

THE UNIVERSITY OF TEXAS RIO GRANDE VALLEY- Brownsville Campus
BMED 4270-01: Introduction to Complementary and Alternative Medicine
Spring 2016, Thursdays 1:15-2:55pm, room LHSB 1.208
PRELIMINARY COURSE SYLLABUS

Instructor: Dr. Andrea Schwarzbach
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BRHB, room 1.121

Contact Methods:

You may contact me using any of the information shown above, preferably email. Please feel free to reach me if you have any questions regarding content, if you need clarification, or would like assistance.
Office hours: Thursday 10am-1pm and 3-5pm or by appointment

Format: Active learning, cases, some lecture and discussions. Students will present and discuss topics related to treating diseases in an integrative way.

Textbook: Rakel, David, M.D. Integrative Medicine. Elsevier Saunders. 2012, 3rd edition. ISBN-13: 978-1437717938

Course Description:

This course is designed to introduce students to the philosophies, techniques, and evidence of efficacy of complementary and alternative medicine (CAM) therapeutics (also called integrative medicine) currently in use in the United States, for example dietary, functional medicine, mind-body medicine, exercise (yoga, tai-chi etc.) and herbal/supplement therapies.

A large and growing percentage of Americans use one or more of a wide range of complementary, alternative or unconventional healing therapies, often in addition to seeking advice from allopathic physicians. Increasingly, research is showing efficacy for many of these therapies but not universally. Ability to understand and communicate effectively with patients and other care providers about these therapies should enhance patients' health and safety and optimize health care and especially prevention of disease.

For detailed topics by week please see blackboard.

Learning outcomes:

As a result of the course, learners should be able to:

- ① Describe the use of integrative therapies in the United States and other parts of the world;
- ② Describe healing paradigms and rationales for patients' use of these therapies;
- ③ Describe the philosophies, theoretical basis and techniques of various CAM therapies;
- ④ Describe the connection of mind and body components of healing;
- ⑤ Discuss evidence of efficacy and learn about how to evaluate alternative therapies
- ⑥ Describe the knowledge, attitudes, and develop skills necessary to communicate effectively with practitioners and users of CAM and conventional therapies.

Grading Policies:

The grade for this course will be determined based on

- attendance, participation and discussions (200 points),
 - nutrition evaluation exercise (200 points)
 - short writings on current topics (100 points)
 - one in-class individual powerpoint presentations (200 points), disease/technique based on case study and
 - one in-class group (5-6 students) presentation of special topic assignment that includes development of educational material (200 points)
 - outreach activity (100 points)
- adding to a total of 1000 points.

Students are expected to prepare for class and follow instructions for posted assignments or readings as well as postings for deadlines of assignments. Students are required to frequently check the course page on blackboard for any updates regarding course content. No additional extra credit projects, papers etc. will be accepted as a substitute at the end of the semester. Additional info for details on assignments will be provided and explained in class during the first class day.

Attendance Policy:

It is required that you attend ALL classes and the outreach component unless you have a true unforeseen emergency.

You can miss up to two regular class days for any emergency or illness without a penalty. ANY class missed after that will result in a deduction of 100 points from the attendance points for each incidence. Partial non-attendance will result in partially lost points. Missing a presentation assignment or otherwise scored event requires solid documentation of the emergency in order to get a chance to make-up the points.

In order to recover any lost attendance points you have to write a 5-page paper on a topic and format determined by the instructor. You can only make-up a maximum of two attendance-point missed events, but only if valid documentation for reason of absence is provided.

IMPORTANT DATES

First day of class. Thursday Jan. 21
Springbreak March 14-18
Drop/Withdrawal deadline April 13
Study Day May 5, no class
Finals May 6-12

SYLLABUS ADDENDUM - UNIVERSITY POLICIES

UTRGV Policy Statements

The UTRGV disability accommodation, mandatory course evaluation statement and sexual harassment statement are required on all syllabi. Additional policy statements are optional, such as those covering attendance, academic integrity, and course drop policies.

STUDENTS WITH DISABILITIES:

If you have a documented disability (physical, psychological, learning, or other disability which affects your academic performance) and would like to receive academic accommodations, please inform your instructor and contact Student Accessibility Services to schedule an appointment to initiate services. It is recommended that you schedule an appointment with Student Accessibility Services before classes start. However, accommodations can be provided at any time. **Brownsville Campus:** Student Accessibility Services is located in Cortez Hall Room 129 and can be contacted by phone at (956) 882-7374 (Voice) or via email at accessibility@utrgv.edu. **Edinburg Campus:** Student Accessibility Services is located in 108 University Center and can be contacted by phone at (956) 665-7005 (Voice), (956) 665-3840 (Fax), or via email at accessibility@utrgv.edu.

MANDATORY COURSE EVALUATION PERIOD:

Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (<http://my.utrgv.edu>); you will be contacted through email with further instructions. Online evaluations will be available Nov. 18 – Dec. 9, 2015. Students who complete their evaluations will have priority access to their grades.

ATTENDANCE:

Students are expected to attend all scheduled classes and may be dropped from the course for excessive absences. UTRGV's attendance policy excuses students from attending class if they are participating in officially sponsored university activities, such as athletics; for observance of religious holy days; or for military service. Students should contact the instructor in advance of the excused absence and arrange to make up missed work or examinations.

SCHOLASTIC INTEGRITY:

As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to: cheating, plagiarism, and collusion; submission for credit of any work or materials that are attributable in whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity Guidelines). All scholastic dishonesty incidents will be reported to the Dean of Students.

SEXUAL HARASSMENT, DISCRIMINATION, and VIOLENCE:

In accordance with UT System regulations, your instructor is a "responsible employee" for reporting purposes under Title IX regulations and so must report any instance, occurring during a student's time in college, of sexual assault, stalking, dating violence, domestic violence, or sexual harassment about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at www.utrgv.edu/equity, including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct and discrimination.

COURSE DROPS:

According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop date. Following that date, students must be assigned a letter grade and can no longer drop the class. Students considering dropping the class should be aware of the "3-peat rule" and the "6-drop" rule so they can recognize how dropped classes may affect their academic success. The 6-drop rule refers to Texas law that dictates that undergraduate students may not drop more than six courses during their undergraduate career. Courses dropped at other Texas public higher education institutions will count toward the six-course drop limit. The 3-peat rule refers to additional fees charged to students who take the same class for the third time.