



Complementary Health Care
NURS415-701 & NURS415-703
Fall 2023

Course Credit: 3 Credit Hours

TIME/SITE: Online-Assignments per Syllabus Outline

Faculty:

Lori Fox, DNP, RN, CNE, PMH-BC

Clinical Associate Professor

Office: MCHC 2218

Office Number: 270-745-5225

Email: lori.fox@wku.edu

Lori Jackson, MSN, APRN-RNP

Instructor

Office: MCHC 2237

Office number: 270-745-4818

Email: lori.jackson@wku.edu

*Please note that we will not be meeting for specified class times during the Fall Term, but we will be available by appointment for Zoom meetings. The best way to contact us is to set up an appointment is via the WKU email address listed above. We will respond to emails within 24-48 hours M-F and within 72

hours on weekends and holidays. Thank you and have a great semester!

*The syllabus is subject to change. All changes will be posted on Blackboard as soon as possible.

Course Description: Selected holistic modes of healing will be explored. Focus will be on history, research findings, theoretical basis and legal implications.

Course Objectives: At the completion of this course, the student will be able to:

1. Identify social and cultural influences on health practices.
2. Discuss the difference between complementary, alternative and integrative approaches to healthcare.
3. Discuss common characteristics of complementary and alternative approaches/therapies.
4. Examine selected complementary and alternative approaches and therapies in terms of efficacy, safety, cost and availability.
5. Utilize credible resources (published research, websites, etc.) to differentiate between evidence-based and unproven complementary and alternative healthcare practices and locate qualified providers.
6. Discuss the history, uses of and health implications of selected complementary and alternative therapies including:
 - a. Natural Products
 - i. Herbs/botanicals
 - ii. Vitamins/Minerals
 - iii. Probiotics
 - iv. Other supplements
 - b. Mind-body practices
 - i. Acupuncture
 - ii. Massage

- iii. Mediation/mindfulness
- iv. Movement therapies
- v. Relaxation techniques
- vi. Spinal manipulation/chiropractic
- vii. Tai chi/qi gong
- viii. Yoga
- ix. Hypnosis
- x. Prayer

c. Other Traditional Medicine Systems

- i. Ayurvedic medicine
- ii. Traditional Chinese Medicine
- iii. Homeopathy
- iv. Naturopathy
- v. Traditional healers

7. Analyze the legal, ethical and cultural implications of utilizing complementary and alternative therapies.

Instructional Methods: Instructional methods will include, but are not limited to: PowerPoint slides, class discussion via discussion board feature in Blackboard, audio-visuals, National Center for Complementary and Integrative Health (NCCIH) learning modules and assigned readings. This class is online so students must have adequate access to an Internet connection and Blackboard.

Attendance Policy: Students must participate in all course activities to receive a final grade. This policy is in lieu of the traditional attendance policy for face-to-face courses. See the University Attendance Policy in the WKU University Catalog. Participation is mandatory for online activities. Participation guidelines will be posted on Blackboard for online discussion and other web-based activities. Students are expected to check

Blackboard regularly for course announcements.

Required Texts:

- Alvord, L. A. & Van Pelt, E. C. (1999). The scalpel and the silver bear. New York, NY: Bantam.
- Fontaine, K. (2019). Complementary and alternative therapies for nursing practice (5th ed.) Boston, MA: Pearson.

Textbooks have been ordered at the WKU Store and are available from online sources as well. Please plan accordingly so that you have your books for the start of Fall Term.

Evaluation Methods:

- *Successful completion of 4 NCCIH modules (10 pts/module) 40 points
- *Poster Presentation 50 points
- *Discussion boards (2 discussion boards @ 20 pts each) 40 points
- *Quizzes (4 quizzes @ 10 pts each) 40 points
- *Final Exam 50 points
- *Syllabus 5 points
- Total: 225 points

This course utilizes the School of Nursing grading scale:

- 91 – 100% = A
- 84 – 90.99% = B
- 77 – 83.99% = C
- 68 – 76.99% = D
- Below 68% = F

*Students taking this course for credit in the nursing major must achieve at least

a “C” to progress in the program.

Points and grade percentages in this course are not rounded.

****The last day to drop this course with a “W”, change from credit to audit status or submit a form for Pass/Fail Grading Option is 10/30/2023.**

Course Information: The syllabus, class schedule, examination scores and other information will be posted on Blackboard. All documents on Blackboard may be printed.

Western Kentucky University provides students e-mail addresses through the university in order to facilitate communication with faculty and peers. The university-generated email addresses will be used to correspond with students in this course; therefore, students are expected to check WKU email messages at regular, frequent intervals.

Faculty Responsibilities:

- Challenge students to grow intellectually.
- Prepare presentations, assignments, and activities that facilitate learning.
- Interact with students as adult learners, respecting the knowledge that the student brings to coursework through previous professional and life experiences.
- Respond to student questions in a timely manner.
- Provide a grading rubric for assignments and grade assignments using the provided rubric.
- Return assignments, with feedback, in a timely manner.
- Faculty may change the class schedule and assignments at any time, due to extenuating circumstances. Changes will be announced, via Blackboard, a week in advance, if at all possible.

Student Responsibilities: Students are expected to follow student policies as outlined in the WKU Student Handbook. Students are responsible for completing all assignments

by the designated due date. Students are expected to work independently and submit assignments on the date and time due. Faculty members are aware that extenuating circumstances may require extension of due dates for assignments. Such requests should be made to the faculty prior to the established due date and are granted at the faculty's discretion. Discussion boards posting time periods will not be extended, as this is a collaborative activity.

NCCIH Modules: All students will complete 4 video lectures available on the National Center for Complementary and Integrative Health (NCCIH) website:

<http://nccih.nih.gov/videolectures/> Students must complete the post-test with a passing score of 77%, save a copy of the completion certificate for each module, and submit all certificates by the date and time listed in the course calendar. A document with instructions for accessing the NCCIH website is available on Blackboard.

Discussion Board Assignments: Discussion board assignments will be posted at the dates and times listed in the course calendar. The grading rubric for the discussion boards is provided on Blackboard. There will be no exceptions to the grading criteria. Faculty may or may not participate in the discussion.

Quizzes and Final: The quizzes and the final exam will be posted on Blackboard with dates and times provided in the course calendar. Each quiz will contain any readings that have been assigned prior to the quiz. The final exam is cumulative and will contain any readings throughout the semester and information from peers' poster presentations. Students will have a full week to complete quizzes. Quizzes will be set up so students can enter and exit the quiz throughout the week. Questions will be pulled from a random pool and presented one at a time. Students must answer the question presented before moving on in the quiz as there will be no backtracking in the quiz. Students will have 2 hours to complete the final during a defined time in the WKU Finals week. Students may use

textbooks and notes on the quizzes and final, but are not allowed to work with other students on quizzes and exams.

Poster Presentations: Each student will complete a poster for online viewing using a PowerPoint template on an herb/nutritional supplement or complementary and alternative medicine modality. A list of approved topics will be posted on Blackboard at the dates and times specified in the course calendar. The grading rubric for the poster presentations is provided on Blackboard. There will be no exceptions to the grading criteria.

Other: Students are expected to read assigned materials.

AI tools prohibited: Artificial intelligence (AI) tools are not permitted for any type of work in this class. If you choose to use these tools, your actions will be considered academically dishonest and a violation of the WKU Student Code of Conduct.

Academic Honesty: WKU students are expected to demonstrate the highest standard of honesty in all aspects of their academic work and college life. Without intellectual integrity there can be no genuine learning. Academic dishonesty represents a direct attack on this integrity. In taking test and examinations, completing homework writing papers, and using information technology, students are expected to perform honestly.

“To represent the ideas or interpretations taken from another source as one’s own is plagiarism. Plagiarism is a serious offense. The academic work of a student must be his or her own and must be original for this class. Students must give the author(s) credit for any source material used. See the APA manual for the proper methods for citation. To “borrow,” “lift,” or use content from a source, even if it is a website or friend’s work, without quoting and giving appropriate credit is wrong. To present a borrowed passage as one’s own, after changing a few words, is also plagiarism.” (Thanks to Dr. Jim Berger, former WKU Professor, for permission to use this statement).

Student Disability Services: In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, Room 1074. The SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

Title IX/Discrimination and Harassment:

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Sex and Gender-Based Discrimination, Harassment, and Retaliation (#0.070) and Discrimination and Harassment Policy (#0.2040). Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Interim Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121. Please note that while you may report an incident of sex/gender-based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and MUST report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.

WKU Syllabus Statement regarding COVID-19:

All students are strongly encouraged to get the COVID-19 vaccine. In accordance with WKU policy, all students must call the WKU COVID-19 Assistance Line at 270-745-2019 within 4 hours of testing positive for COVID-19 or being identified as a close contact to someone who has tested positive. The COVID Assistance Line is available to answer questions regarding any COVID-19 related issue. This guidance is subject to change based on requirements set forth by federal, state, and local public health entities. Please refer to the Healthy on the Hill website for

the most current information. www.wku.edu/healthyonthehill

Regular and Substantive Interaction:

In this course, regular and substantive interaction will take place in the following ways:

- Faculty monitoring/participation in discussion boards,
- Weekly announcements
- Timely and detailed feedback on assignments provided within 10 days of submission.