Complementary and Alternative Healing and the Art of Nursing
Credits: 2
Semester offered: Fall, Spring
Prerequisites: Undergraduate Nursing students or permission of the instructor

Course Description:

The purpose of this course is to explore the time honored medical models and treatments of Complementary and Alternative Medicine (CAM). Using quality of life as a foundation, students will explore the integration of these models into practice.

Course Objectives: The student will:

1. Explore time honored traditional medical models in relationship to historical perspective
2. Identify the relationship of Nursing to these models
3. Discuss personal values and opinions related to CAM
4. Discuss healing interventions related to the nursing model and practice.
5. Demonstrate how nurses may clinically integrate traditional healing approaches into practice.
6. Explore empirical evidence and legal and ethical issues related to CAM

Recommended Content and Concepts:

1. History and use of Integrative Medicine (CAM) in the United States
   a. Research including but not limited to:
      i. Eisenberg study
      ii. Nursing research
   b. Attitudes and use in the Western Medical Model
      i. Doctor/patient relationship
   c. Medical pluralism in the public sector – the move towards integration
   d. Evidence-based practice

2. Traditional Medical Modalities
   a. Ayurvedic Medicine
      i. History and Philosophy
      ii. Basic concepts
      iii. Doshas
      iv. Dhatus
      v. Agni and Digestion
      vi. Causes of Disease
      vii. Diagnostic techniques
viii. Foundation of treatment

b. Oriental Medicine
   i. History and Philosophy
   ii. Basic concepts
   iii. Meridians
   iv. Five elements
   v. Ten major internal organs
   vi. Causes of Disease
   vii. Diagnostic techniques
   viii. Foundation of treatment

c. Naturopathic Medicine
   i. History and Philosophy
   ii. Homeopathy
   iii. Aromatherapy
   iv. Flower Remedies
   v. Vitamin therapy including supplements
   vi. Phytomedicine – herbs
      1. comparison to pharmaceuticals and potential interactions
         and adverse effects

d. Native American Healing
   i. History and Philosophy
   ii. Healing ceremonies
   iii. Sweatlodge
   iv. Phytomedicine

e. Western Medicine and relationship to Nursing in History

5. Mind-Body Medicine
   e. Quantum Physics and relationship to mind/body medicine
   f. Psychoneuroimmunology
   g. Endorphins and the mind/body effect
   h. Placebo effect
   i. Prayer and Spirituality
   j. Homeopathy and flower remedies

6. Treatment modalities
   e. Mind/body – Energetic
      i. Relaxation
      ii. Meditation
      iii. Hypnosis
      iv. Yoga
      v. Tai Chi
      vi. Qi Gong
      vii. Reiki
      viii. Therapeutic Touch
      ix. Prayer
      x. Dance
xi. Art Therapy

f. Diet
   i. Ayurvedic Medicine
   ii. Oriental Medicine
   iii. Naturopathic Medicine
   iv. Western Medicine

g. Exercise and Lifestyle
   i. Ayurvedic
   ii. Oriental
   iii. Western Medicine

h. Manual Therapies
   i. Shiatsu
   ii. Tui Na
   iii. Thai
   iv. Abyanga
   v. Jin Shin Do
   vi. Accupressure
   vii. Rolfing
   viii. Feldenkrais
   ix. Reflexology
   x. OM'T
   xi. Chiropractic

i. Phytomedicine
   i. Aromatherapy
   ii. Essential oils
   iii. Herbs
      1. legal implications of use – RN vs APRN

7. Integration into the practice of Nursing
   e. Legal restrictions and practice
   f. Ethics of practice
   g. Taking a history toward integration
   e. Developing a nursing treatment plan

Suggested Student Learning Activities
Readings
Discussions
History Taking
Case Studies
Presentations of care plan

Approved by UAAC: October 6, 2011
Approved by Faculty: October 10, 2011