations, etc.

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**Grading**

The course will be graded satisfactory/unsatisfactory, with at least 70% score needed to get a satisfactory grade.

The grade (**60**%) will be based on student’s class participation that includes asking a questions, sharing information about the discussion topic verbally or bringing in printed information or digital information (a figure, picture, video, news item about the drug) as mentioned above. Part of grade (**40**%) will be based on the PowerPoint presentation by the students in the class that will be critiqued by the instructor.

**Grade**

The overall grade will be as following:

60% of the grade--class discussion.

40% of the grade--in class presentation.

Out of total 100 points, 70% is needed to get a **satisfactory** in the class.

**Academic Integrity**

For all the assignments of this course, the code of Student Conduct of The Ohio State University is in effect. Academic misconduct is defined as: any activity that tends to compromise the academic integrity of the university, or subvert the educational process.

**Students with Disability**

Any student who feels a need of accommodation based on the impact of a disability should contact me privately to discuss your specific needs. Please contact the Office for Disability Services at 614-292-3307 or visit them in Room 150 Pomerene Hall to coordinate reasonable accommodation for students with documented disabilities. You can also visit their web site: <http://www.ods.ohio-state.edu> for more information.

**Weekly Schedule**

***Overview of basic concepts (throughout the course as discussion progresses).***

A review of physiology of the nervous system; how do neurons communicate with each other? Pharmacokinetics (how is a drug absorbed, distributed, metabolized, and eliminated from the body?) and Pharmacodynamics (how does a drug work in the body?). Define neurotransmitters, receptors, agonists, antagonists. All these topics will be discussed in simple language so that first year students can understand without having any background in physiology, biochemistry.

***Students Discussion Topics and Presentations***

***Week 1-2: Alcohol***

Ethanol: history, pharmacologic effects, calorie content, side effects and toxicity, teratogenic effects, interactions with other drugs, alcoholism.

***Week 3-4: Cocaine***

History of Cocaine, Crack, mechanism of action, Cocaine dependence and treatment.

***Week 5-6: Amphetamines***

Amphetamine, Methamphetamine and Ecstasy and related drugs

***Week 7-8. Opioids***

Morphine, Heroin, Oxycontin, role of Opioids in pain relief.

***Week 9\*: Student presentations***

***Week 10\*: Student presentations***

**Presentation topics\***

Drug Absorption, Drug Distribution, Drug Metabolism, Drug Elimination, Drug Receptors, Central Nervous System, Neurons, Neurotransmitter, Ethanol, Inhalants, Gamma Hydroxybutyrate, Opioids, Endorphins, Morphine, Heroin, Methadone Maintenance Program, Cannabis, Cocaine, Amphetamines, Methamphetamines, LSD, Phencyclidine, Anabolic Steroids, Drugs for Erectile Dysfunction, Caffeine, Tobacco, Nicotine, Drug Abuse, Tolerance, Dependence and Abstinence, Smoking Cessation Programs, Drugs and Laws.

**Presentations:**

***During weeks 8-10*:** Each week, 6-8 students individually will give a PowerPoint presentation to the class for 10 minutes followed by 5 minute questions– answer session on the above topics. The presentation should include 10-15 slides including animations and video clips. The instructor will evaluate and grade the presentation in the class. Following the presentation in the class, each student will submit their modified PowerPoint presentation for instructor’s grading to the instructor during the final exam week.

The presentations will be evaluated based on drug:

History

Interesting Statistics

Pharmacological Effects

Role in adverse Effects

Role in dependence

Any web sites or video sites and videos or animations

Conclusions

**Paper**: Some students may feel shy in doing PowerPoint presentation**.**

In lieu of PowerPoint presentation a student may write one short paper (about two pages, typed single space) discussing any of the above presentation topics. The format of this paper will be as follows, drug:

History

Interesting Statistics

Pharmacological Effects

Role in adverse Effects

Role in dependence

Any web sites or video sites

Conclusions

**Dr. Tejwani (Biographical Paragraph).**

Dr. Gopi A. Tejwani is an Associate Professor and the ex-Vice Chair in the Department of Pharmacology, College of Medicine, The Ohio State University. He received his Ph.D. degree in Biochemistry from the All-India Institute of Medical Sciences in New Delhi in 1973 and subsequently traveled to the US for postdoctoral training. Dr. Tejwani has been on the faculty of The Ohio State University in Columbus since 1976, where he does research in neuropharmacology and teaches graduate, undergraduate and medical students. Dr. Tejwani has published more than 80 original research papers in biochemistry, enzymology, neuropharmacology and medical education. He has presented his research work at international meetings in more than twenty countries. More than two dozen graduate students, postdoctoral fellows and faculty members have received training in his laboratory. During the last seven years he has received the following teaching awards at OSU.

2004 School of Biomedical Science “Teaching Incentive Award”, College of Medicine

2005 “Excellence in Teaching Award”, College of Medicine, OSU

2006 “Faculty Teaching Award”, College of Medicine, OSU

2006 School of Biomedical Science “Excellence Award in Teaching or Research”

2007 “Distinguished Educator Award”, College of Medicine, OSU

2008 “Excellence in Teaching Award”, College of Medicine, OSU

2008 School of Biomedical Science “Excellence Award in Teaching or Research”

2009 “Excellence in Teach Award” from the IP Committee of the College of Medicine