

INHL A250: INTEGRATIVE HEALTH COACH SUPERVISED PRACTICE

Item	Value
Curriculum Committee Approval Date	10/06/2021
Top Code	126100 - Community Health Care Worker
Units	2 Total Units
Hours	124.5 Total Hours (Lecture Hours 4.5; Other Hours 120)
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

Supervised clinical practice in clinics, medical facilities, community agencies other facilities that utilize Integrative Health Coaches (IHC). This course will provide the student with an opportunity to practice the skills and competencies developed through the IHC course work within a job setting. Placement will be determined based on the availability of approved sites and student's interests. Students will be required to follow the dress standards set by the facility. PREREQUISITE: ALH A111, ALH A120, INHL A100, and INHL A115 or ALH A115. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate competent and appropriate completion of each objective, showing increased performance, improved efficiency, and enhanced skills as an Integrative Health Coach.
2. Demonstrate competent and appropriate employment skills showing an improved understanding of human relations, increased self-confidence, and application of classroom theory to the role of Integrative Health Coach.

Course Objectives

- 1. Demonstrate the skills and competencies necessary to successfully serve as an Integrative Health Coach in a health care facility.
- 2. Demonstrate professional skills related to workplace professionalism, ethics, and client-centered practices.
- 3. Demonstrate effective communications skills via their writing ability in text and inter-office communications.
- 4. Demonstrate the ability to administer a patient assessment tool to assist in the diagnostic process.
- 5. Demonstrate ability to assist patients/clients with creating health or lifestyle change goals to address their current healthcare condition.

- 6. Demonstrate ability to use motivational interviewing in supporting patients/clients in engaging in treatment and developing health or lifestyle change goals to address their current healthcare condition.
- 7. Participate in patient care planning or multidisciplinary team meetings and share clients progress on set health or lifestyle goals with members of the team.
- 8. Demonstrate ability to identify and describe integrative health modalities to the patient care team that would be clinically appropriate to address a patients healthcare condition
- 9. Design and/or assist with the delivery of a health education group or presentation on a specific health condition or treatment.

Lecture Content

All students will practice the following application of content covered in prerequisite courses: Patient assessment tools to assist in the diagnostic process. These will vary based on the placement site. Goal setting techniques for creating health or lifestyle change goals to address patient/clients current healthcare condition. Motivational interviewing in supporting patients/clients in engaging in treatment and developing health or lifestyle change goals to address their current healthcare condition. Patient care planning or multidisciplinary team meetings to share clients progress on set health or lifestyle goals with members of the team Integrative health modalities that would be clinically appropriate to address a patients healthcare condition Health education group or presentation on a specific health condition or treatment. Students will also develop an individual objective related to the specific placement site. Writing of measurable learning objectives related to personal and internship site needs including what is to be accomplished, how it will be accomplished, how it will be evaluated, and completion date. Routine objectives Personal objectives Problem-solving objectives Creative objectives Critical thinking objectives Office/patient communication (both written and spoken) objectives Subject matter objectives Dressing appropriately for the internship site. Maintaining a record of internship experiences and time. Reviewing the achievement of learning objectives and effectiveness of the internship site and program with the instructor and worksite supervisor. Writing an evaluation of accomplishment of learning objectives and effectiveness of the internship program. >

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Work Experience (20)

Instructional Techniques

Students will receive instruction and one-on-one conferencing related to instructional objectives. The site supervisor will process and provide goal achievement input and evaluation of students job performance on an on-going basis. The instructor/coordinator will provide on-site goal achievement assessment and reassessment, as well as final evaluation.

Reading Assignments

There are no specific reading assignments.

Writing Assignments

Students will be maintaining journals and completing a final written evaluation.

Out-of-class Assignments

Title 5 Cooperative Work Experience guidelines require students to:
Maintain record or journal of internship experience and documentation of hours. Write an evaluation of the internship experience. Proficiency will be demonstrated by achieving competency per individual agreement as determined by the evaluation process.

Demonstration of Critical Thinking

Evaluation by the internship site supervisor. Self-evaluation of accomplishment of objectives. Evaluation by internship instructor

Required Writing, Problem Solving, Skills Demonstration

Problem-solving will be required on the worksite for successful completion of duties as assigned. The internship is experiential learning, with skill demonstrations at the center of the experience.

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

Other Resources

1. Instructor handouts