Denise Ferreira 11/24/20

OER- Opioid Analgesics Den 2315

Open educational resources are teaching, learning, and research material that are available and shared under licensed or public sources that are accessible for people to reuse, revise, and redistribute as much as possible. OER’s are useful because they are tools that are available to enhance our learning abilities. Some of these tools can be full online courses, modules, textbooks, live streaming videos, tests, images, and programs. The advantages of OER’s are that we have access to learning materials 24/7, ability to modify what we are searching for, we can enhance topics for better understanding, we can quickly access information, and this can be cost saving as well having literature available free online. The disadvantages of OER’s is that we have access to inaccurate information, information is not up to date where people can edit material at any time, we have limited access to certain online information due to license agreements, we may also have technology issues where we don’t have access to the online resources due to slow online connection or have no access to a software needed.

<https://youtu.be/EsAgnVMWxBc>. Attached is an example of an OER I found via YouTube in regards to Opioid Analgesics. I found this video uploaded by the CDC to be very helpful because I believe it broke down the facts about opioid use in a simpler way. This video started with a straight forward definition of what opioids are, gave examples of the most popular opioids prescribed such as Oxycodone, Hydrocodone, and Morphine, explained the risks, side effects, benefits behind Opioid use, and alternatives of Opioids. For people who may be struggling with understanding this topic I find it very beneficial to search for OER’s to better understanding the topic being taught.

During the course I found that chapter 11 on Anti-Anxiety agents was difficult for me to understand. At the time I did not understand the concept on how Benzodiazepines affects the neurotransmitters. I’m a visual learner, I find images and videos extremely helpful while learning so I searched up videos explaining the Benzodiazepines mechanism of action in a much simpler way. I came across this video <https://www.youtube.com/watch?v=4ZHudeMho8g&t=131s> which not only explained the mechanism of action of Benzodiazepines but also explained the mechanism of action on other antianxiety agents such as Barbiturates and Non-Benzodiazepines hypnotics as well which I found even more helpful because I can now compare and contrast all three agents and get a better understanding of the whole picture. After watching this video, I now understand that Benzodiazepines inhibits opening of GABA receptors where constant Cl ions are now present making it difficult for an impulse to cause an action potential reducing the symptoms of anxiety and stress.

During this project as I was searching and created an OER I have learned that they are such great materials for enhancing our learning abilities. Whenever I struggle with understanding a task or topic I now know to search for alternative material for better understanding of what’s being taught. I truly believe OER’s should be part of any course offered because everyone has their own way of learning and understanding material whether it is from reading notes, looking at diagrams, charts, videos, pictures, textbooks, layouts which OER’s are valuable tools that allows us to have access to it all. I find it valuable in both fining and making an OER because I believe in both engaging and interacting with the material which helps me understand and grasp the concept much better. Also, we can get ideas and feedback from one another and present information in different multiple formats to help each other even more during our learning processes. As a student I will personally continue to use OER’s for the rest of my future classes to come.