

New Course Request

Indiana University

South Bend Campus

Check Appropriate Boxes: Undergraduate credit [X] Graduate credit [] Professional credit []

- 1. School/Division Nursing 2. Academic Subject Code NURS
3. Course Number K401 4. Instructor Sofhauser, Cynthia
5. Course Title Integrative Health Care: Blending the Traditional and Non-Traditional
Recommended Abbreviation (Optional) Integrative Health
6. First time this course is to be offered (Semester/Year): Fall 2002
7. Credit Hours: Fixed at 3 or Variable from to
8. Is this course to be graded S-F (only)? Yes No X
9. Is variable title approval being requested? Yes No X
10. Course description (not to exceed 50 words) for Bulletin publication: This course focuses on the integration of complementary health care with the traditional western medicine approach to disease and illness.

- 11. Lecture Contact Hours: Fixed at 3 or Variable from to
12. Non-Lecture Contact Hours: Fixed at 0 or Variable from to
13. Estimated enrollment: 20 of which 0 percent are expected to be graduate students.
14. Frequency of scheduling: 1 per year Will this course be required for majors? No
15. Justification for new course: Required course for Complementary Health Minor
16. Are the necessary reading materials currently available in the appropriate library? Yes
17. Please append a complete outline of the proposed course, and indicate instructor (if known), textbooks, and other materials.
18. If this course overlaps with existing courses, please explain with which courses it overlaps and whether this overlap is necessary, desirable, or unimportant.
19. A copy of every new course proposal must be submitted to departments, schools, or divisions in which there may be overlap of the new course with existing courses or areas of strong concern, with instructions that they send comments directly to the originating Curriculum Committee. Please append a list of departments, schools, or divisions thus consulted.

Submitted by: Uthara Mahalingam Date 10/15/02
Department Chairman/Division Director

Approved by: Lawrence Gader Date 10/15/02
Dean

Date
Dean of Graduate School (when required)

Date
Chancellor/Vice-President

Approved: Sheth L. Ash
Senate Curriculum Committee 11/7/02

Date
University Enrollment Services

After School/Division approval, forward the last copy (without attachments) to University Enrollment Services for initial processing, and the remaining four copies and attachments to the Campus Chancellor or Vice-President.

**INDIANA UNIVERSITY SCHOOL OF NURSING
SOUTH BEND CAMPUS
Course Syllabus: Fall, 2002**

“Physical medicine” is an oxymoron, a self-contradiction, because if a system of medicine limits its attention to physical factors, it actually fosters some illnesses even as it tries to cure others.

Larry Dossey, M.D.

COURSE NUMBER AND TITLE: (K401) Honors: K401 Integrative Health Care: Blending the Traditional and Non-traditional

TOTAL CREDIT HOURS: 3 credit hours didactic/45 clock hours per semester

PREREQUISITES: None; K301 The Art and Science of Complementary Health preferred

FACULTY: Cynthia Sofhauser PhD, MSN, RN, C, HNC Assistant Professor
Northside Hall, Room 442
(O) 237-4336
E-mail: csofhaus@iusb.edu

COURSE DESCRIPTION:

A more holistic approach to health care delivery is on the horizon, an approach aimed at treating the whole person, one which effectively blends the traditional and non-traditional. This course is focused on the integration of complementary health care with the traditional western medicine approach to disease and illness. Students will explore a variety of disease and illness states for which complementary therapies have been prescribed. These therapies will be critically examined in light of their ability to alleviate pain and suffering and improve quality of life for those afflicted with a particular ailment. Students will also address political, economic, and ethical issues surrounding the integration of complementary therapies into mainstream medicine.

COURSE OBJECTIVES:

1. Describe what is meant by “integration” in reference to complementary therapies and how this would create a more holistic health care environment.
2. Examine the current political climate in health care environments relative to the integration of complementary health care therapies.
3. Analyze clinical and research findings relative to the utility of complementary therapies in a variety of disease and illness states.
4. Discuss ways in which complementary therapies can be integrated into conventional healthcare environments for individuals, groups, and communities.
5. Describe potential outcomes of integrating complementary therapies into conventional healthcare.
6. Discuss the ethical issues surrounding the integration of complementary health into predominantly western health care systems.
7. Describe how complementary health therapies might be integrated into your personal lifestyle.

TEACHING STRATEGIES:

Required readings from text and library reserve, lecture, class discussion, group activities, and audio-visual materials.

Required Textbook:

Sierpina, V.S. (2001). *Integrative health care: Complementary and alternative therapies for the whole person*. Philadelphia: F.A. Davis.

EVALUATION:

Evaluation is based on completion of the following course assignments:

Integrative Paper (40%)

This paper requires the student to choose a particular patient population on which to focus. An extensive review of the research literature must be undertaken to determine the types of complementary therapies available to this patient population. What works and what doesn't work based on research literature versus clinical and/or personal experiences.

Integration Project (30%)

In this presentation students will choose one complementary therapy and discuss the process of integrating it into a health care environment. This should involve discussion relative to ethics, politics, institutional policies changes, etc. that may be required to ensure integration. Costs involved to clients, to institution?

Consumer Report (10%)

You are to visit a local health food store, vitamin shop, herbal shop, etc. as a consumer. Ascertain the knowledge level of the sales clerks assisting consumers. Describe the type of store, location, accessibility to the consumer, and overall environment of the store. Note the range of products and/or services available. Observe available products, pricing and packaging, note the range of products available, claims

Annotated Bibliography of Internet Websites (10%)

Minimum of 15 sites required. Students are to locate and scrutinize web sites related to complementary health topics.

Class participation (10%)

This is an interactive class and you are expected to participate. You will be assigning your own class participation grade. On the final day of class please turn in your class participation grade accompanied by a **one page typed narrative** summarizing your arguments for the assigned grade. In writing your narrative please take into account your contribution to the class via discussion and participation in scheduled activities.

As part of the class participation effort you are expected to share information regarding complementary therapies that you read in the lay and/or professional literature. Additionally, you are to devise a self-care plan relative to incorporation of complementary therapies into your lifestyle. Discuss what changes need to be made in your life and why? Refer to pages 34-35 in Sierpina for guidelines.

The IU School of Nursing, IUSB campus scale will be used in determining your final letter grade:

<u>Percentage</u>	<u>Grade</u>	<u>Percentage</u>	<u>Grade</u>
97-100%	A+	77-79	C+
93-96	A	75-76	C
90-92	A-	70-74	C-
87-89	B+	67-69	D+
83-86	B	63-66	D
80-82	B-	60-62	D-

Attendance:

Due to the interactive nature of the course students are expected to attend all classes. Classes canceled due to inclement weather will be rescheduled as conveniently as possible. Students are expected to be in class on time. Habitual tardiness will not be tolerated.

Student Behavior:

Students are expected to follow the Indiana University Code of Student Ethics and the Code for Nurses in the School of Nursing Bulletin and comply with the Essential Abilities identified by the School of Nursing. Non-compliance can constitute grounds for course failure and/or disciplinary action. If you have a disability and need assistance, special arrangements can be made to accommodate most needs. Students who have special needs for consideration can contact the IUSB ADA Office (237-4479) or the professor at their own discretion. Students are advised to turn off all cell phones and put beepers on "vibrate" mode prior to class time.

K492 Integrative Health Care: Blending the Traditional and Non-traditional
Tentative Schedule of Classes

DATE	CONTENT	ASSIGNMENT
September 6 (Friday)	Introduction to Course; Review of Syllabus Integrative Care Review of selected complementary therapies Tour of Memorial Hospital's Center for Integrative Healing Consumer exercise	
September 14 (Saturday)	Review of various diseases/illnesses	
October 3 (Saturday)	Review of various diseases/illnesses	
October 25 (Friday)	Nursing Research Consortium Fall Conference Complementary Therapies and Western Health Care: The Integrative Approach Karen Lawson M.D., keynote speaker Windsor Park Conference Center, Mishawaka, IN 8:00 - 4:00 pm \$30.00 fee for student attendance includes lunch and continental breakfast	
November 15 (Friday)	LAST CLASS DAY Presentations of Integration Projects	

Personal Integration of Complementary Health Paper

Read "A Question of Balance" p. 34 in your textbook. After some time spent in self reflection write out a self care plan for the development of your own personal well being and change. It should address several key factors:

1. Physical health
2. Mental health
3. Spiritual health
4. Social and relational health
5. Environmental health