Course Prefix / Number: NUR 4177
Course Title: Holistic Healthcare
Course Credit Hours: 3
Instructor Name and Contact Information: Dr. Jeanette Plodek 11000 University Parkway, Bldg. 37, Pensacola, FL 32514, (405) 496-8902, jplodek@uwf.edu
For Library Issues, please contact Ms. Caroline Thompson (850) 474-2412 or another Reference Librarian (850) 474-2424
Prerequisites or Co-Requisites: None

Course Description:
This on-line course explores the role of selected complementary and alternative health practices and promotions in the healthcare arena. Emphasis will be placed on ways to promote healing and optimum health in the individual.

Program Goals:
UWF Nursing graduates should be able to do the following:

I. Content
   A. Use the concepts of nursing theory, research, and practice, based on the foundation of the arts and sciences courses, in the provision of care to diverse clients of all ages
   B. Employ theories and principles of leadership/management in the provision of quality nursing care
   C. Describe and use appropriate teaching-learning theories to design, implement, and evaluate educational experiences with clients of all ages and abilities

II. Critical Thinking*
   A. Use effective critical thinking skills (e.g., observation, analysis, synthesis) through the nursing process to provide and direct quality care to diverse clients of all ages
   B. Incorporate socio-cultural, ethnic, religious, and other unique individual considerations in the plan of care
   C. Evaluate and implement research findings in own evidence based nursing practice

III. Communication
   A. Apply therapeutic communication techniques to nurse-client relationships
   B. Demonstrate effective written and oral communication as a member of the interdisciplinary health care team
   C. Uses media resources and information technologies to enhance knowledge base
   D. Create and deliver professional presentations using a variety of media

IV. Integrity/Values
   A. Demonstrate accountability, responsibility, authority, and professionalism based on the American Nurses Association Code of Ethics in own professional nursing practice
   B. Explain the need for lifelong learning and describe a feasible plan for professional development
   C. Function as a beginning leader/change agent through participation in community, governmental, and professional agencies/groups/organizations

V. Project Management
The Project Management learning domain in nursing is organized into four categories with related student learning outcomes. The four broad categories with associated specific student learning outcomes are:

A. Project Conceptualization
   • Selects and defines a realistic problem to be solved
   • Integrates discipline concepts, resources, and research appropriately

B. Self-regulation
   • Sets appropriate goals for completing project
   • Manages appropriate time-frame
C. Team-work Skills

- Fulfill responsibilities as team member
- Assesses quality of contributions of each team member accurately

D. Project Delivery

- Delivers a quality project on time
- Effectively presents results using oral, written, and/or visual means

*This will be tracked in the 2012-13 Nursing Evaluation Plan

About this Course:

This course is delivered completely online. You must have consistent access to the Internet. Learning at a distance may be a very different environment for many of you. You will generally set your own schedules, participate in class activities at your convenience, and work at your own pace. You may require some additional time online during the first few weeks while you become accustomed to the online format and you may even feel overwhelmed at times. It will get better. You should be prepared to spend approximately 6 - 8 hours per week online completing lessons, activities, and participating in class discussions. Finally, you may want to incorporate these tips to help you get started:

- Set a time each week (schedule) to:
  - Check the course web site to determine your tasks for the week.
  - Check the course web site frequently throughout the week for updates.
- Within the first week, become familiar with the site and how to use it.
  - View this eLearning Demo.
- Team up with your classmates to discuss class assignments and questions you might have.
  - Check the "Classlist" link for fellow student biography information and email addresses.
  - Ask questions when you need answers.
  - If you have problems, contact your instructor early.

Topics:

- Topic 1 - Self Awareness, Reality, and Stress
- Topic 2 - CAM Therapies and Healing Systems
- Topic 3 - Fiances, Spirituality, Laughter & Humor, Music
- Topic 4 - Immune System, Nutrition, Exercise, and Movement
- Topic 5 - Massage & Clinical Aromatherapy; Homeopathy, & Bach Flower Remedies, and Energy Work
- Topic 6 - Relaxation, Meditation, Guided Imagery, Hypnosis and current Health conditions
- Topic 7 - Wrap-Up

Student Learning Outcomes: (SLOs):

Upon completion of this course, the student will be able to:

I. Content

A. Use the concepts of nursing theory, research, and practice, based on the foundation of the arts and sciences courses, in the provision of care to diverse clients of all ages
   1. Distinguish between complementary and alternative health practices and promotions
   2. Assess the individual as an open system which is influenced by biopsychosocial, multicultural, spiritual, and environmental factors
   3. Describe the extent to which complementary and alternative health practices and promotions are encouraged and utilized by cultures and societies.
   4. Find access, evaluate, and discuss complementary and alternative medicine information, practices, and promotions available using library databases and the internet

B. Describe & use appropriate teaching-learning theories to design, implement, and evaluate educational experiences with clients of all ages and abilities
   1. Create a creative complementary and alternative medicine health information, health maintenance, or health promotion semester project in any media/format
   2. Enhance their wellness and health promotion skills through researching, writing, and teaching about a selected topic to peers

II. Critical Thinking*

A. Evaluate and use appropriate research findings in own evidence based nursing practice
   1. Utilize critical thinking in the application of ethics to standards of practice in the area of complementary and alternative medicine information, practices, and promotions
   2. Find access, evaluate, and discuss complementary and alternative medicine information, practices, and promotions available using library databases and the internet

III. Communication

A. Uses media resources and information technologies to enhance knowledge base
   1. Apply, synthesize, and communicate previously learned facts and new material through application and simulation in on-line interactive discussions or tutorials

IV. Integrity/Values

C. Functions as a beginning leader/change agent through participation in community, governmental, and professional agencies/groups/organizations
   1. Identify ethical issues of CAM practitioners
   2. Project Management

Project Delivery

A. Delivers a quality semester project on time
B. Effectively presents semester project using oral, written, and/or visual means

*This will be tracked in the 2012-13 Nursing Evaluation Plan

Texts / Materials:

Required texts:


Highly recommended texts:

**Required Materials:**

- Internet Access (broadband is recommended)
- Activated UWF ArgoNet E-mail Account
- Required Movie: You will be required to obtain a designated movie for the Week 3 Midterm Exam. Please see "Midterm Exam under "Important Course Information." FYI: Netflix people order this early!
- Other readings include, but are not limited to... Selected Internet and Journal Resources: Such as National Center for Complementary & Alternative Medicine of NIH, National Institute of Health, US Center for Disease Control & Prevention, American Holistic Nurses’ Association, National Center for Homeopathy, National Hospice and Palliative Care Organization, Healthy People 2010-2020, Medscape, The NIH Office of Dietary Supplements, World Health Organization, Journal of Holistic Nursing, Nursing Clinics of North America, & Alternative and Complementary Therapies

**Grading / Evaluation:**

**UNDERGRADUATE STUDENT GRADED COURSE WORK**

<table>
<thead>
<tr>
<th>GRADED COURSE WORK</th>
<th>POINTS POSSIBLE</th>
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<tbody>
<tr>
<td>Participation in 6 Discussions (@ 8 points each)</td>
<td>48 points</td>
</tr>
<tr>
<td>Quiz #1</td>
<td>25 points</td>
</tr>
<tr>
<td>Paper 1</td>
<td>60 points</td>
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<tr>
<td>Midterm</td>
<td>100 points</td>
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<tr>
<td>Paper 2</td>
<td>48 points</td>
</tr>
<tr>
<td>Semester Project (Final)</td>
<td>100 points</td>
</tr>
<tr>
<td><strong>COURSE TOTAL</strong></td>
<td><strong>381 points</strong></td>
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</tbody>
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**Information on Weekly Course Assignments** These assignments are designed to provide the student with an opportunity to explore holistic areas and their effect on the individual, family, and community. Each assignment is required in order to successfully complete this course. Specific assignments will pop-up weekly under "Content" every Monday night at 11:59 PM CST.

This course will utilize some grading Rubrics that will assist students in understanding specific requirements.

Letter grades will be assigned as follows:

<table>
<thead>
<tr>
<th>93% or better</th>
<th>A</th>
<th>77% to 79%</th>
<th>C +</th>
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<tbody>
<tr>
<td>90% to 92%</td>
<td>A -</td>
<td>73% to 76%</td>
<td>C</td>
</tr>
<tr>
<td>87% to 89%</td>
<td>B +</td>
<td>70% to 72%</td>
<td>C -</td>
</tr>
<tr>
<td>83% to 86%</td>
<td>B</td>
<td>60% to 69%</td>
<td>D</td>
</tr>
<tr>
<td>80% to 82%</td>
<td>B -</td>
<td>50% or less</td>
<td>F</td>
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For Nursing Students only: A "C-" or below is not passing.
ONLINE QUIZ/TEST TAKING GUIDELINES--IMPORTANT INFORMATION:

Please do not begin any timed, online exams/quizzes in the course that may overlap eLearning maintenance window. The eLearning maintenance window runs 3:00-6:00am CST (Central Standard Time) each day. If you initiate an exam that overlaps with the eLearning maintenance times and experience technical difficulties, your score may not translate accurately and may be lost all together. There are no exceptions to this policy. Remember to submit your answers prior to the session timing out.

If you experience any other technical problems or errors during any timed exam/quiz, you are to notify your instructor via email immediately and then notify the helpdesk at helpdesk@uwf.edu or (850) 474-2075. Failure to contact the Help Desk (or leave a message for them during off hours) for any technical problems will result in a grade of "0" for the assignment. If you are unable to get immediate assistance from the Help Desk during the exam or assignment attempts, but have documented the problem in an email or voice mail, you may attempt to restart the exam using the same browser, or attempt to re-enter the exam with another browser. If you are still unable to restart the exam and continue with saving, please note that for your final submitted score to be recorded, you must still prove that you documented the original technical problem with the Help Desk via email or phone. Failure to do so will result in an automatic "0" being assigned.

Quizzes will be administered on-line. Students are required to complete all regularly scheduled quizzes within the dates and times allotted. Respondus Lockdown will be used.

Quizzes MUST be completed when assigned. Once the quiz has been opened up for review (after the due date) it is not possible to allow anyone to take the quiz.

**PAPERS:** Papers are due in the DROPBOX on the date & time specified. Any paper received after the designated date & time will be considered late and will have 5 points deducted for every day it is late. Late papers are to be placed in the "Late Assignments" Dropbox.

Exception to the due date and time will be made only under extraordinary circumstances in the opinion of the faculty member, and must be negotiated before the paper is due.

Papers are to follow APA 6th edition guidelines. Papers will not be returned for corrections and resubmissions. It is recommended the student keep a clean copy of all papers submitted.

Due to the nature of the online learning format and adherence to the principles of adult learning, the student may work ahead in completing assignments except for discussions. All assignments are to be submitted in the drop box in the course electronically by their designated due date and time. Failure to submit assignments by due date and time will result in loss of "5" points for every day it is late. Late assignments are to be placed in the "Late Assignment" Dropbox.

**DO NOT EMAIL INSTRUCTOR WITH YOUR ASSIGNMENT ATTACHED - THIS WILL NOT BE ACCEPTED.**

**TurnItIn:** UWF maintains a university license agreement for an online text matching service called TurnItIn. The instructor may use the TurnItIn service to determine the originality of student papers. If the instructor submits your paper to TurnItIn, it will be stored in a TurnItIn database for as long as the service remains in existence.

If you object to this storage of your paper:
1. You must notify the instructor no later than two weeks after the start of this class.
2. The instructor will utilize other services and techniques to evaluate your work for evidence of appropriate authorship practices.

**DO NOT EMAIL INSTRUCTOR WITH YOUR ASSIGNMENT ATTACHED – THIS WILL NOT BE ACCEPTED.**

Attendance Policy:

All paper assignments must be completed by the end of the course to be considered for any credit. A grade of “zero” will be assigned to any student who has not turned in an assignment. All "Discussions" must be completed by the due date.

Minimum Technical Skills and Special Technology Utilized by Students:

This course is totally online. All instructional content and interaction takes place over the WWW. In addition to baseline word processing skills and sending/receiving email with attachments, students will be expected to search the internet and upload / download files. In addition, students may need one or more of the following plug-ins:

- eLearning’s Accessibility Resource Guides for users: [http://www.desire2learn.com/access/resources/](http://www.desire2learn.com/access/resources/)

**Expectations for Academic Conduct / Plagiarism Policy:**

Academic Conduct Policy: [Web Site](http://library.uwf.edu/tutorials/writing_skills/avoiding_plagiarism.cfm) | [PDF Format](http://library.uwf.edu/tutorials/writing_skills/avoiding_plagiarism.cfm) | [UWF Library](http://library.uwf.edu/tutorials/writing_skills/avoiding_plagiarism.cfm) | [Student Handbook](http://www.thezonelive.com/SchoolStructure/FL_UniversityofWestFlorida/handbook.pdf)

**Assistance for Students with Disabilities:**

The Student Disability Resource Center (SDRC) at the University of West Florida supports an inclusive learning environment for all students. If there are aspects of the instruction or design of this course that hinder your full participation, such as time-limited exams, inaccessible web content, or the use of non-captioned videos and podcasts, please notify the instructor or the SDRC as soon as possible. You may contact the SDRC office by e-mail at sdrc@uwf.edu or by phone at (850) 474-2387. Appropriate academic accommodations will be determined based on the documented needs of the individual.

**Weather Emergency Information:**

In the case of severe weather or other emergency, the campus might be closed and classes cancelled. Official closures and delays are announced on the UWF website and broadcast on WUWF-FM.
WUWF-FM (88.1MHz) is the official information source for the university. Any pertinent information regarding closings, cancellations, and the reopening of campus will be broadcast.

In the event that hurricane preparation procedures are initiated, the UWF Home Web Page and Argus will both provide current information regarding hurricane preparation procedures, the status of classes and the closing of the university.

Emergency plans for the University of West Florida related to weather or other emergencies are available on the following UWF web pages:

- Information about hurricane preparedness plans is available on the UWF web site: [http://uwfemergency.org/hurricaneprep.cfm](http://uwfemergency.org/hurricaneprep.cfm)
- Information about other emergency procedures is available on the UWF web site: [http://uwfemergency.org/](http://uwfemergency.org/)

### Quality Assurance

This course is reviewed during the semester and in an ongoing basis for quality by assessment personnel within the School of Allied Health and Life Sciences (SAHLS) to meet national standards established by the Southern Association of Colleges and Schools, the Council on Education for Public Health, and/or to address quality enhancement initiatives of SAHLS. Student feedback is also vital to this process. When reviewing our programs, our accrediting partners expect to see 100% participation in the State of Florida mandated State University System Student Assessment of Instruction evaluations (SUSSAI). Thus at the end of the semester, we need to hear from all students who participated in the course, regardless of their comments or suggestions.

When SUSSAI evaluations are ready for your attention to complete, you will see News posting in the course. Please take a few minutes to complete this anonymous, brief web-based evaluation on this course, using these directions:

- **Step 1:** Log into Argus ([http://argus.uwf.edu](http://argus.uwf.edu)).
- **Step 2:** Click on "My Info" tab.
- **Step 3:** Click the link under the category "Personal Student Access" that says "Instructor Assessment (Distance Learning)," 
- **Need Help?** Contact Connie Works at (850) 474-3080 or cworks@uwf.edu