

MIDSTATE COLLEGE
411 W. NORTHMOOR RD. PEORIA, IL 61614
(309) 692-4092 (800) 251-4299
(Winter 2017-2018)

Course number & Name: HSM 410 Principles and Practices of Alternative & Complementary Healthcare

Credit hours: 4 quarter hours

Method of Delivery: Online Class

Course Description:

This course is a survey of the complementary and alternative treatment options that are available And selected by patients as treatment modalities. Topics include motivation for alternative treatment, risk and reimbursement. Recognizing that a growing percentage of Americans utilize Unconventional healing therapies in addition to the advice of physicians, introduction to the Philosophies, practitioners, techniques, and evidence of efficacy of complementary and alternative

Medicine.

Text: Complementary and Alternative Medicine for Health Professionals

Authors: Linda Baily Synovitz

Publisher: Delmar **ISBN Number:** 978-1-4496-5298-2

Topics Covered:

The course will cover complementary and alternative healthcare treatments, the demographics of users, rationale & effectiveness of use. Opportunities to meet & question practitioners will be encouraged.

Learning Objectives:

1. Explore the demographics of CAM.
2. Analyze the reasons people use CAM
3. Investigate the U.S. government's approach to CAM
4. Hypothesize ways in which healthcare providers can integrate CAM into western medicine.
5. Interview practitioners involved with CAM
6. Evaluate alternative and complementary practices for efficacy

Grading Scale:	90 – 100	A
	80 – 89	B
	70 – 79	C
	60 – 69	D
	0 – 59	F

Academic Integrity:

Academic integrity is a basic principle of the College's function. Midstate College students are expected to maintain a high level of academic honesty. Contrary actions may result in penalties such as failure of the assignment(s), a lesser grade on assignment(s), failure of the course and/or suspension from the College. The course instructor will review all submitted documents and supporting evidence in connection to the infraction. The course instructor will also review the student's personal file for other notifications of academic dishonesty before determining the level of action to be applied. The course instructor will complete the Academic Dishonesty Report form to

document and describe the incident and actions taken, then kept on file. The student may appeal the decision to administration, whose decision will be final.

The following (plagiarism, cheating, deception, sabotage, computer misuse and copyright infringement) are included in the actions Midstate College considers behavior contrary to the academic integrity policy; however, the policy is not limited to these examples. Further discussion of consequences regarding academic dishonesty are addressed in the Student Handbook.

Plagiarism:

Plagiarism is using another person's words, either by paraphrase or direct quotation, without giving credit to the author(s). Plagiarism can also consist of cutting and pasting material from electronic sources by submitting all or a portion of work for assignment credit. This includes papers, computer programs, music, sculptures, paintings, photographs, etc. authored by another person without explicitly citing the original source(s). These actions violate the trust and honesty expected in academic work. Plagiarism is strictly against the academic policy of Midstate College. Its seriousness requires a measured, forceful response which includes consequences for inappropriate and/or no citation.

In courses containing writing assignments, the College promotes the use of Turnitin which compares the student's writing against previously submitted papers, journals, periodicals, books, and web pages. Students and instructors can use this service to reduce the incidence of plagiarism. This electronic resource has been found to conform to legal requirements for fair use and student confidentiality. It is able to provide a report to the student indicating the parts of the assignment that match.

Student Success and Tutoring:

Contact Student Success: Room 110; (309) 692-4092, ext. 1100;
studentsuccess@midstate.edu;

The Office of Student Success offers help in the following areas:

- Tutoring: Tutoring is encouraged for students who are doing their best to complete assignments yet still are experiencing difficulty in this course. Tutoring may be provided by the instructor outside of scheduled class times or through the office of Student Success.
- Writing assignment assistance: This may include learning how to conduct research; using proofreading tools such as Turnitin; outlining a topic; and applying MLA/APA standards.
- Math, accounting, and computer skills (including file management).
- Test-taking techniques.
- Note-taking skills development.
- Study skills development.

- Time management

Course Instructor: Courtney Gehrig

Office hours: Arranged

Office: 201 Phone: 708-253-7941

Email: cgehrig@midstate.edu

Requirements for completing the Course:

1. Student will be responsible for completion of all work in a timely manner.
2. Plagiarism or text echoing will result in a “zero” for any project or paper.
3. Students are responsible for completing reading assignments
4. Assignments not completed electronically, will not be accepted.
5. Late work will not be accepted without prior approval of the instructor. Each week closes on the following Monday at 8 am
6. Summaries are to be a list of 10 facts you learned or a copy of the notes you took reading. You may not reproduce your worksheet and submit it as a summary.
7. Quiz and test material is timed. Make certain to save and submit.
8. To receive all possible credit, **post TWO separate times** to the discussion board. Do not say, agree”. Post something of value.
For any tech problems. contact 1-888-272-0067

Grade is calculated based on weighted values

Discussion (100 pts)	10%
Summary (100 pts)	10%
Worksheets (100 pts)	10%
5 quizzes @ 20 points each (100 pts)	30%
4 CAM interviews (100 pts)	20%
<u>Final exam (100 pts)</u>	<u>20%</u>
600 points	100%

Interviews:

These 1-2 page papers may be an actual interview with a practitioner of the treatment modality or you may request services at your own expense and report on the experience. Try to have fun with this. For example, I might schedule interview #1 with my friend, Rhonda. She sells and uses magnet therapy which is energy based. For my interview #2, I may want to experience reflexology or massage. It is based on manual stimulation and absolutely wonderful!! Perhaps, I could talk to a nutritionist at the diabetes center about the DASH diet for lowering blood pressure for interview #3. Lastly, maybe my 4th interview would be about the acupuncture therapy I tried for my back.

There are many areas available, so explore what we are studying. Try hypnosis, aroma therapy to sleep better, or try a session of reflexology to cure your migraines. Talk to a chiropractor, interview a faith healer, or report on the practice of a doctor of osteopathy. **Do NOT research a topic and write a report.** Experience it or talk to someone.

DATE	TOPIC	ASSIGNMENTS
<u>Week 1</u>	Overview and Introduction to this class	<ol style="list-style-type: none"> 1. Read Chapter Introduction, Chapters 1 2. Watch PowerPoint #1 and Videos 3. Post discussion 1 4. Submit worksheet 1pg 9 review questions 5. Submit summary 1- 5 Things Learned
<u>Week 2</u>	Using Scientific Method/Research Advertising and other marketing practices	<ol style="list-style-type: none"> 1. Watch PowerPoint #2 and videos 2. Read Chapter 2 and 3 3. Post discussion 2 4. Submit worksheet 2 5. Submit summary 2
<u>Week 3</u>	Cost of Health Care in the United States Traditional Medical and Health Care	<ol style="list-style-type: none"> 1, Watch PowerPoint # 3 and any videos 2. Read chapters 4 and 5 3. Post discussion 3 4. Submit worksheet 2 5. Submit summary 2
<u>Week 4</u>	Integrative medicine CAM and Healthcare	<ol style="list-style-type: none"> 1. Quiz 1 2. Watch PowerPoint #4 3. Read Chapter 6 4. Post discussion 4 5. Submit worksheet 4 6. Submit summary 4
<u>Week 5</u>	CAM – Historical Foundations of Holistic Healing	<ol style="list-style-type: none"> 1. Watch PowerPoint #5 2. Read Chapter 7 3. Post discussion 5 4. Submit worksheet 5 5. Submit summary 5 6. Interview #1 Due
<u>Week 6</u>	Alternative Medical Systems: Ayurvedic Traditional Chinese Medicine	<ol style="list-style-type: none"> 1. Read chapters 8 &9 2 Watch PowerPoint # 6 3. Post discussion 6 4. Submit worksheet 6 5. Submit summary 6

<u>Week</u> <u>7</u>	Naturopathic and Homeopathic Medicine	<ol style="list-style-type: none"> 1. Quiz 3 2. Read chapter 10 3. Watch PowerPoint #7 4. Post discussion 7 5. Submit worksheet 7 6. Submit summary 7 7. Interview #2 Due
<u>Week</u> <u>8</u>	Botanicals Aromatherapy	<ol style="list-style-type: none"> 1. Read chapters 11 & 12 2. Watch PowerPoint #8 3. Post discussion 8 4. Submit worksheet 8 5. Submit summary 8
<u>Week</u> <u>9</u>	Manipulative and Body Based Therapies Chiropractic Medicine Massage Reflexology	<ol style="list-style-type: none"> 1. Quiz 4 2. Read chapter 13 3. Watch PowerPoint #9 4. Post discussion 9 5. Submit worksheet 9 6. Submit summary 9 7. Interview #3 Due
<u>Week</u> <u>10</u>	Mind-Body Interventions Energy Therapies	<ol style="list-style-type: none"> 1. Read chapters 14 & 15 3. Watch PowerPoint #10 4. Post discussion 10 5. Submit worksheet 10 6. Submit summary 10 7. Interview #4 Due
<u>Week</u> <u>11</u>	Frauds and Quackery Traditional Self- Care Protection and Consumer Rights	<ol style="list-style-type: none"> 1. Read Chapter 16, 17 2. Watch PowerPoint 3. Quiz 5 4. Take final exam if ready
<u>Week</u> <u>12</u>		<ol style="list-style-type: none"> 1. Take final exam