

The University of Western Ontario
School of Health Studies

Health Sciences: Integrative Health

HS3025B

Jan to April 2020

Instructor: Dr. Tara Mantler
Email: tara.mantler@uwo.ca
Office Hours: By appointment only
Office Number: HSB 332
Date/Time: Monday 12:30-1:30 and Wednesday 2:30-4:30
Location: TBD

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
Jan 6	Welcome- Nuts and Bolts	Course Outline
Jan 8	Ready, Set, Assemble!	Teamwork Toolbox (all documents)
Jan 13	Exploring Integrative Health: Let's Get The Lay of the Land	None.
Jan 15	The Science of Complementary and Alternative Medicine	Assigned Discussion Questions
Jan 20	Quiz 1	None
Jan 22	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.
Jan 27	Tune your quack o meter	Assigned Discussion Questions
Jan 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.
Feb 3	Introducing Isaac	To be assigned.
Feb 5	Team Work	None.
Feb 10	Quiz 2	None.
Feb 12	Learning Team 1 Learning Team 2	To be assigned.
Feb 24	Presenting Pria	None
Feb 26	Midwifery	To be assigned.
Mar 2	Making Sense of It So Far...	None.

Mar 4	Learning Team 3 Learning Team 4	To be assigned
Mar 9	Quiz 3	None.
Mar 11	Learning Team 5 Learning Team 6	To be assigned.
Mar 16	Looking at Lee	None.
Mar 18	Learning Team 7 Learning Team 8	To be assigned.
Mar 23	Meet Maddox	To be assigned.
Mar 25	Consider Carmen Beyond the Paradigm	None.
Mar 30	Making Sense of the Rest...	To be assigned.
Apr 1	Bringing it all together	None.
TBD	Final Exam	

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	Weekly Friday at 330pm
30%	Quizzes	Professor	Jan 20, Feb 10, Mar 9
30%	Final Exam	Professor	TBD

Team Performance 34%			
4%	Team Participation	Peer evaluation	Due April 8 at 4pm
30%	Learning Team Presentation	Professor (70%)/Peer(30%)	Throughout the course based on Learning Team Assignment

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.

Accommodation for Medical Illness or Non-Medical Absences

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities**

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
- c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
- d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);

- f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

Attendance

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes.

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.

Persistent absenteeism may have serious repercussions, and may result in you failing this course. In this course, the equivalent of 3 weeks of unexcused absences, per term, will be considered to be persistent absenteeism. Persistent absenteeism will result in you being contacted by the instructor, who may request a meeting. Continued absence after this point will be reported to the Undergraduate Chair, and may result in debarment from writing the final examination, and/or submitting the final course paper. In such a case, you would receive a grade of zero on the evaluations from which you were debarred.

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:

https://www.uwo.ca/univsec/pdf/academic_policies/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.