

MONTANA STATE UNIVERSITY
COLLEGE OF NURSING
Master Resource Outline

NRS 242: Complementary and Alternative Healing and the Art of Nursing
Credits: 2
Semester offered: 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
7. Demonstrate behaviors that are congruent with the MSU Code of Conduct, CON Student Handbook, ANA Code of Ethics, Scope and Standards of Practice and Social Policy Statement in all class related interactions. [T6, 8, 13]

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. Aruyvedic 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. OMT
 - 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: April 14, 2014

Approved by Faculty: May 1, 2014