

Faculty of Health Sciences
School of Kinesiology & School of Health Studies
The University of Western Ontario
Kinesiology 3372A/Health Studies 3091A~ *Integrative Health* - Fall 2011

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Course web site is on webCT/OWL

Mon 12:30-2:20 UCC # 37
Wed 12:30-1:20 UCC # 37

Calendar Course Description: *Integrative Health* examines a variety of areas and issues concerning the broad field of integrative health. From an evidence-based perspective, the course explores integrative health domains and assesses the quantitative and qualitative evidence about these various forms of "alternative" health including, but not limited to Oriental medicine, mind-body interventions, manual therapies, and herbal/pharmacological approaches to integrative health and lifestyle decision-making. [See the Western Academic Calendar for prerequisites and antirequisites: www.westerncalendar.ca]

We will be using the terms ‘alternative,’ ‘complementary,’ and ‘integrative’ relatively interchangeably although I prefer the term ‘integrative.’

Course Objectives:

The overall objective of the course is to provide students with a comprehensive and critical understanding about the field of integrative health. Specific objectives include my commitment to:

1. assist students in acquiring fundamental knowledge about alternative/integrative health forms and methods of use/treatment;
2. provide a comprehensive examination and assessment of the various forms of alternative/integrative health;
3. teach and assist learning about critical thinking and analytical skills in assessing the validity of this rapidly-expanding area of health within western society. It is important to learn how to be intelligent consumers of alternative/integrative health personally and professionally in working within the broader health field;
4. provide exposure to practitioners in the Integrative Health field. To that end, we will have guest presentations from the fields of traditional Chinese medicine, chiropractic, osteopathy, naturopathy, manual therapies etc., dependent upon practitioner availability. You are responsible for all concepts discussed in these presentations.

Course Text and Readings:

1. E. Ernst, et. al., *The Desktop Guide to Complementary and Alternative Medicine: An Evidence-Based Approach*. Mosby, 2006.
2. Occasional readings announced in class and posted on WebCT/OWL by Unit.

Course Format and Expectations:

There is a formal student code of conduct: www.uwo.ca/univsec/handbook/exam/english.pdf

My Expectations of you:

This is a lecture, discussion, class participation, and group presentation senior level Undergraduate course. I regard the ultimate purpose of any University course to be one of fostering and engaging in critical thinking, in the case of this course, critical thinking about complementary, alternative, and integrative health systems and methods; all lectures, assignments, and exams are based on the critical thinking premise. **Doing the readings prior to each class is mandatory.**

Special Note: *** While the use of computers/notebooks for the purpose of note-taking **during class** is encouraged and permitted, the use of the internet, ipods, iphones, blackberries (and facsimile devices), email, texting, msn, face-book, twitter etc. is strictly prohibited **while in class.** ***

Assignments and Grading:

1. **Mid-term** examination, in class, Monday October 24, in class, 30 % of final grade; make-up exam available for demonstrated conflict or illness (medical documentation must be submitted via your academic counselor).
2. **Evidence Assessment: Group Assignment & Presentation;** groups of 8-10 students, topics to be assigned, presentations beginning in **Unit VII**, ~ see **Assignment Description** below. Specific details and topics will be discussed and assigned in September; 30% of final grade;
3. **Final Examination** during Dec 10-21 Final Exam Period, date and time assigned by the Registrar's Office; 40% of final grade (*not* cumulative re content preceding the mid-term). Missing a final exam for medical reasons must be documented with your Dean's office (academic counselor).

*****NOTE:** In keeping with the Freedom of Information and Privacy Act, all student grades are regarded as strictly confidential between each student and the course instructor. All grades will be posted for each student on WebCT/OWL; full course grade statistics, the number of A+'s, A's, B's etc will also be posted but each student will only be able to view his/her grade. In the same vein, student exams will only be returned to each student in person, in class, or, to the student in my office.

Course Modules and Units:

Overall Perspective for CAM/Integrative Health Study:

For each form of alternative complementary health, we will be examining its historical background; current practices; level of 'support'; evidence/appreciation/validation; resources, materials, and practitioners. Wherever feasible, we will try to bring in professionals in the various broad fields of integrative health.

NOTE: There are text chapters assigned as readings and there will be on-line readings assigned and/or confirmed in class for each module. The assigned readings will be available on our course web site via links to the various sources.

***** There is a superb online, evidence based resource to which you all have access as long as you access the website from on campus (Western has a licence for this service). It's available at <http://naturalstandard.com/> and it's called *Natural Standard: The Authority on Integrative Medicine*. We will be using it in class and it would also be extremely useful in your Group Assignment & Presentation.**

I Introduction (Sept 12 & 14)

This unit assesses some of the fundamental concepts related to defining and characterizing the field of alternative/complementary health; basic principles, the 'medical model', the dilemma of evidence, integrating allopathic with alternative perspectives etc.

Readings: Text: pp. 1-18; 493-531

II Philosophy and Basis for Alt/Comp (Sept 19 and 21)

We will explore the basis for the different fields of Alt/Comp and look at person-centred approaches/interventions including the use of "coaching" models in Alt/Comp practices.

Readings: Text: pp. 19-290 *** Note: this is a lot of reading; my intent is to have you become familiar with common 'conditions' that are often treated with integrative health modalities.

III Traditional Medicine: 'Ancient' Systems, TCM (Sept 26, 28 & Oct 3)

This unit examines some of the more well-established areas of alternative health such as Oriental medicine, Native medicine, and the current, re-integration of community-based health care practices.

Readings: Text: pp. 292-297; 311-313; 336-339; 350-362

IV Systems I (Oct 5, 12 & 17)

This unit will focus on two major systems or fields of Alt/Comp, homeopathy and naturopathy.

Readings: Text: pp. 219-329; 339-341

V Systems II: Manual Healing Techniques & Mind-body Methods (Oct 19, 26, & 31)

Manual healing and practical techniques involve elements such as chiropractic, osteopathy, massage therapy, trager and selected forms of bodywork.

Readings: Text: pp. 297-300; 313-319; 332-336; 341-350

***** Midterm Examination: Monday October 24th, in class; you are responsible for all material up to the end of Unit IV, Systems I for this exam**

V Systems II (cont'd): Manual Healing Techniques & Mind-body Methods (Nov 2, 7 & 9)

Manual healing and practical techniques involve elements such as chiropractic, osteopathy, massage therapy, trager and selected forms of bodywork

VI Herbal/Pharmacological & Unclassified Approaches (Nov 14 & 16)

This unit assesses the rapidly-emerging field and forms of herbal remedies and

pharmacological interventions. We will limit our discussion to herbal medicine, and unconventional drugs/vaccines.

Readings: Text: 363-476 *** Note, this too is a lot of reading; the intent is to have you read generally about the myriad forms of herbal treatment remedies and applications for more common health issues and herbal use in treating those issues.

VII Integrative Approaches re Health Issues - in-class Group Presentations (Nov 21, 23, 28, & 30) **See assignment description below.**

This section of the course examines the concept of integrative medicine with specific respect to current evidence about common health conditions/issues.

Readings: assignment submissions, posted on webCT from presentation groups.

VIII Synthesis (Dec 5 & 7)

We will be looking at synthesizing alternative approaches re pediatric care and women's health.

Readings: TBA

Assignment Description:

Evidence Assessment and Presentation (30%) - Group Written Assignment and Presentation Description

This is a group assignment with anywhere from 8 to 10 persons in each group, depending upon final class size; you will be put into a group at random. The basic concept of the assignment is this: in more traditional areas of health and medicine, integrative approaches are becoming more and more common. Your group's first task is to choose one (first come basis) of these areas – such areas as C-V health, Chronic fatigue syndrome, endocrinology; gastrointestinal, neurology, oncology, osteoporosis, otolaryngology, pain, pulmonary, psychiatry, rheumatology (or choose and ratify another health area with me) by 28 September. Then, your job as a group is to use find out background information (= “best” evidence) for your condition in order to assess what is known about the use of integrative treatments from the perspective of current evidence. The next step is to devise a system to search databases to determine the best, perhaps most current, comprehensive assessment of the evidence. The main idea is to have each group write an analysis of the evidence (**maximum 20 pages**) *that could be understood by the general public*. As an example, if a relative with a non-health science background had Chronic Fatigue Syndrome and wanted to know her/his options for choosing alternative therapies/modalities, what should that person know in assisting him/her to make an informed decision. The format for that analysis and write-up is left to your group to create. **The written assignment is due Wednesday November 16, in class. Note that your written assignments will be assigned readings, posted on WebCT for unit VII for all students in the class. Late written assignments will be deducted 5% per day late.** Each group will present their findings in class on one of 4 dates between November 21-30 during **Unit VII** (see course modules above). You will have 15 minutes to present your findings in class. Grading will be 2/3 on the written portion and 1/3 on your presentation. The grade will be the same for all members of each group. This does mean each group faces considerable logistical and organizational challenges, just as you will face in the world of work after graduation; these challenges

are part of this assignment process. Finally, as a resource for some forms of integrative medicine, see the Natural Standards website at <http://naturalstandard.com/>

***** Please note *** that you are responsible for ensuring that you have successfully completed all course prerequisites, and that you have not taken an anti-requisite course. Lack of a prerequisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will not receive an adjustment to your fees. This decision cannot be appealed. *****