HLTK 2400-N1
Complementary & Alternative Therapies (CAT) and Nursing

**Semester/Year:** Fall 2006

**Credit Hours:** 3

**Class Times:**
Online

**Instructor’s Name:** Kelly Politte, MS, RN, CNE

**Office Phone:** 307-268-2485

**Email:** Use the e-mail option in Web CT for all email communication. I will respond within 24 hours with the exception of weekends and holidays. If I will be gone for any length of time, I will let you know.

**Office Hours:** By appointment only.

**Course Description:** This elective course introduces the nurse or the nursing student to the ever-expanding area that is Complementary & Alternative Therapies (CAT) or Complementary & Alternative Medicine (CAM). The impact of these therapeutic modalities is explored as well as the implications for nursing practice. This course is informative only. You will not learn to be a practitioner of any of these modalities; you will only be learning about said therapies. This course will encompass many therapeutic modalities: music therapy, aroma therapy, massage therapy, acupuncture, acupressure, herbal remedies, and reflexology. Other information covered will include Reiki, therapeutic touch, and guided imagery. Additional topics will be covered as well.

**Statement of Prerequisites:** RN, nursing student in his/her final semester of nursing program, or permission of instructor.

**Goal:** The goal of this course is to introduce students to the ever-expanding area of Complementary & Alternative Therapies, and to explore the implications for nursing practice.

**Outcomes:**
A. Students will be able to define CAT/CAM.
B. Students will be able to differentiate between CAT/CAM and traditional western practices.
C. Students will be able to determine which CAT/CAM are appropriate for different disease processes/problems.
D. Students will be able to discuss ways to integrate CAT/CAM in the lives of their clients, or in their own lives.
E. Students will be able to discuss why an understanding of CAT/CAM is important for the well-being of their clients.

**Required Text, Readings, and Materials:**
The student must have access to the Internet. A Pentium class computer is recommended but not required. The preferred software browser is Internet Explorer. If you do not have e-mail, you may get a free account from hotmail or other services but you need an Internet connected computer to access them. If you cannot do this, you probably should not be taking an Internet based section of this course. All attachments being submitted for grading must be in Rich Text Format (.rtf) or in Word (.doc) format.

**Methodology:** This course will be done entirely on the Internet. The material for this course will be accessed by text reading along with content provided online. There will be two opportunities for face-to-face meetings in lieu of online discussions. These are **optional.** There are no required face-to-face meetings.

**TE:** This is an Internet based class. **YOU** are responsible for doing your work and scheduling yourself to keep pace. Computers malfunction. Be prepared. Contrary to wishful beliefs, Internet classes are not easier than regular classes. You do not have the luxury of a teacher who will spoon-feed the material to you 3 days a week. I am here to help you understand the material and answer questions, not to lecture. I am happy to help as much as possible. If the information in the text and that available online are not enough, post questions in the “Questions” discussion board.

**Grading:** Students will earn points throughout the semester toward their final grade. There is a total of 300 points available to be earned in this course. Grades will be awarded according to the number of points achieved. All points will follow the same grading scheme utilized by the nursing department. For a 100 point test the following would be the equivalent letter grade: 91-100=A; 83-90=B; 75-82=C; 70-74=D; 69 and below=F.

<table>
<thead>
<tr>
<th>Term Paper</th>
<th>Number of Points Earned</th>
<th>Grade Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-60</td>
<td>273-300 points</td>
<td>A</td>
</tr>
<tr>
<td>0-54</td>
<td>249-272 points</td>
<td>B</td>
</tr>
<tr>
<td>5-49</td>
<td>225-248 points</td>
<td>C</td>
</tr>
<tr>
<td>2-44</td>
<td>210-224 points</td>
<td>D</td>
</tr>
<tr>
<td>-41</td>
<td>0-209 points</td>
<td>F</td>
</tr>
</tbody>
</table>

**Evaluation Criteria:** Students will be graded based on participation in topic discussions, a term paper, and variety of other activities.

**Class Policies:**

**Answering Questions:** In order to obtain credit, responses to the assignments or questions must be posted to the threaded group discussion by the due date listed on the calendar. This timing is important because it affords your peers time to read your posting and formulate a response. One point will be taken off for each day the posting is late. Submissions received five days after the due date will receive a zero (0) for that assignment, regardless as to quality. Postings must also indicate that you’ve read and have a grasp of the assigned materials. Those that reflect a poor working knowledge of the subject will be docked
one point. In other words, just saying, “Yes, I agree with the author” is inadequate.

**Note:** I’ve found that posting responses to discussions is best done by first composing the response in a word processing system, and then cutting and pasting it into the discussion area. By doing it this way, you will be able to edit, spell-check, and revise your writing. While I won’t mark off for grammar and spelling errors, unless specifically noted, in discussions, proofreading is an act that should be second nature to college students! In addition, if you lose your Internet connection, you won’t have to re-type everything, you’ll only have to cut and paste again.

**Student Responses to Peers:** In order to obtain credit for group discussion you must respond to the postings of peers by the due date listed on the calendar. After that you will not receive credit for participation unless you are able to document special circumstances. These responses must provide evidence of some reflection and critical thinking. For example, replying, “Yes, I agree with you” is inadequate. You must at least say why you agree or disagree or add a new perspective to the original response. You may also question or politely challenge your classmates, which helps lead to better understanding and deeper discussions. Remember, there are no right or wrong answers in a discussion. I may occasionally interject a thought but will generally not “direct” the conversation.

**Late Assignments:** Please see above for late discussion entries. Your Term Paper **WILL NOT** be accepted late. Please see the calendar for complete information on due dates.

**Testing Policies:** There are no tests in this course.

**Last Date to Change to Audit Status or to Withdraw with a W Grade:** Friday, November 3, 2006 at 5:00 pm.

**Questions:** If you have a question about the course, chances are somebody else has that same question. Please put any questions you have about the course in the section of the discussion area marked "Questions". If your question is in reference to a grade or to a personal matter, please e-mail me directly, using Web CT.

**Announcements:** The section of the course named "Announcements" is the first place you should stop to check when you enter the course. That is where I will post any changes in due dates or any changes to the syllabus.

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student. If you are caught cheating or participating in academic dishonesty, appropriate action will be taken.

In addition, the student is responsible for:

- Checking the course site at least 3 times a week.
- Posting an original comment and a reply to two other student’s comments in each unit.
- Common courtesy. I expect you to follow the rules of common courtesy in all your email messages and your discussions. I do not expect you to agree with everything that your peers have to say, and you may disagree, but you may not be disrespectful. If I deem any of the discussion postings to be inappropriate or offensive, I will forward
the message to the chair of the Health Sciences division and the Director of Distance Education and appropriate action will be taken, not excluding expulsion from the course. Please reference http://www.onlinenetiquette.com/netiquette_101.html for a brief explanation of netiquette.

- Distance Learning is self-directed learning. It requires a high level of responsibility, dedication and self-discipline on the part of the student. In this course, you are responsible for your own work, your own progress, and your own grade. In order to succeed, you will need to:
  - Participate in all online class activities, including responses to discussion work and the timely submission of assignments due via email.
  - Back-up every piece of work you do on disk, and make a hard copy. If you experience computer difficulties, you are responsible for solving your own technical problems. Heavy Internet use occurs during the evening hours of 8-10 pm. You might want to consider logging on at other times if possible. If you have problems logging into WebCT, please contact the Director of Distance Education, Paul Marquard, at 268-2250.
  - Computers do crash. This is not a legitimate excuse to miss an assignment or quiz. **It is your responsibility to access the course on another computer in the event of hardware or software problems. This can be done in any of the computer labs on campus, using a friend's, or at any public library.**

**Chain of Command:** If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

**Academic Dishonesty - Cheating & Plagiarism:** Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

**ADA Accommodations Policy:** It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see the Casper College Individual Learning Specialist at your earliest convenience.

**Calendar:** Please see the calendar link for more complete information.

**Note:** This document is subject to change. Any changes in the syllabus will be posted in the "Announcements" section of the course.