

The University of Western Ontario
School of Health Studies

Health Sciences: Integrative Health

HS3025A

May-June 2019

Instructor: Dr. Tara Mantler

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Office Hours: By appointment only

Office Number: HSB 332

Date/Time: Monday and Wednesday 9:30-12:30

Location: FNB 2210

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Course Information

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.

Learning Objectives

On completion of this course, students will be able to:

- Define and describe various alternative/integrative treatments
- Critically appraise the evidence supporting alternative/integrative treatments
- Understand the relationship between various alternative/interactive treatments
- Examine how alternative/integrative treatments fit into the Canadian context

Method of Instruction

There is substantial evidence indicating passive learning is not the best approach for retention at the University level. To that end, students will work in pre-assigned learning teams to teach topics to their peers during class time. To supplement this learning, some didactic and case-based teachings will also

be included. Additionally, this class will use learning activities to enhance the course experience. Given the highly interactive nature of this course, students are expected to prepare for each class reviewing the course content and completing all readings.

Class Schedule

Class Dates	Content	Assigned Readings
May 13	Welcome- Nuts and Bolts	Course Outline
	Ready, Set, Assemble!	Teamwork Toolbox (all documents)
	Exploring Integrative Health: Let's Get The Lay of the Land	None.
May 15	Tune your Quack-o-Meter	Assigned Discussion Questions
	Exploring Integrative Health: Limits and Controversies	Verhoef, M. J., Mulkins, A., & Boon, H. (2005). Integrative health care: how can we determine whether patients benefit?. <i>Journal of Alternative & Complementary Medicine</i> , 11(supplement 1), s-57.
May 22	Group work	None.
	Quiz 1	None.
May 27	The Science of Complementary and Alternative Medicine	To be assigned.
	Discussion: The Science of Complementary and Alternative Medicine	Assigned Discussion Questions
May 29	The Role of Spirituality in Healing	Koenig, H. G. (2015). Religion, spirituality, and health: a review and update. <i>Advances in mind-body medicine</i> , 29(3), 19-26.
	Quiz 2	None.
June 3	Learning Team 1	To be assigned.
	Learning Team 2	
	Introducing Isaac	To be assigned.
June 5	Learning Team 3	To be assigned.
	Learning Team 4	

	Looking at Lee	None.
June 10	Learning Team 5	To be assigned.
	Learning Team 6	
	Presenting Priya	None.
June 12	Making sense so far...	To be assigned
	Consider Carmen	None.
June 17	Learning Team 7	To be assigned.
	Learning Team 8	
	Meet Maddox	To be assigned.
June 19	Making Sense of The Rest...	To be assigned.
	Beyond the Paradigm	
TBD	Final Exam June 24 or 25	

Textbook & Reading List

There is no required textbook to be purchased for the course as readings will largely focus on scholarly articles and related resources which will be provided on the course website. Required readings can be accessed electronically through the course website and the Western library or through the web links provided (where applicable).

Evaluation

In this course, there will be many opportunities for evaluation of your learning. Sixty-six percent (66%) of the grade is based on individual performance and 34% on team performance.

Grade Component		Evaluator	Due Date
Individual Performance 66%			
6%	Ongoing Engagement (0.5% each)	Professor	Friday at noon
20%	Quizzes	Professor	May 22, June 3, and June 12
40%	Final Exam	Professor	TBD
Team Performance 34%			
4%	Team Participation	Peer evaluation	June 19 at noon

30%	Learning Team Presentation	Professor (70%)/Peer(30%)	Throughout the course
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Note: Late assignments will be penalized at 10% per day for all assignments worth over 10% of your final grade. Late assignments worth less than 10% of your final grade are worth 0%.

Statement on Use of Electronic Devices

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

ADDITIONAL STATEMENTS

Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are

deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf .

Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Health and Wellness

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress should refer to Mental Health@Western
<http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html

SHS Grading Policy

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall between 74 and 78. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.