

## **Course Description**

### **NUR3178 | Complementary and Alternative Health Care | 3.00 credits**

This is an upper division course in complementary and alternative healthcare. Students will learn holistic aspects of care while evaluating complementary and alternative healthcare in diverse populations across the lifespan and around the globe. The course addresses different complementary and alternative treatment practices through evidence-based research.

### **Course Competencies:**

**Competency 1:** The student will understand the nature and practice of various alternative therapies by:

1. Discussing how the different modalities of complementary therapies are currently used in the primary and tertiary settings in the United States
2. Explaining Ayurveda's use in common ailments and give examples of how it is used in their own culture
3. Exploring the availability of reflexology services in their neighborhood and how reflexology can be used in health restoration, health promotion, and illness prevention
4. Examining the benefits of functional medicine and choosing one technique to promote self-wellness

**Competency 2:** The student will analyze available evidence to investigate the effectiveness of alternative therapies

1. Searching and selecting research articles to evaluate the risks and benefits of using manual therapy
2. Selecting and critiquing a peer-reviewed article that describes the efficacy of mind-body connection
3. Completing and submitting a free CEU offered by the National Institutes of Health (NIH) National Center for Complementary and Integrative Health

**Competency 3:** The student will apply knowledge of different CAM approaches to solve a minor ailment by:

1. Choosing a complementary alternative medicine treatment and reporting on the treatment's efficacy compared to the current evidence
2. Examining the evidence of selective alternative therapy and using telehealth to talk to an individual about the benefits and risks of this alternative therapy
3. Interviewing a certified CAM practitioner to investigate the practice's nature, interprofessional collaboration, environment, acceptance of the practice in Western medicine, and what is necessary to become a CAM practitioner in this area
4. Utilizing an online resource to create a video advertisement to persuade others to try the product, including explaining directions for the use, effectiveness, side-effects, and contraindications

**Competency 4:** The student will perform a meditation session by:

1. Defining meditation and recognizing its health benefits
2. Evaluating the risks and benefits of using meditation therapies
3. Examining the different types of meditation therapies available
4. Conducting a meditation therapy session considering physical space and body postures

### **Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Demonstrate knowledge of diverse cultures including global and historical perspectives
- Create strategies that can be used to fulfill personal, civic, and social responsibilities