NRSG 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. Ayurvedic Medicine  
      i. History and Philosophy  
      ii. Basic concepts  
      iii. Doshas  
      iv. Dhatu
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