



Department of Nursing

**NURS 321: Integrative Therapies in Health
Fall 2013**

Instructor: Dawn M Goodolf PhD, RN

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Office: 210 Benigna Hall

Faculty Office Hours: by appointment.

Class meets: Mondays, 5:00p.m. – 8:00p.m., PPHAC 232.

*“True and lasting inner peace can never be found in external things. It can only be found within in. And then, once we find and nurture it with ourselves, it radiates outward.”
~ Buddha*

Catalog/Course Description:

This nursing elective course seeks to examine selected complementary and alternative therapies. Issues related to the integration of complementary therapies into health care and development of a nursing perspective on utilization of complementary therapies for treatment and healing will be discussed. Selected opportunities for clinical experience and field study may be included.

Objectives:

1. Develop a knowledge base in selected complementary and alternative therapies.
2. Explore the role of complementary and alternative therapies in health care.
3. Demonstrate insightful analysis and critique of current research studies and literature on complementary and alternative therapies.
4. Determine effective complementary and alternative therapies for selected clinical conditions.
5. Examine complementary and alternative therapies from the perspective of research-based evidence for practice.
6. Develop a nursing worldview on use of complementary and alternative therapies for treatment and healing.

Course Credits/Units/Hours:

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|---------------|----------------|
| Course Units: | 1 |
| Theory Hours: | 3 hours weekly |

Prerequisites:

RN Students or RN Licensure only

My Teaching Philosophy:

My primary goal of teaching is to foster learning. Although everyone is capable of learning, a student's desire to learn is a critical part of the process. It is essential to provide a classroom setting that creates an atmosphere that is conducive to learning and takes into consideration the unique learning style of the student. I strive to create an environment that is relaxed and stimulates conversation about concepts that are discussed. I believe that respect and trust are an essential foundation for the relationship between instructor and student. I personally value the variety of life experiences that each student brings to the process.

Required Textbooks:

Snyder, M., & Lindquist, R. (Eds.). (2010). *Complementary and alternative therapies in nursing* (6th ed.). New York: Springer.

Recommended Textbooks:

Publication manual of the American Psychological Association (6th ed.). (2010).
Washington, DC: American Psychological Association

*Additional readings to be announced.

Learning Assessment/Graded Requirements *:

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| Participation in Class | 15% |
| Reflective Writing Assignments (2) | 20% |
| Seminar/Oral Presentation on selected Complementary/Alternative therapy | 20% |
| Clinical Application Scholarly Paper | 25% |
| Final Exam | 20% |

| Grade | Percentage Score |
|-------|------------------|
| A | 93-100 |
| A- | 90-92 |
| B+ | 87-89 |
| B | 83-86 |
| B- | 80-82 |
| C+ | 77-79 |
| C | 73-76 |
| C- | 70-72 |
| D+ | 67-69 |
| D | 62-66 |
| D- | 60-62 |
| F | 60 |

It is within the instructor's discretion to apply qualitative judgment in determining the grades for an assignment or for a course.

COURSE PARTICIPATION & ASSIGNMENT DIRECTIVES:

Class Participation:

Each student is required to be prepared for class and to contribute to class discussion of material. Preparation includes completion of assigned readings, review of blackboard and on-line materials, and other designated assignments. The course document, "Methods of evaluating course participation", further delineates the criteria to measure this learning outcome.

Reflective Writing Assignments:

Each student is required to post two (2) reflective writings on Blackboard Discussion in response to threads posted there. The course document, "Guidelines for Reflective Writing", further delineates this process.

Seminar Presentation:

Each student will orally present on a selected complementary or alternative therapy of interest. The course document, "Guidelines for seminar presentation on Alternative or Complementary Therapy", further delineates this process.

Clinical Application Scholarly Paper:

Each student is required to write a scholarly paper related to their seminar presentation addressing the efficacy of selected complementary or alternative treatments on an identified clinical condition and its implication for nursing practice. The course document, "Guidelines for Clinical Application Paper", further delineates this process.

Grading Policy:

Papers must be written according to the style specified by the *APA (6th edition)*. Use of a computer with Internet access and the ability to perform electronic database searches is required.

Assignments are expected on or before their due date. Late assignments will result in point deduction or assignment failure, at the discretion of the course faculty.

Attendance Requirements:

Class attendance is an expectation. Students are expected to be prepared for all class meetings, to arrive on time, and to engage themselves in class discussion. Students who are not prepared may not be able to meet course standards and are at risk for course failure.

Academic Integrity:

Evidence of plagiarism or academic dishonesty will be handled according to the college policy on academic honesty. This policy is described in the Moravian College Comenius Center Undergraduate Academic Policies Handbook. Plagiarism is the intentional use of

another's words or ideas as your own. This can range from using another individual's direct words or changing the words without appropriate citation. It also includes obtaining a paper from someone else, the Internet, or a professional writing service.

Learning Service Accommodations:

Students who wish to request accommodations in this class for a disability should contact Elaine Mara, assistant director of learning services for academic and disability support at 1307 Main Street, or by calling 610-861-1510. Accommodations cannot be provided until authorization is received from the Academic Support Center.

Writing Center:

The Writing Center is located in a building that is not accessible to persons with mobility impairments. If you need the services of the Writing Center, please call 610-861-1392.

The Syllabus is subject to change at the discretion of the instructor.

Topical Outline: NURS 321 (Fall, 2013)

| Date | Topic | Assignments |
|--------------|--|--|
| August 26 | <ul style="list-style-type: none"> * Course Introduction * Introduction to Complementary and Alternative Medicine (CAM) *Complementary/Alternative Therapies & Cultural Aspects of Care *Self reflection | **See Blackboard for Introductory Assignment – Due September 11 <u>Readings:</u> Snyder & Lindquist, Chaps. 1 & 2 |
| September 2 | No Class | ** Select a topic for seminar presentation and clinical application paper |
| September 11 | <i>“Building Better Brains: How Neuroscience is Altering Human Functioning”</i> | ** Introductory Assignment Due |
| September 16 | Concept of Healers –Self as Healer Holistic Nursing Philosophy Spirituality and Health | <u>Readings:</u> Snyder & Lindquist chaps. 11 & 29 |
| September 23 | Healing Environment Energy and Biofield therapies Meet at 6pm | Meet at: www.TheGrowingPlacePA.com The Growing Place PA 184 Main Street - Rear Emmaus, PA 18049 484-232-9066 <u>Readings:</u> Snyder & Lindquist chaps. 15, 16, 19, 20 & 21 **See Blackboard for Assignment 2 – Due October 23 |
| September 30 | Presence --Therapeutic Listening --Journaling | <u>Readings:</u> Snyder & Lindquist –Chaps. 3, 4, 12, and 13 |
| October 7 | Yoga/ Tai Chi Meet at 6pm. | ** Meet in the Lobby of the Yoga Loft in Bethlehem , PA – We will participate in Yoga class. <u>Readings:</u> Snyder & Lindquist – Chapters 8, 23, and 24 |
| October 14 | No class fall break | |

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| October 23 | Sipple lecture | ** Assignment 2 Due |
| October 28 | Mind-Body –Spirit Interventions: Biofeedback Meditation Hypnotherapy & Guided Imagery Prayer Relaxation therapies | <u>Readings:</u> Snyder & Lindquist –chaps. 5,9,10, & 25 Meditation Handout (available on Blackboard under Course Documents) Or Try Meditation Exercises, as per Fontaine’s text (on Reserve) pp.297-298. |
| November 4 | Supportive relationships as healing Interventions: Humor Biologically based therapies | <u>Readings:</u> Snyder & Lindquist –chaps. 7, 14, 26, & 27 |
| November 11 | Energy-based therapies: Therapeutic Touch Massage Reiki | Healing Touch - Dr Alma Miles 5-5:45pm 6p-8p- Paula Michal-Johnson & Mary Howe <u>Readings:</u> Snyder & Lindquist –chps. 17, 18, & 22 |
| November 20 | Sartori | No class Monday this week <u>Readings:</u> Snyder & Lindquist –chps. 6 |
| November 25 | No Class | Happy Thanksgiving! |
| December 2 | Lifestyle and Disease Prevention Stress/Immune Response Psychoneuroimmunology | <u>Readings:</u> Snyder & Lindquist –chps. 28, 30, & 31 * additional readings as assigned Scholarly Paper Due |
| December 9 | Presentations | |

The instructor reserves the right to alter content and/or the course schedule. Additional reading in the form of articles, films, newspapers, media broadcast may be added to the assigned readings.

