

PHE 283 : INTRODUCTION TO INTEGRATIVE MEDICINE

Transcript title

Intro to Integrative Medicine

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

PHE 210.

Course Description

Introduces concepts of complementary and integrative health as an approach to medical care that includes a culturally sensitive blending of Western biomedicine with traditional forms of healing, with a broader vision of improved health and patient autonomy. Provides an overview of Complementary and Alternative Medicine (CAM) healing modalities, such as mind-body interventions, Traditional Chinese Medicine, naturopathy, chiropractic medicine, massage, reflexology, and herbals or botanical. Illustrates how integrative medicine embraces science and is defined as a philosophy that neither rejects conventional medicine nor alternative methods grounded in evidence to support effectiveness.

Course learning outcomes

1. Explain the critical elements of being a responsible health consumer.
2. Explore evidence-based practices within complementary and alternative medicine (CAM) in the context of integrative health.
3. Define the different types of modalities and pathways within CAM and the training required.
4. Describe opportunities to expand the role of CAM within the conventional medical model approach.

Content outline

1. Overview of Consumer Health and key terms used in Complementary and Integrative Health Care
2. Overview of using literature review, evidence-based resources to support decision making and practice.
3. Cost of health care and current US benchmarks
4. Overview of Complementary and Alternative Medicine (CAM) early pioneers
5. Overview of CAM methods commonly used in the US health care system
6. Introduction to Acupuncture and Traditional Chinese Medicine
7. Introduction to manual therapies and bodyworks
8. Mind body and energy therapies
9. Herbal Products and Dietary Supplements

10. Integrated Approaches from Ancient to Modern

11. Frauds and Quackery

Required materials

Open Source Materials.

General education/Related instruction lists

- Health