

**Clayton State University
School of Baccalaureate Nursing**

**Syllabus for
Alternative and Complementary Approaches to Health
HLTH 3012
Summer 2009**

Instructor Contact Information:

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Prerequisites/Corequisites: None

Course Description: This course will provide the participants with an in-depth understanding of the practice, theories, and interventions used in various alternative healthcare therapies. Some of the topics that will be discussed will be the use of herbal therapies, nutritional therapies, aromatherapy, massage and bodywork therapy, acupuncture, chiropractic and spinal manipulation, spiritual, mind body therapies, and homeopathy. The participants will be able to make an informed decision when deciding to use an alternative form of health care.

Number of Required On-Campus Meetings: This is a seated course. There is class every week and attendance is required. Points will be deducted for missed class.

Time Allotment: 3 Semester hours per week

Objectives:

The participants will be able to:

- Describe various types of nontraditional approaches to healthcare.
- Conduct a literature review of the various forms of alternative healthcare practices.
- Review various models for integrating alternative and conventional Western medical approaches in health care delivery systems.
- Discuss the various legal, ethical, and financial considerations of providing alternative therapy for patients including reimbursement, licensure and malpractice liability.
- Identify the various cultural implications in using nontraditional therapies.

- Identify strategies that will enable one to seek or advise persons who seek alternative medical therapies.
- Explore the World Wide Web for information on the various alternative healthcare theories.
- Identify foods and nutritional supplements that enhance the immune system and boost overall wellness.
- Identify foods and nutritional additives that have been found to have adverse effects on the body and immune system.
- Conduct an in-depth analysis of an alternative therapy. Pedicures and Manicures are not an alternative therapy

TECHNOLOGY REQUIREMENTS

University policy states each CCSU student is required to have ready access throughout the semester to a notebook computer that meets faculty-approved hardware and software requirements for the student's academic program (as part of the registration process, students agree to this). See <http://itpchoice.clayton.edu/> for full details of this policy. Your computer should meet the given minimum specifications for the School of Health Sciences as listed at <http://itpchoice.clayton.edu/bylevel.htm>.

Other Requirements:

1. You must have access to the Internet, either through the local area network on campus, or through an Internet Service Provider (ISP) of your choice (the costs for the ISP are your responsibility). No excuses will be accepted for inability to access the Internet.
2. You must have Microsoft Word 2000 or higher installed. Contact the HUB for an installation appointment.

COMPUTER COMPETENCIES

You should be familiar with browsing the Internet and using Word.

Textbook:

Koopsen,C., & Young,C. (2009) Integrative health: A Holistic approach for Health Professionals . Jones & Bartlett Publishers. Sadbury Ma. (ISBN 978-0-7637-5761-8)

Teaching Methods:

This course uses a variety of teaching methods designed to accomplish course objectives and incorporates various teaching-learning strategies. Learning activities will emphasize critical thinking, creativity, and problem solving, as well, as providing the student with a knowledge base in the area of wellness and alternative therapy.

Discussion, group activities, student presentations, Internet searches and other experiential exercises will afford the student opportunity to have active participation in his/her learning. The students will have the opportunity to present findings and learn from each other.

Course Requirements:

- The class will meet on-campus one evening a week during the Semester. Attendance is required.
- The student will participate in discussions in class .
- The student will visit an alternative healthcare system and answer the questions on the site evaluation form.
- The students will complete an exam at the end of each class period. If the student is absent a grade of 0 will be awarded for the exam.

Evaluation:

- Class attendance and participation 20%
- Paper Critiquing site visit 10 %
- Class room work 20%
- Exams at the end of each class 50%

Classroom Policies:

- Cell phones and Pagers: All cell phones and pagers must be turned off (or placed on vibrator mode) during on-campus class time.
- Missed classes: Class attendance is vital to this course and is part of the overall grade. Each on-campus meeting will be worth a percentage of the attendance and participation grade. Please direct all communications through e-mail. You may use the instructor's Clayton e-mail address (dweir@clayton.edu) Look for weekly announcements posted on Web CT.
- Keep a hard copy of all your work and bring at last meeting of class.
- Papers and class work will be submitted on time according to the dates designed in the course calendar. Points will be deducted for assignments turned in late.

STUDENTS WITH DISABILITIES

Individuals with disabilities, who need to request accommodations or obtain this document in an alternative format, contact:

Disability Services Coordinator

770.961.3719

disabilityservices@mail.clayton.edu

NO CHILDREN WILL BE ALLOWED IN CLASS per the Clayton University campus wide policies.