Holistic Healthcare Course Syllabus

COURSE NUMBER: NUR 4177

CREDIT: 3 SEMESTER CREDIT HOURS

PRE-REQUISITES: NONE

FACULTY: PATRICIA POSEY-GOODWIN, RN, MSN
(850) 473-7758
ppgoodwin@uwf.edu

FOR LIBRARY ISSUES:
MS. CAROLINE THOMPSON, DEPARTMENT HEAD
(850) 474-2412

OR

CONTACT A REFERENCE LIBRARIAN AT UWF’s JOHN C.
PACE LIBRARY (850) 474-2424

TIME: ASSIGNMENTS WILL POP-UP WEEKLY UNDER “CONTENT” EVERY MONDAY NIGHT AT 11:59 PM.

CLASSROOM: TOTALLY ON-LINE COURSE

OFFICE LOCATION: Building 37, Room 129
MAILING ADDRESS: 1100 UNIVERSITY PARKWAY, PENSACOLA, FL 32514

OFFICE HOURS: IN OFFICE HOURS ARE BY APPOINTMENT. VIRTUAL OFFICE HOURS IN LIVEROOM WILL BE POSTED WEEKLY IN COURSE NEWS

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.

COURSE TOPICS:
I. Introduction/Historical/Cultural Perspectives
II. Assessment/Alternative Diagnostic Methods
III. Problem Identification
IV. Ethical Issues & CAM
V. Complementary and Alternative Therapy Interventions
A. Nutrition/Supplements/Herbals
B. Exercise
C. Immune System
D. Stress Reduction
E. Healthy Relationships/Caregiving (Individual/Family)
F. Spirituality
G. Employment
H. Finances
I. Healing Environments
J. Touch
K. Humor/Play
L. Mind, Body, and Spirit
M. Addictions
N. Chakras
O. Other Common Complementary and Alternative Therapies: Acupressure, Aromatherapy, Aura Therapy, Ayurveda, Color Therapy, Crystal Therapy, Magnet Therapy, Massage, Reflexology, Sound Therapy, Pain Relief
P. Homeopathic Remedies
V. Evaluation/Ethics

ON-LINE LEARNING:
Assignments will be posted on Mondays at 11:59PM.
Click “Content,” then click the information under the appropriate weekly session.

SPECIAL TECHNOLOGY: Students must be computer literate and have ongoing access to a computer. Specific computer skills and computer requirements are discussed in Session 1. 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 acclimated 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 twice a week (schedule) to:
  - Check the course website to determine your tasks for the week.
  - Check your UWF email throughout the week, because I will notify you of any updates via email and “News.”

- Within the first week, become familiar with the site and how to use it.
  - It is a tool to help you learn!

- Team up with your classmates to discuss class assignments and questions you might have.

- Check the “Classlist” link for fellow student biography information
- Ask questions when you need answers.
  - If you have problems, contact your instructor early. I will be checking email each workday, expect a response within 24 hours. Please do not use the "Pager" function on course site, but email me directly instead.
STUDENT LEARNING OUTCOMES: 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

*V. Project Management

Project Delivery

A. Delivers a quality semester project on time

B. Effectively presents semester project using oral, written, and/or visual means

REQUIRED TEXT/ MEDIA/REFERENCES/OTHER READINGS:

Required Text:

Required Movie: You will be required to obtain a designated movie for the Midterm. It will be posted Week 5.


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
TEACHING STRATEGIES:
Discussions Films Case Studies Text readings
Research (Library & Internet) Field experience/interviews

EXPECTATIONS FOR ACADEMIC CONDUCT: As members of the University of West Florida academic community, we commit ourselves to honesty. As we strive for excellence in performance, integrity—both personal and institutional—is our most precious asset. Honesty in our academic work is vital, and we will not knowingly act in ways which erode that integrity. Accordingly, we pledge not to cheat, nor to tolerate cheating, nor to plagiarize the work of others. We pledge to share community resources in ways that are responsible and that comply with established policies of fairness. Cooperation and competition are means to high achievement and are encouraged. Indeed, cooperation is expected unless our directive is to individual performance. We will compete constructively and professionally for the purpose of stimulating high performance and standards. Finally, we accept adherence to this set of expectations for academic conduct as a condition of membership in the UWF academic community. From the Student Life Handbook A student determined to be cheating on NUR 4177 exams or assignments will be given a “0” (zero). This incident will be documented and reported to the Nursing Department Chair. It is within the student role to assume responsibility for learning. As a self-directed student, each individual will have completed assignments prior to due date/time and be prepared for interactive discussion participation on the topic(s). Reading requirements are listed on-line weekly.

PLAGIARISM POLICY: Plagiarism is defined by the university as “the act of representing the ideas, words, creations, or work of another as one’s own.” Should a student be found plagiarizing in a paper, nursing care plan, or log, the student will be reported by the faculty member to the Chair of the department of nursing and follow the process described in the university’s Student Life handbook. Plagiarism is a serious offense in academia and may result in expulsion from the university. From the Student Life Handbook For complete information regarding Academic Misconduct, refer to the UWF Student Handbook or contact Student Affairs in Building 21, 474-2384.

ASSISTANCE: The American Disabilities Act will be adhered to in NUR 4177. Students with special needs who require specific examination-related or other course-related accommodations should contact the Student Disability Resource Center, 11000 University Parkway, Pensacola, FL 32514. Telephone: (850) 474-2387. They will provide the student with a letter for the instructor that will specify any recommended accommodations. The student is responsible for discussing implementation of any special accommodations/personal or course conflicts with the course coordinator. This must be completed by the second week of class.

OTHER POLICIES: See Student Handbook for further policies on plagiarism, disability, and other matters of interest and importance.
**QUIZZES:** 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.

**ONLINE QUIZ/TEST TAKING GUIDELINES--IMPORTANT INFORMATION**

Please do not begin any timed, online exams/quizzes in the course that may overlap with 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.

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 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.

**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 may have 1 point 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. **DO NOT USE WIKIPEDIA IN THIS COURSE OR ANY OTHER NURSING COURSE.**

**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.

**HEALTH INSURANCE PORTABILITY & ACCOUNTABILITY ACT OF 1996 (HIPAA):** All healthcare providers must comply with the federal regulations of this Act. It requires that identifiable patient information be disclosed on a need to know basis with a minimal amount of disclosure to perform a task. The patient’s consent for treatment covers
access to the medical record for information needed for treatment purposes and educational purposes. All students will protect patient privacy during oral and written communications. Patient name, initials, address, phone/fax numbers, and social security number will be removed from all student assignments. Students may not copy or circulate papers containing private, confidential patient information. Faculty members will store confidential papers in a locked file or will shred confidential papers. Additionally, students will meet all mandated agency requirements for HIPAA. Since HIPAA is a federal law; violations may result in fines &/or imprisonment.
GRADING/POINTS SCALE
The grading scale is as follows for undergraduates:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>93-100</td>
<td>A</td>
</tr>
<tr>
<td>90-92</td>
<td>A-</td>
</tr>
<tr>
<td>87-89</td>
<td>B+</td>
</tr>
<tr>
<td>83-86</td>
<td>B</td>
</tr>
<tr>
<td>80-82</td>
<td>B-</td>
</tr>
<tr>
<td>77-79</td>
<td>C+</td>
</tr>
<tr>
<td>73-76</td>
<td>C</td>
</tr>
<tr>
<td>70-72</td>
<td>*C-</td>
</tr>
<tr>
<td>67-69</td>
<td>*D+</td>
</tr>
<tr>
<td>63-66</td>
<td>*D</td>
</tr>
<tr>
<td>60-62</td>
<td>*D-</td>
</tr>
<tr>
<td>0-59</td>
<td>*F</td>
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</tbody>
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*For nursing students this grade is a failure in this course.

UNDERGRADUATE STUDENT GRADED COURSE WORK

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>POINTS POSSIBLE</th>
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<tbody>
<tr>
<td>Completion of Tutorials:</td>
<td>11 points</td>
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<tr>
<td>Plagiarism</td>
<td>5 points</td>
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<tr>
<td>Popular Magazines &amp; Journals</td>
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<tr>
<td>Participation in 9 Discussions(@ 15 points each)</td>
<td>135 points</td>
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<tr>
<td>Quizzes</td>
<td>100 points</td>
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<tr>
<td>Paper 1</td>
<td>48 points</td>
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<tr>
<td>Midterm</td>
<td>100 points</td>
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<tr>
<td>Paper 2</td>
<td>60 points</td>
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<tr>
<td>Paper 3</td>
<td>60 points</td>
</tr>
<tr>
<td>Semester Project (Final)</td>
<td>100 points</td>
</tr>
<tr>
<td><strong>COURSE TOTAL</strong></td>
<td><strong>619 points</strong></td>
</tr>
</tbody>
</table>

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.