

PRINCIPLES AND PRACTICES OF ALTERNATIVE AND COMPLEMENTARY MEDICINE

PMED 250, NURS 703i, HBEH 960

8/26/16

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Purpose of Course: This course is designed to introduce **medical students, other health professions students, faculty, health practitioners, and researchers, as well as the knowledgeable lay public**, to the philosophies, practitioners, techniques, and evidence of efficacy of complementary and alternative medicine (CAM) therapeutics currently in use in the United States, including chiropractic, dietary, mind-body medicine, acupuncture, homeopathy, healing touch and energy therapies, prayer, and herbal therapies. A large and growing percentage of Americans use complementary, alternative or unconventional healing therapies, often in addition to seeking advice from physicians and other care providers. Increasingly, research is showing efficacy for many of these therapies, and conventional care providers are beginning to take notice, in some instances incorporating selected CAM therapies into care plans. Ability to understand and communicate effectively with patients and other care providers about these therapies, and recommend evidence-based CAM therapies and practitioners when appropriate, should enhance patients’ health and safety and optimize health care.

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

- Describe the use of CAM therapies in the United States;
- Describe healing paradigms and rationales for patients' use of these therapies;
- Describe the philosophies, theoretical basis and techniques of various CAM therapies;
- Discuss the training and certification of practitioners of these therapies;
- Discuss uses of each therapy and evidence of efficacy; and
- Describe the knowledge, attitudes, and skills necessary to communicate effectively with practitioners and users of CAM and conventional therapies.

Format: The course provides an introduction to the field of CAM and integrative health-care, including a wide range of alternative modalities, in lecture-and-discussion format, presented by an active practitioner of the therapy and/or a person knowledgeable in the field, with patient presentations, demonstrations and audience participation where applicable. Presentations cover diagnostic methods, treatment, evidence of efficacy and safety for various conditions, training of practitioners, the practitioner-patient relationship, patient satisfaction, role of prevention, and potential for interactions with conventional healthcare. Topical readings supplement lectures and demonstrations.

Evaluation (for student course credit only): Evaluation with possible total of 100 points is based on

1) Attendance/sign-in, sign-out sheets/questions (4 pts. x 13 classes)	52 possible points
2) First short-answer take-home exam (covers classes 1-4)	10 points
3) 1 pg description of experience with a CAM modality + reflection	5 points
4) Second short-answer take-home exam (covers classes 5-8)	10 points
5) Interviews w/ CAM/IM patients/ practitioners & reflection	10 points
6) Third short-answer take-home exam (covers classes 9-12)	<u>10 points</u>
7) <u>Final 1page reflection/commentary on IM Health Care</u>	<u>5 points -</u>
Total points =	102 points

Grading: Medicine..... H= 100-90 HP= 89-80 P= 79-60 F= <59
Nursing (Grad/Undergrad)..... H/A= 100-90 P/B= 89-80 L/C=79-60 F= <59
Public Health (HBHE)..... H/A= 100-90 P/B= 89-80 L/C=79-60 F= <59

Class Dates, Time: Fall, 2016: August 24– November 30, **Monday** evenings, 6:00 - 8:30/8:45 pm

No Class on September 5/Labor Day

Location: UNC Cancer Hospital, Main Conference Room (#CG-222), off main lobby (entrance off pedestrian bridge)
OR smaller Conference Room 2 (located around corner from Main Conf Rm)

Course Information: Via Sakai at: <https://www.unc.edu/sakai/> (to login, use your UNC ONYEN)
to get an ONYEN, use your Personal ID (PID) - <http://www.pid.unc.edu/>

Web Site: <http://www.med.unc.edu/phyrehab/pim> (Program on Integrative Medicine)

PRINCIPLES AND PRACTICES OF ALTERNATIVE AND COMPLEMENTARY MEDICINE COURSE SYLLABUS

Suggested Text and Other Selected Readings:

- *Micozzi, M (ed.) FUNDAMENTALS OF COMPLEMENTARY AND ALTERNATIVE MEDICINE with forewords by C. Everett Koop, Aviad Haramati, and George Lundbert, 5th ed; 2015. Elsevier Publishers.*
- *Selected Readings on SAKAI.*

Class 1: Monday, August 29, 2016	Instructors
6:00-7:00 Intro CAM/IM/ Overview	Susan Gaylord, PhD – Associate Professor, PM&R
7:00 - 8:00 Psychobiol Mindful/Somatic Practice	Ralph LaForge MS, Duke Lipid Clinic & Disease Mgmt Div. of Endocrinology, Duke Univ Medical Center
8:10-8:50 Demonstration/Intro. To Tai Chi/Qigong	Jay Dunbar, Magic Tortoise School

Objectives:

- Describe Use of CAM in U.S./Range of CAM therapies/Why people use CAM
- Describe the range of mind-body practices;
- Describe the psychobiological therapeutic mechanisms of mindful and somatic practices;
- Describe role of qigong in mind-body medicine

Readings:

- MICOZZI: Chapters on overview of CAM and mind-body medicine (1 & 3; 9 & 10)

Monday, September 5, 2016 NO CLASS - LABOR DAY HOLIDAY

Class 2: Monday, September 12, 2016	Instructors
6:30-7:20 Mindfulness: Current Research	S. Gaylord, PhD, faculty, UNC PIM
7:30-8:30 Mindfulness: Intro. to Practice	Jeff Brantley, MD – Duke Mindfulness Program
Clinical Applications of Mindfulness Cheryl Giscombe, PhD & Jonny Gerkin, MD	

Objectives:

- Describe mindfulness and its uses in health and wellness
- Describe research on efficacy and mechanisms of mindfulness;
- Describe research on mindful self-compassion training
- Describe basic instructions on mindfulness.

Readings:

- MICOZZI: Chapter sections describing mindfulness (chapters 9 & 10)

Class 3: Monday, September 19, 2016	Instructors
6:00-7:15 Hypnotherapy	Holly Forester Miller, PhD, Wellness Consultants, Durham
7:20-8:30 Neurofeedback/Biofeedback	Dan Chartier, PhD, Life Quality Resources, Raleigh

Objectives:

- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: hypnotherapy;
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: bio/neurofeedback.

Readings:

- MICOZZI : Chapters on hypnosis and biofeedback (chapter 10)
- SAKAI: Readings

Class 4: Monday, September 26, 2016	Instructors
6:00-7:15 Massage Research	Kristen Jerger, MD
Massage & Other Bodywork	John McKelvey/Dir, Body Therapy Inst, Silk Hope, NC
7:30-8:40 Chiropractic Medicine	Nicholas Wise, DC, Univ. Wise UNC post-doc, private practice

Objectives:

- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: bodywork/massage;
- Describe the psychological therapeutic mechanisms of massage and other bodywork therapies;

Readings:

- MICOZZI Chapters on bodywork (chapters 16 & 17)
- SAKAI: Readings

Objectives:

- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: Chiropractic
- Describe the research on efficacy of low-level laser therapy.

Readings:

- MICOZZI: Chapter on chiropractic (chapter 18)
- SAKAI: Readings on low-level laser therapy

SUNDAY, October 2 (MIDNIGHT): FIRST “TAKE-HOME” TEST DUE – Covering classes 1-4

Class 5: Monday, October 3, 2016	Instructors
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6:00-7:30 Traditional Oriental Medicine	Fang Cai, MAOM, Lac, Dipl OM, Oriental Health Solutions, Durham
7:15-8:45 Aromatherapy/Essential Oils	Cynthia Loving, MT., Loving Scents, Greensboro, NC

Objectives:

- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: Traditional Chinese Medicine
- Discuss the cultural context, philosophy and techniques of Aromatherapy.

Readings:

- MICOZZI : Chapters on TCM and Aromatherapy ()
- SAKAI: Readings

- Chopra A, Doiphode V. Ayurvedic medicine. Core concept, therapeutic principles, and current relevance. Med Clin North Am. 2002 Jan;86(1):75-89.
- Herron R, Fagan J. Lipophil-mediated reduction of toxicants in humans: an evaluation of an Ayurvedic detoxification procedure. Alternative Therapies in Health & Medicine, Sep/Oct 2002; 8(5):40-52.

Class 6: Monday, October 10, 2016	CLINICAL WEEK /SITE VISIT	Instructor
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6:00-7:00 Herbal Medicine – SITE VISIT

Suki Roth, Herb Haven Mebane, NC

Objectives: Objectives:

- Describe the history, research, and evidence of efficacy of herbal therapeutics;
- Discuss resources available to judge herbal product quality;
- Discuss the training and certification of practitioners of herbal medicine;
- Discuss approaches to healing used by herbal medicine practitioners;
- Describe the preparation of herbal products;
- Describe five popular herbs and their clinical applications

Readings:

- MICOZZI : Chapters with sections on herbal medicine
- SAKAI: Readings

Class 7: Monday, October 17, 2016 (fall break for med. Students only)	Instructor
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6:00-7:15 pm Music Therapy

Dorothy Berger, PhD, musician/music therapist

Objectives:

- Describe the foundations and healing methodologies of music therapy
- Describe the mechanisms of action of music therapy;
- Discuss the uses and evidence of efficacy of music therapy

SUNDAY EVENING, OCTOBER 23, COMMUNITY EXPERIENCE – REPORTS DUE

Class 8: Monday, October 24, 2016	Instructor /Clinical Week
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6:00-7:00 Naturopathic Medicine

Susan DeLaney, Wellness Alliance, Carrboro, NC

7:10-8:30 Alternative Dietary Therapies

Beth MacIntosh, UNC Program on Integrative Med.

Objectives:

- Describe the range of nutritional approaches to disease management and their mechanisms and evidence of efficacy;
- Describe the foundations and healing methodologies of naturopathic medicine.
- Describe the mechanisms of action of essential oils;
- Discuss the evidence of efficacy of aromatherapy treatment

Readings:

- MICOZZI Chapters on naturopathy and aromatherapy/essential oils (chapters 22 & 23; chapter 25)
- SAKAI: Readings

SUNDAY, OCTOBER 306 (MIDNIGHT): SECOND “TAKE-HOME” TEST DUE – Covering classes 5-8

Class 9: Monday, October 31, 2016**Instructor**

Homeopathic Medicine: Theory
and Practice
Homeopathic Research

Julie Insley TRS/CTRS, RSHom(NA), CCH, Durham NC
Manfred Mueller DHom, Asheville area
Both Insley & Mueller are Homeopathic physicians

Objectives:

- ☉ List the basic tenets of homeopathy;
- ☉ Describe the approach to the patient in homeopathy;
- ☉ Describe the preparation of a homeopathic remedy;
- ☉ Discuss the training and certification of practitioners of homeopathy;
- ☉ Discuss the evidence of efficacy of homeopathic treatment.

Readings:

- MICOZZI : Chapter on homeopathy (chapter 14)
- SAKAI: Readings

Class 10: Monday, November 7, 2016**Instructor**

6:00-8:00 Functional Medicine

Joanne Pizzino MD, Private Practice, Raleigh NC

Objectives:

- ☉ List the basic tenets of functional medicine and its approaches to treatment of various illnesses;
- ☉ Describe the theoretical basis, techniques and therapeutic applications of functional medicine.

Readings:

- SAKAI: Readings

Class 11: Monday, November 14, 2016**Instructor**

6:00-8:30 6:00 -7:10 Functional Neurology

Sam Yanuck, DC, Private Practice, Chapel Hill, NC

Objectives:

- ☉ List the basic tenets of functional neurology and its approaches to treatment of various illnesses;
- ☉ Describe the theoretical basis, techniques and therapeutic applications of functional neurology.

Readings:

- SAKAI: Readings

Class 12: Monday, November 21, 2016**Instructors**

7:30 –8:45 pm Shamanism/Shamanic Healing

Mara Bishop MS, CSC, Shamanic Practice Intuitive

Objectives:**Objectives:**

- Describe the philosophy, theoretical basis, techniques, uses & cultural view of shamanism

Readings:

- MICOZZI: Section Six (skim)
- SAKAI:
 - Harner S, Tryon W. Therapeutic effects of shamanism. *Shamanism* 1996;9(1):27-28. Foundation for Shamanic Studies.
 - Walsh RN. Why shamanism and why now? In: *The Spirit of Shamanism* 1990;3-17, Los Angeles, Jeremy P. Tarcher Inc., publisher.
 - Saunders C. Soul retrieval: an interview with Sandra Ingerman. *Body, Mind and Spirit* 1994;Jan/Feb, 36-40, Providence RI:Island Publishers.
 - Nicholson, S. (compiler). Ancient wisdom in shamanic cultures. An interview with Michael Harner conducted by Gary Doore. In: *Shamanism*. The Theosophical Publishing House, 1987. pp. 3-16.

SUNDAY EVENING, NOVEMBER 22, PATIENT/PRACTITIONER INTERVIEWS – REPORTS DUE

Class 13: Monday, November 28, 2016 Instructor

6:00 -7:00	Study/Science of Distance Healing, Noetic Science	GINETTE NACHMAN MD PhD, Durham/Chapel Hill NC
7:15-8:15	Intuitive Diagnosis/Medicine	JEANNIE NEWMAN, private practice

Objectives:

- ☉ Discuss the philosophical and theoretical basis for healing at a distance;
- ☉ Describe the evidence of efficacy of spiritual healing;
- ☉ Describe the approach to the patient in intuitive diagnosis and healing.

Readings:

- MICOZZI: Chapter 10 (sections)
- SAKAI:
 - Horrigan B. Thomas Rau, MD: Biological Medicine and the Dynamics of Regulation. *Alternative Therapies*, July/Aug 2002; 8(4):83-89.

SUNDAY, NOVEMBER 29 (MIDNIGHT), THIRD “TAKE-HOME” EXAM DUE – covering classes 9-12

Class 14: Monday, December 5, 2016 FINAL CLASS

6:00-7:30	Future of Integrative Medicine – Speakers TBA
7:30-8:30 pm	Panel Discussion with CAM and Integrative-Medicine Practitioners (Pizzino, Delaney, Wise)

Objectives:

- ☉ Describe how CAM therapies can be integrated into a hospital or other health care setting and discuss the future of IM.

Readings:

- MICOZZI: Chapter 3
- SAKAI: Readings

FINAL –1-page reflection/commentary on INTEGRATIVE HEALTH CARE – DUE THURS, DEC.8, MIDNIGHT