

Montgomery County Community College  
 ESW/NUR 210  
 Holistic Health: Complementary and Alternative Health Practices  
 3-3-0

**COURSE DESCRIPTION:**

This course will explore the use of complementary and alternative health practices within a holistic framework of care. A spirit of inquiry will be encouraged through sharing of knowledge, demonstration and exploration of selected health practices such as herbal remedies, homeopathy, healing touch therapies, chiropractic and Eastern therapies. Use of complementary and alternative health practices will be evaluated in the context of managing health conditions such as pain, weight, addictions, and gender specific issues. This course will examine use of complementary and alternative health practices in terms of safety, effectiveness and integration into one's own lifestyle and working with others.

**REQUISITES:**

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Discuss concepts of healing and holistic health.	Lecture/Discussion Demonstration and Practice Case Study/Journals/Integration Paper (Written Assignments) Research: CAM, Oral Presentations Health Food Store Assignment	Student Presentations Case Study/Journals/Integration Paper (Written Assignments)
2. Evaluate a variety of alternative and complementary health practices.	Lecture/Discussion Demonstration and Practice Case Study/Journals/Integration Paper (Written Assignments) Research: CAM, Oral Presentations Health Food Store Assignment	Student Presentations Case Study/Journals/Integration Paper (Written Assignments)

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Analyze the safety and effectiveness of various alternative and complementary health practices.	Lecture/Discussion Demonstration and Practice Case Study/Journals/ Integration Paper (Written Assignments) Research: CAM, Oral Presentations Health Food Store Assignment	Student Presentations Case Study/Journals/ Integration Paper (Written Assignments)
4. Integrate qualities of healing in one's own lifestyle and in working with others.	Lecture/Discussion Demonstration and Practice Case Study/Journals/ Integration Paper (Written Assignments) Research: CAM, Oral Presentations Health Food Store Assignment	Student Presentations Case Study/Journals/ Integration Paper (Written Assignments)
5. Explore the body-mind-spirit connection to health and illness. (Core Goal 10.2)	Lecture/Discussion Demonstration and Practice Case Study/Journals/ Integration Paper (Written Assignments) Research: CAM, Oral Presentations Health Food Store Assignment	Student Presentations Case Study/Journals/ Integration Paper (Written Assignments)
6. Evaluate applications of complementary/alternative health practices in the management of selected health conditions.	Lecture/Discussion Demonstration and Practice Case Study/Journals/ Integration Paper (Written Assignments) Research: CAM, Oral Presentations Health Food Store Assignment	Student Presentations Case Study/Journals/ Integration Paper (Written Assignments)

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Relationship of Healing to Alternative and Complementary Therapies
2. Integrative Health Care Practices
3. Herbal Medicine, Nutrition and Supplements
4. Healing Ourselves and Our Environment
5. Consciousness and Healing
6. The Body-Mind-Spirit Connection to Health and Illness
7. Stress and Its Consequences
8. Bolstering the Immune System
9. Aromatherapy
10. Use of Hypnosis, Therapeutic Touch, Reiki
11. Non-pharmacological Methods in Treatment of: Chronic Pain, Weight Management, and Gender Specific Health Issues
12. Multidimensional Treatment of Addictions
13. Mainstreaming Alternative Health Practices

LEARNING MATERIALS:

Eliopoulos, Charlotte, RN, MPH, ND, PhD. (2018). *Invitation to holistic health: A guide to living a balanced life*. 4<sup>th</sup> edition. American Holistic Nurses Association. Boston: Jones and Bartlett.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Pamela Pfalzer, MSN, NP, RN Date: 2/20/2001  
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 5/21/2001

Reviewed and Revised by: Pamela Pfalzer, MSN, CRNP, AHN-BC Date: 9/21/2004  
Reviewed and Revised by: Pamela Pfalzer, MSN, CRNP, AHN-BC Date: 2/25/2009  
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 9/11/2009

Reviewed by: Pamela Pfalzer, MSN, CRNP, AHN-BC Date: 8/2012  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D. Date: 8/20/2012

Reviewed and Revised by: Pamela Pfalzer, MSN, CRNP, AHN-BC Date: 5/25/2013  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D. Date: 7/22/2013

Revised by: Dr. Anne Livezey Date: 12/21/2017  
VPAA/Provost or designee Compliance Verification: Date: 2/2/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*