

INHL A225: INTRODUCTION TO COMPLEMENTARY AND ALTERNATIVE MEDICINE

Item	Value
Curriculum Committee Approval Date	10/06/2021
Top Code	126000 - Health Professions, Transfer Core Curriculum
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

This course will focus on the role of alternative medicine in health behavior, disease, treatment, coping, and healing. Topic covered will include history, philosophy, development, and use of CAM modalities to treat and manage disease. Traditional/alternative medical systems, such as Chinese, Tibetan, and Ayurvedic medicine, will be examined. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Apply concepts, principles and techniques and methods from traditional medical systems approach to modern disease prevention and health promotion.
2. Compare and contrast traditional medical systems to the Western medical system.

Course Objectives

- 1. Explain how Western medicine operates on the biological model of disease.
- 2. Compare and contrast Western medical models with Traditional medicine models.
- 3. Demonstrate understanding of the basic concepts of traditional medical systems, with emphasis on Chinese and Ayurvedic medicine.
- 4. Explain how cultural beliefs and practices affect health behaviors.
- 5. Explain the concepts of traditional medicine in disease acquisition, interpretations, and care seeking behaviors.
- 6. Describe energetics, bodyworks, and touch therapies and their application to health.
- 7. Define and give examples of complementary, alternative, and integrative medicine.
- 8. Describe the Traditional Chinese medical philosophy and system.
- 9. Describe the Ayurvedic medical philosophy and system.
- 10. Describe the Tibetan medical philosophy and system.
- 11. Explain other alternative modalities, including homeopathy, herbal medicine, and aromatherapy.

Lecture Content

Overview of complementary and alternative medicine Mind-body relationship Characteristics of medical systems Western medicine Traditional medicine Issues and Challenges in Integrative Medicine Mind-body therapies, stress, and psychometrics Energetics, manual health, and bodyworks Energy medicine Biophysics: electricity, light, magnetism, and sound Massage, bodywork, and touch therapies Reflexology Traditional Chinese Medical (TCM) philosophy and system Yin and Yang; five elements TCM examination skills Inspection Listening Smelling, Inquiring Palpation Meridian system and acupuncture Tai Chi Traditional Ayurvedic Medical System History Science of Life Common modalities Herbal remedies Eight features in assessment Tongue Complexion Voice Eyes Touch Stool Pulse Urine Yoga Local cultural practices Hispanic/Mexican Southeast Asia Latin America African European Other Other modalities Homeopathy Herbal medicine Marijuana/CBD Prayer, religion, and spirituality Hypno-therapy Dietary supplements Sleep hygiene Nutrition, hydration, and diet therapies Aromatherapy and plant essential oils Meditation Creative expression and arts therapies Humor, health, and wellness

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Instruction will be delivered via lecture, video, class discussion, class projects, and demonstration of techniques. Guest lectures and practitioners will also be invited to share their knowledge.

Reading Assignments

Students will be required to read from the textbook and additional articles and information provided by the instructor. (3 hours/week)

Writing Assignments

Students will write a topic paper related to CAM. They will be required to provide short responses to their experiences with CAM. Peer reviews will also be incorporated to allow students to read, learn from, and provide feedback on other students work. (3 - 4 hours/week)

Out-of-class Assignments

Students will spend 6 - 7 hours a week completing the writing and reading assignments, along with group projects and site visits.

Demonstration of Critical Thinking

Students will compare Western medicine to Traditional medicine, gaining a better understanding of the incorporation of traditional therapies within Western treatment regimes.

Required Writing, Problem Solving, Skills Demonstration

Students will write reports on traditional modalities and therapies. They will complete short written assignments, tests, and evaluations.

Eligible Disciplines

Counseling: Masters degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the

equivalent. (NOTE: A bachelors degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1 Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. Health care ancillaries (medical assisting, hospice worker, home care aide...): Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Health services director/ health services coordinator/ college nurse: Minimum qualifications for these faculty members specified in title 5, section 53411. Masters degree required. Title 5, section 53411. Nursing: Masters degree in nursing OR bachelors degree in nursing AND masters degree in health education or health science OR the equivalent OR the minimum qualifications as set by the Board of Registered Nursing, whichever is higher. Masters degree required. Nursing science/clinical practice: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Nutritional science/dietetics: Masters degree in nutrition, dietetics, or dietetics and food administration OR bachelors degree in any of the above AND masters degree in chemistry, public health, or family and consumer studies/home economics OR the equivalent. (Note: A bachelors degree in nutrition, dietetics, or dietetics and food administration, and certification as a registered dietician, is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

Textbooks Resources

1. Required Micozz, M. S. . Fundamentals of Complementary and Integrative Medicine,, 6th ed. St. Louis, MO: Elsevier Saunders, 2018
2. Required Rakel, D.. Integrative Medicine, 4th ed. Philadelphia, PA: Elsevier, 2018

Other Resources

1. Website: U.S. Department of Health Human Services: National Institutes of Health National Center for Complementary and Integrative Health. <https://nccih.nih.gov/>