

California State University, Fullerton
Department of Health Science

Complementary and Alternative Medicine

HESC525

Spring 2010

(Section 1, code #: 12751, 3 units)

Instructor:	Jie Wu Weiss, Ph. D.
Office:	KHS Building Room 225
Office Hours:	M&W 2pm to 4pm or by appointment
Office Phone:	(714)-278-4388 (Speak slowly and clearly when you leave a message)
E-mail:	jweiss@fullerton.edu
Classroom & Schedule:	KHS Room 172 Mondays: 4:00p.m. – 6:45p.m.
Required Reading:	Marc S. Micozzi (2006). <i>Fundamentals of Complementary and Integrative Medicine. 3rd Edition.</i> Saunders: Elsevier, Inc. Supplemental materials will be posted on Blackboard and handed out in class

Course Catalog Description:

This course focuses on the role of alternative medicine in health behavior, disease, treatment, coping, and healing. There will be discussions on history, philosophy, development, and use of CAM to treat and manage disease. Traditional/alternative medical systems, such as Chinese and Ayurvedic medicine, will be examined.

Course Objectives:

1. To understand the basic concepts of traditional medical systems, especially Chinese and Ayurvedic medicine;
2. To compare traditional medical systems to Western medicine, with focus on how cultural beliefs and practices affect health behaviors;
3. To explain the concept of traditional medicine in disease acquisition, interpretation, and care seeking behaviors;
4. To apply learned concepts, principles, techniques and methods from traditional medical systems approach to modern disease prevention and health promotion practice.

Student Learning Goals:

At the successful completion of this course, students will be able to:

1. Comprehend the basic concepts of traditional medical systems with emphases on Chinese Medicine and Ayurvedic Medicine;
2. Describe the role of traditional medical systems in managing chronic medical conditions;
3. Identify potential practice of traditional medical systems in the surrounding communities;
4. Integrate knowledge and skills learned in this course and write papers to generate ideas for research projects on traditional Chinese Medicine and Ayurvedic Medicine.

The Mission of the Master’s degree in Public Health is to develop knowledgeable and skillful health professionals who are proficient in disseminating and applying knowledge to prevent disease and promote health in the human population. MPH goals strive to:

- 1) Offer excellent education and training, with the aim of developing superior public health professionals;
- 2) Originate high quality research that contributes to the theory and best practice of public health;
- 3) Engage communities, students, and research partners in addressing public health issues among diverse populations; and
- 4) Create an environment that supports excellence in instruction, research and service.

Competencies	Class Assignments
6.1 Describe the roles of history, power, privilege, and structural inequality in producing health disparities.	Midterm and term paper.
10.1 Assessing individual and community health needs	Examination; Term paper and presentation; Facilitated class discussion.
10.3 Conducting health education and health promotion research	Examination; Term paper and presentation; Facilitated class discussion.

Student Responsibilities:

1. Each student is responsible for the materials and the reading assignments listed in the class syllabus and on Blackboard;
2. Read assignments prior to class to allow for in-depth class discussion and learning opportunities;
3. Be punctual to class and participate in all class activities;
4. Turn off all electronic devices to reduce/avoid distractions;
5. Keep side conversations to a minimum; if you are disruptive you will be asked to leave;
6. Submit all homework assignments (double space and typed) on due dates;
7. Check the course Blackboard site on a weekly basis;
8. Keep a copy of all written work submitted;
9. Inform instructor the first week of class regarding any conflicting commitments (academic, athletic, personal);
10. Using laptop for checking emails and other online search that are not relevant to the class is strictly prohibited;
11. If you miss a class, it is your responsibility to speak with your peers regarding missed assignments, class notes, etc.

Learning Methods:

1. Didactic Learning: lectures, guest speakers, and class discussions
2. Experiential Learning: site visits to traditional medical clinics and somatic demonstrations
3. Practical/Applied Learning: interviews, written papers on research projects, and presentations

Grading:

1. Mid-term exam	50 points
2. Interview paper	30 points
3. Term Paper	50 points
4. Presentation	30 points
5. Participation/Contribution to CAM workshop	30 points
6. Attendance	10 points
<u>Total</u>	<u>200 points</u>

Grading Scale: A plus/minus grading scale is used in this class.

Percentage %	Letter Grade		Points
100%	A+	4.0	196-200
94-98%	A	4.0	189-195
90-93 %	A-	3.7	180-188
87-89%	B+	3.3	174-179
84-86%	B	3.0	168-173
80-83%	B-	2.7	160-167
77-79%	C+	2.3	154-159
73-76%	C	2.0	146-153
70-72%	C-	1.7	140-145
67-69%	D+	1.3	134-139
64-66%	D	1.0	128-133
60-63%	D-	0.7	120-127
Below 60%	F	0.0	119-less

1. Mid-term Examination:

Midterm exam will consist of multiple choices, true-false, matching, fill-in-the blanks, and short-essay questions. Only writing utensils are allowed during the exams. The examinations will cover text materials, course lectures, group discussions, guest lectures, student presentation material, and specific assigned readings.

2. Interview and paper:

Each student will conduct an interview (**on 3/15**) with a small group of people who are currently using one of CAM modalities for the treatment of their disease or a chronic medical condition and write a summary paper with 5 pages (see **details on page 6** of this syllabus).

3. Term Paper and Presentation:

Each student is asked to prepare a term paper on topics related to different CAM modalities, such as effectiveness of Tai-Chi for stress management, herbal medicine in treatment of cancer, acupuncture for chronic diseases, etc. You are encouraged to discuss the chosen topic with the instructor to finalize the selection. The length of the paper is 10-12 pages (double-spaced). Towards the end of the semester, you are requested to prepare an oral presentation based on your term paper. Detailed information about the content of the paper and criteria for evaluation of paper and presentation is **on page 7** of this syllabus.

4. **Participation/Contribution to CAM Workshop**

We will organize and provide a workshop on “**CAM-Alternative Choice for a Healthy Life**”.

Purpose: to increase awareness of CAM and usage of CAM

Workshop time: Spring 2010 March 13 from 9am to 12:30pm on Saturday

Location: CSUF, KHS199, KHS119, 109, 203 for about 12 booths for educational and career path information.

Students in this class will be part of the workshop planning committee and your participation and contribution to the workshop will count for 30 points for this class. The tasks for the workshop include:

- 1) To design workshop brochure, prepare name tags and sign-in sheet, etc;
- 2) To invite people to present their booths;
- 3) To advertize/spread out words about the workshop on campus and off campus to bring more audience who are interested in CAM;
- 4) To attend the workshop and also provide service, such as setting up refreshment, etc. (3/13).

5. **Attendance and Participation Policy:**

Attendance is vital to class discussions and activities. Class attendance is taken each class. You will be allowed one absence. For each additional class missed, 2 points will be taken off your participation grade. Absence may be accepted with the instructor’s approval or legitimate documentation arranged in advance.

6. **Late Work:**

Students are expected to take exams and submit assignments as scheduled. Make-up exams and submission of late assignments will only be permitted under extenuating situations. The written assignments must be typed in the format specified by the instructor. The projects must be submitted at the beginning of class on the due date. Late projects will be accepted until the beginning of the next class. Any project submitted late will be eligible to receive up to 50% of the total points for the project. Late projects are to be submitted to the KHS office (P-134) and must include a date/time stamp (the machine is on the office counter next to the box into which the late project needs to be submitted).

Academic Dishonesty:

Academic dishonesty includes such things as cheating, inventing false information or citations, plagiarism, and helping someone else commit an act of academic dishonesty.

- Cheating is the act of obtaining or attempting to obtain credit for work by the use of any dishonesty, fraudulent, or unauthorized means.
- Plagiarism is the act of taking the specific substance of another and offering it as one’s own without giving credit to the source.

Students found guilty of academic dishonesty will be assigned an appropriate academic penalty ranging from a reprimand to a grade of F and will be reported to the Judicial Officer on campus.

Academic Integrity policies and procedures are at:

http://www.fullerton.edu/deanof_students/judicial/policies.htm

Special Needs:

During the first week of classes, inform the instructor of any disabilities or special needs that you have that may require special arrangements related to attending class sessions, carrying out writing assignments or service-learning component, or taking examinations. Students with disabilities need to document the

disability at the Disabled Students Services Office in UH 101. Disabled Student center is at:
<http://www.fullerton.edu/disabledservices/>

General Note:

Do remember to keep all assignments and tests returned to you so that any discrepancies can be easily and fairly straightened out. Except in cases of actual error, final grades are permanent. If you need to drop this course, refer to the class schedule for the deadlines and requirements for dropping or withdrawing from courses.

Caveat:

The procedures on this syllabus and the following schedule are subject to change at instructor's discretion. Students will be informed of any changes immediately.

Interview

Objective:

1. To increase your awareness of usage of CAM among population in Orange County
2. To understand why people use CAM
3. To obtain the first-hand information about people's beliefs, attitude, and comments on CAM

Directions:

1. Conduct an interview on **3/15** (or before) with a small group of people (not include physicians) who are currently using one of CAM modalities for their disease or a chronic medical condition.
2. The interview should include the following contents: a) the background of the interviewees, b) the reason for using CAM, c) frequency and duration of using CAM, d) comments about the effectiveness of CAM modality.
3. Write a paper based on the information obtained from the interviewees on their beliefs, reasons, and comments on effectiveness of the CAM modalities. Also summarize your learning experience and your increased understanding about CAM from the interview.
4. The paper should include interview questions. The length of the interview paper is 5 pages (double-spaced, up to 30 points).

Interview paper evaluation criteria (maximum 30 points):

Clear description of medical background of the interviewees and reasons of using CAM	30%
Beliefs and attitude about using CAM	20%
Adequate summary on the effectiveness of CAM used by interviewees	30%
Quality of your summary and organization of your writing	20%

Term Paper and Oral Presentation

Objective:

1. To increase your understanding of complementary and alternative medicine; particularly knowledge about traditional medical systems;
2. To be familiar with the literature on a specific modality of CAM;
3. To examine the pros and cons as well as the effectiveness of a certain CAM treatment for a given disease or a specific chronic medical condition.

Directions:

1. **Choose a topic and conduct the literature review.** Based on the topic of your interview (or you can choose new topic), each student should conduct a literature review by obtaining **3 peer-reviewed, published journal articles** (most recently published ones—within the past 5 years or no more than past 10 years) closely related to your chosen topic.
2. **Term Paper.** Each student will prepare a paper about 10-12 pages along with a minimum of six references within the past 5-10 years. The paper includes the following:
 - a. Introduction of your chosen topic of CAM modality including: its definition, characteristics, and usage (2 pages, up to 15 points);
 - b. The application of the CAM method described in 3 of your obtained articles (4 pages, up to 15 points);
 - c. Discussion on the scientific evidence of effectiveness of the CAM treatment of your chosen topic (4 pages, up to 20 points). Keep in mind, this discussion should be the integration of literature papers you read and your understanding of your chosen topic.
3. **Oral presentation.** In the last few weeks of the semester, each student should prepare a brief power point oral presentation based on your term paper. Each student will have 25 minutes to present.
4. **Final paper submission.**
 - a. Submit your term paper and your presentation slides via the email attachments.
 - b. Submit your obtained articles via the email attachments.
 - c. The submission is due on **5/17 before 5pm.**

Term paper evaluation criteria (maximum 50 points):

Relevance and quality of 3 obtained articles	25%
Quality of your summary of the literature review	30%
The integration of your discussion on the effectiveness of your chosen CAM	25%
Organization and quality of your writing	20%

Presentation evaluation criteria (maximum 30 points):

Good introduction of your chosen CAM modality	25%
Summary and highlight of the literature papers	20%
Level of interaction with the class (some activities & demo. of CAM)	30%
Presentation manner/style (clarity of speech, eye contact, tone of voice, etc)	25%

Semester Schedule

<u>Week</u>	<u>Date</u>	<u>Topics</u>	<u>Readings</u>
1	1/25	Overview of Complementary and Alternative Medicine Mind-Body relationships and modality	Chapters 1 and 2
2	2/1	Common and distinct characteristics between Conventional Medicine and CAM. <u>Video tape</u>	Chap.4 (p. 33-49) Chap.6 (p. 70.80)
3	2/8	Traditional Chinese Medical Philosophy & Systems Yin & Yang; Five elements <u>Video tape:</u> The Healing Arts (N8223. A47 1996)	Chap. 21 (p. 383-393) Handout
4	2/15	Holiday— Presidents’ Day	
5	2/22	Yoga and Tai Chi (Guest Speaker— Hank)	Chap. 22 (421-431) Chap. 26 (509-517)
6	3/1	Traditional Chinese medicine examination skills Meridian system and acupuncture (Guest Speaker -- Dr. Wu)	Chap. 21 (p. 393-403) and Handout
7	3/8	Traditional Ayurvedic Medical Systems History and its common usage (Guest Speaker-- Prasad) Mid-term review	Chap. 25 (494-506) Handout
8	3/15	Field interview (no class)	
9	3/22	Mid-term exam	
10	3/29--4/4	Spring Break	
11	4/5	Chiropractic (Guest Speaker—Kadar) Interview paper is due	Chap. 10 (141-156)
12	4/12	Field trip: Southern California Health Science University	
13	4/19	Field trip: Homeopathy, Biofeedback, Aromatherapy, Sounds Therapy (Guest Speaker-- Marilyn Shaw) 24308 Owl Court, Corona, CA 92883 @3pm	Chap. 8 (95-106), Chap. 11 (165-176) Chap. 12 (208-218) Tel: 951-277-1936
14	4/26	Field trip: Cultural tour	
15	5/3	Class reflection and Presentations	
16	5/10	Presentations	
17	5/17	Class meet at 5pm until 6:50pm Presentations and Term paper due	

The procedures on this syllabus and the above schedule are subject to change at the instructor’s discretion. Students will be informed of any changes immediately.

Term Presentation Topics and Schedule
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Dates	Topic	Group	Presenters
5/3	Dietary Supplements (Green tea?)	1	Harold Morales, Laura Reyes, Melina Yepiz
5/3	Biofeedback	2	Kim Doan Perkins, Han Xiao, Linda Nguyen
5/3	Osteopathic Manipulation-> how the different body systems work together	3	Danica, Denise
5/10	Massage	4	Michael Haines, Joe Paras
5/10	Dietary Supplements	5	Meggie Nguyen, Katie Oakden
5/10	Qi Gong; (<u>I couldn't read it</u>) Theory	6	Hector Orellana, Reggie Cayetano
5/17	Dietary Supplements	7	Caterine Meh, Janet Anozie
5/17	Arurveda	8	Tiffany, Radhika
5/17	Aromatherapy	9	Guanu Bhatta, Anna Hanlon