



Complementary Health Care

NURS415-701, NURS415-702, & NURS415-703

Fall 2024

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

Prerequisites: Students should complete 21 hours of Foundations, 7 Explorations coursework, or have junior status before enrolling in a Connections course.

Credit Hours: 3 credit hours

Faculty Contact Information:

Course Coordinator NURS 415-703

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Course Faculty NURS415-701

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Course Faculty NURS 415-702 Dr. Mary

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*Please note that we will not be meeting for specified class times. We will be available by phone, or by appointment for in person or Zoom meetings. The best way to contact your assigned faculty is to set up an appointment 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.

Course Information:

The syllabus, class schedule, examination scores and other information will be posted on Blackboard Ultra. All documents on Blackboard Ultra 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.

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. Analyze the legal, ethical and cultural implications of utilizing complementary and alternative therapies.
7. Discuss the history, uses of and health implications of selected complementary, alternative therapies, or approaches to common health conditions including:
 - A. Natural Products
 - a. Herbals/botanicals
 - b. Vitamins/minerals
 - c. Probiotics
 - B. Mind-body practices
 - a. Acupuncture
 - b. Massage
 - c. Meditation/mindfulness
 - d. Movement therapies
 - e. Relaxation techniques
 - f. Spinal manipulation/chiropractic
 - g. Yoga
 - h. Hypnosis
 - i. Prayer
 - j. Aromatherapy

C. Other Traditional Medicine Systems

- a. Ayurveda
- b. Traditional Chinese Medicine
- c. Homeopathy
- d. Naturopathy
- e. Reflexology
- f. Traditional healers

D. Evidenced-based recommendations related to complementary therapies for common health conditions/aliments

- a. Low back pain
- b. Leg/foot cramps
- c. Temporomandibular joint pain (TMJ)
- d. Arthritis/joint pain
- e. Insomnia
- f. Menstrual cramps
- g. Menopause/hot flashes
- h. Nausea
- i. Diarrhea
- j. Constipation
- k. Stress/anxiety
- l. Depression
- m. Fatigue
- n. Allergies
- o. Headaches
- p. Migraines
- q. Acute pain
- r. Chronic pain

Faculty Responsibilities:

Faculty are expected to 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 rubrics. 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 Ultra as soon as 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. Students are expected to read assigned materials. Faculty members are to be made aware of extenuating circumstances and may allow an 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. The discussion board posting time periods will not be extended, as this is a collaborative activity.

Required Textbook and Book Report Resources:

- 1) Fontaine, K. (2019). Complementary and alternative therapies for nursing practice (5th Ed.). Boston, MA: Pearson.

Choose from 1 of the following for the Discussion Board #3 assignment:

- 1) Alvord, L. A. & Cohen, E. (1999). The scalpel and the silver bear. New York, NY: Bantam.
- 2) McGarey, G. (2024). The well-lived life: A 103-year-old doctor's six secrets to health & happiness at every age. New York, NY: ATRIA.

*Course textbook and the book report resources are available at the WKU Barnes & Noble Bookstore or from various online sources. Please plan accordingly so that you have your books for successful completion of the course assignments.

Attendance Policy:

Students must participate in all course activities. 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 Ultra regularly for course announcements.

Instructional Methods:

Online instructional methods will include, but are not limited to: PowerPoint slides, class discussion via discussion board feature in Blackboard Ultra, 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.

Evaluation Methods:

- *Syllabus Quiz: 10 points (must score 100%; multiple attempts allowed)
- *Quizzes (5 quizzes @ 10 pts each) 50 points
- *Successful completion of 4 NCCIH modules (10 points/module): 40 points
- *Discussion Boards (DB): 50 points
(DB #1: 10 points; DB #2: 20 points; DB #3: 20 points)
- *Poster Presentation: 50 points
- *Book Report: 50 points
- *Final Exam: 50 points

Total: 300 points

This course utilizes the School of Nursing grading scale:

91 – 100%	273 – 300 points	A
84 – 90.99%	252 – 272.99 points	B
77 – 83.99%	231 – 251.99 points	C
68 – 76.99%	204 – 230.99 points	D
Below 68%	below 203.99 points	F

*Students taking this course for credit in the nursing major must achieve at least a “C” (231/300 points) to progress in the nursing program. *Points and grade percentages in this course are not rounded.

**** There is a 10% deduction for each day assignments are late.**

****Failure to complete all assignments will result in a failing grade.**

Discussion Board Assignments:

Discussion board assignment due dates and times are listed in the course calendar. The grading rubric for the discussion boards is provided on Blackboard Ultra.

*Refer to detailed instructions for each assignment under the Discussion Board content in Blackboard Ultra.

NCCIH Modules:

All students will complete 4 video lectures available on the National Center for Complementary and Integrative Health (NCCIH) website: <https://www.nccih.nih.gov/training/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.

***Setting up a password can be challenging. Note: 15 characters are required to log-in to the NCCIH site.**

Quizzes and Final:

Quizzes and the final exam will open and close in Blackboard Ultra according to the dates and times posted on the course calendar.

100% must be obtained on the Syllabus Quiz. You will have multiple attempts to obtain 100% on the Syllabus Quiz. The additional five (5) quizzes will contain content from assigned reading and assignments, and do not allow multiple attempts. 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 being able to answer the next question on the quiz, as there will be no backtracking in the quiz.

The final exam is cumulative and will contain readings throughout the semester. Students must answer the question presented before being able to answer the next question in the final exam, as there will be no backtracking in the final exam. Students will have **2 hours** to complete the final exam during a defined time during the WKU Finals week.

Students may use textbooks and notes to complete 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, complementary/alternative medicine modality, or evidenced-based recommendations related to complementary therapies for common health conditions/aliments.

A list of approved topics is posted on Blackboard. You can locate the poster presentation topics in Blackboard Ultra by clicking “Discussion Board Assignments” and clicking “Approved Poster Board Topics.” The grading rubric for the poster presentations is provided on Blackboard Ultra. Upload the completed poster presentation under the “Submit Poster Presentation” tab **and** the completed poster presentation to access Discussion Board #2.

Book Report:

Each student will read **one** of the two book report resources listed. An example of an APA formatting and citation list (7th Ed.), and grading rubric are provided on Blackboard Ultra. Upload the completed book report under the “Submit Book Report” tab **and** upload the completed book report to access Discussion Board #3.

Academic Integrity:

WKU students are expected to demonstrate the highest standard of honesty in all aspects of their academic work and college life. In quizzes and examinations, completing homework writing papers, and using information technology, students are expected to perform honestly. Academic dishonesty represents a direct attack on this integrity. A score of zero will be given for academic dishonesty.

Any behavior indicative of academic dishonesty will be addressed. 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.

Chat GPT/Generative AI Statements:

AI tools are 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.

University Student Policies and Resources

Americans with Disabilities Act (ADA) Statement: In compliance with the 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 accommodation’s directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

WKU Title IX/Discrimination and Harassment Policy: 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 Executive Director, Office of Institutional Equity/Title IX Coordinator, Ena Demir, 270- 745-6867 or Title IX Investigators or Michael Crowe, 270-745-5429. 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 Center at 270-745-3159.

Pregnant and Parenting Students: Western Kentucky University does not discriminate against any student or exclude any student from its educational programs or activities, including classes or extracurricular activities; on the basis of pregnancy and/or pregnancy-related conditions such as, but not limited to, childbirth, false pregnancy, termination of pregnancy, or recovery therefrom. Students who seek pregnancy or pregnancy-related accommodations should make their requests as soon as possible via WKU’s Title IX Website at www.wku.edu/titleix/ under the heading, “Pregnancy or Pregnancy-Related Conditions.” Students can also contact the Title IX Coordinator, Ena Demir, via email at ena.demir@wku.edu or by phone at (270) 745-6867 to request accommodation or seek assistance. We encourage students and faculty to work together to establish a plan that allows the student to complete the class and coursework without jeopardizing academic integrity and course standards. The Title IX Coordinator can help facilitate conversations between students and faculty regarding appropriate and reasonable accommodations. If you are a WKU student and believe that you have experienced an incident(s) of discrimination or harassment based on pregnancy (or pregnancy related conditions or issues), please report it to the Title IX Coordinator via email at ena.demir@wku.edu or by phone at (270) 745-6867. Additional resources for pregnant and parenting students can be found on WKU’s Title IX Website at www.wku.edu/titleix/.

Inclusion Statement: Western Kentucky University (WKU) is committed to ensuring all members of our campus community have access to equitable and inclusive learning, working, and living environments. At the heart of our mission, we seek to provide holistic education and employment experiences that prepare students, faculty, and staff to become effective scholars, contributors, and leaders in our diverse and evolving communities. Consistent with our campus purpose statement and creed, this classroom will be a respectful space, welcoming all sexes, races, ages, national origins, ethnicities, gender identities/labels/expressions, intellectual and physical abilities, sexual orientations, faith/non-faith perspectives, income levels and socio-economic classes, political ideologies, educational backgrounds, primary languages, family statuses, military experiences, cognitive styles, and communication styles. If at any time during this course you are excluded or feel a sense of alienation from the course content, please feel free to contact me privately without fear of reprisal.

Withdrawal: Students who choose not to continue in the course should contact their assigned instructor to discuss proper withdrawal procedures. ****The last day to withdraw from a full semester course with a “W” is Monday, October 28, 2024.**