

PRINCIPLES AND PRACTICES OF ALTERNATIVE AND COMPLEMENTARY MEDICINE

PMED 250, HBHE 960, NURS 703i

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Purpose of Course: This course is designed to introduce **medical students, other health professions students, faculty, health practitioners, and researchers** 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 one or more of a wide range of complementary, alternative or unconventional healing therapies, often in addition to seeking advice from physicians. Increasingly, research is showing efficacy for many of these therapies. 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.

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: Student evaluation with possible total of 100 points is based on

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| 1) Class attendance/participation (12 classes x 5 points each) | 60 points – sign in each week |
| 2) Transcript of CAM practitioner interview plus brief reflection | 20 points – due November 2 |
| 3) Transcript of your experience with a CAM modality plus reflection | 10 points – due November 23 |
| 4) Final short-answer take-home exam | <u>10 points - due Dec. 7</u> |
| Total points = | 100 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 , 2009: August 31 – December 7, **Monday** evenings, 6:00 - 8:45 pm
NO CLASS ON SEPTEMBER 7 (Labor Day), OCTOBER 5 or 12.

Location: UNC Cancer Hospital, Main Conference Room (#CG-222), off main lobby (entrance off pedestrian bridge)

Course Information: Via Blackboard at: <http://blackboard.unc.edu> (to login, use your UNC ONYEN) to get an ONYEN, use your PID, or Personal ID No. - <http://www.pid.unc.edu/>)

Web Site: <http://pim.med.unc.edu/>

Office Hours: Usually Tuesdays, 12-2 p.m. or by appointment

PRINCIPLES AND PRACTICES OF ALTERNATIVE AND COMPLEMENTARY MEDICINE COURSE SYLLABUS

Suggested Text and Other Selected Readings:

- Ernst E, Pittler M H, Wider B. (eds) *THE DESKTOP GUIDE TO COMPLEMENTARY AND ALTERNATIVE MEDICINE. An Evidence-based approach. 2nd edition. Philadelphia: Elsevier/Mosby; 2006.*
- Gaylord S, Norton S, Curtis P. (eds) *THE CONVERGENCE OF COMPLEMENTARY, ALTERNATIVE, AND CONVENTIONAL HEALTH CARE: EDUCATIONAL RESOURCES FOR HEALTH PROFESSIONALS. UNC-CH, Program on Integrative Medicine; 2004.*
- *Selected Readings on Blackboard.*

Class I:	Monday, August 31, 2009	Instructors
6:00-6:30	Overview of Course	<i>Susan Gaylord PhD – Assistant Professor, Dept. of Physical Medicine/Rehabilitation</i>
6:30-7:30	Psychobiology of Mindful and Somatic Practice	<i>Ralph La Forge MS – Duke Lipid Clinic & Disease Mgmt, Div. of Endocrinology, Duke Univ Med Center</i>
7:30-8:30	Mindfulness	<i>Ron Vereen, MD, Private Practice; Instructor, Duke IM</i>

Objectives:

- ☉ Describe the demography of CAM use in the U.S.
- ☉ Describe the range of mind-body practices;
- ☉ Describe the psychobiological therapeutic mechanisms of mindful and somatic practices;
- ☉ Describe mindfulness and its uses in health and wellness

Suggested Reading:

- Gaylord and Mann: Understanding the Convergence of CAM Care in the U.S. (PIM Series available on PIM website at <http://pim.med.unc.edu/Monographs.html>)
- Curtis and Gaylord: Concepts of Healing and Models of Care (PIM Series)
- Curtis P. Evidence-Based Medicine and Complementary and Alternative Therapies. (PIM Series)
- TEXTBOOK (Ernst) “Meditation” (pp. 336-339)

Monday, September 7 2009:

NO CLASS - LABOR DAY HOLIDAY

Class II:	Monday, September 14, 2009	Instructors
6:30-7:45	Massage & Other Bodywork Therapies	<i>Rick Rosen, Founder/Co-Dir, Body Therapy Institute, Silk Hope, NC</i>
8:00-8:30	Tai Chi & Qigong	<i>Jay Dunbar PhD, Dir - Magic Tortoise Taijiquan School</i>

NOTE: CLASS BEGINS AT 6:30, 30 MINUTES LATER THAN USUAL

Objectives:

- ☉ Describe the psychobiological therapeutic mechanisms of massage and other bodywork therapies;
- ☉ Describe the philosophy, theoretical basis, and techniques of bodywork therapies;
- ☉ Discuss the training and certification of practitioners of massage therapy;
- ☉ Describe the philosophy, theoretical basis and techniques of tai chi;
- ☉ Discuss the uses of each therapy and evidence of efficacy.

Required readings:

- TEXTBOOK (Ernst): “Massage Therapy” (pp. 332-336).
- TEXTBOOK (Ernst): “Tai Chi” (pp. 352-355)

Class III: Monday, September 21, 2009	Instructors
6:00-7:15 Nutritional Medicine	<i>Christopher Ramsden MD – CAM Research Fellow</i>
7:30-8:30 Ayurvedic Medicine	<i>Lynnea Villanova MD – private practice</i>

Objectives:

- ☉ Describe the basic principles of nutritional healing for cancer.
- ☉ Describe the interactions of nutritional supplements with conventional cancer treatment;
- ☉ Describe the role of nutritional supplements in treating disease

Required Reading:

Engebretson, J: Energy-based modalities. *Nurs Clin N Am* 2007; 42:243-259.

Suggested Reading:

- Ramsden, Christopher E: *Nutrition by the numbers*. 2007.
- 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 IV: Monday, September 28, 2009	Instructors
6:00-7:00 Hypnotherapy	<i>Olafur S.Palsson, PsyD, Assoc. Prof. GI/Hepat</i>
7:00-8:15 Neurofeedback	<i>Dan Chartier, PhD – Life Quality Resources, Raleigh</i>
8:15-8:45 Communication, Biofeedback, HeartMath	<i>Doug Mann, MD, Professor-Neurolog & PIM Clinical Serv Dir</i>

Objectives:

- ☉ Describe the philosophy, theoretical basis, techniques, uses & evidence re: hypnotherapy;
- ☉ Discuss the training and certification of practitioners of hypnotherapy;
- ☉ Describe the philosophy, theoretical basis and techniques of neurofeedback and biofeedback;
- ☉ Discuss the uses of each therapy and evidence of efficacy.

Required readings:

- TEXTBOOK (Ernst): “Hypnotherapy” (pp.329-332); “Tai Chi” (pp. 352-355)
- TEXTBOOK (Ernst): “Biofeedback” (pp. 308-311)

Suggested reading:

- Zahourek R. Utilizing Ericksonian Hypnosis in Psychiatric-Mental Health Nursing Practice. *Perspectives in Psychiatric Care*. 38(1). Jan-Mar 2002.
- TEXTBOOK (Ernst): “Autogenic Training” (pp. 303-306)

Monday, October 5, 2009:	NO CLASS	(Community Week/Fall Break)
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Monday, October 12, 2009:	NO CLASS	(University Fall Break)
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Class V:	Mon., October 19, 2009	Instructor
6:00-8:30	Herbals in Health & Healing	<i>Lori Fendell PA, Lac, Private Practice, Durham NC (tenta)</i>
7:15-8:15	Herbal Medicine: Safety, Efficacy & Effectiveness	<i>Gary Asher MD, CAM Research Fellow, PIM</i>

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;
- ☉ Define and discuss probiotics

Required readings:

- TEXTBOOK (Ernst): “Herbalism” (pp. 319-325);

Suggested readings:

- TEXTBOOK (Ernst): Specific Herb & Nonherbal therapies (pp. 363 - 492)
- TEXTBOOK (Ernst): “Bach Flower Remedies” (pp. 306-311)

Class VI:	Mon., October 26, 2009	Instructor
6:00-7:00	A Glance at a Part of Traditional Asian Medicine with a Clinical Case	<i>Jongbae Park PhD, Asst Prof, Dept of Physical Med/Rehab</i>
7:00-8:30	Acupuncture & Traditional Chinese Medicine	<i>Paul Thananopavarn MD, Asst Prof, Dept of Physical Med/Rehab</i>

Objectives:

- ☉ Describe the philosophy, theoretical basis, and techniques of Traditional Chinese Medicine;
- ☉ Discuss the training and certification of practitioners of Traditional Chinese Medicine;
- ☉ Discuss the evidence of therapeutic efficacy of acupuncture for pain management;
- ☉ Compare Western and traditional approaches to use of acupuncture;
- ☉ Describe the training opportunities in acupuncture available for physicians.

Required readings:

- TEXTBOOK (Ernst): “Acupuncture” (pp. 292-297);

Suggested readings:

- Helms, J. An overview of medical acupuncture. *Alternative Therapies in Health & Medicine*, May 1998;4(3):35-46.

Class VII.	Mon., November 2, 2009	Instructor
6:00-7:00	Introduction to Osteopathic Medicine	<i>Tom Motyka DO - Private Practice, Chapel Hill NC</i>
7:10-8:15	Chiropractic & Functional Neurology	<i>Sam Yanuck DC - Private Practice, Chapel Hill NC</i>
PRACTITIONER INTERVIEWS- REPORTS DUE		

Objectives:

- ☉ Describe the history of manual therapies;
- ☉ Describe the philosophy, theoretical basis, and techniques of osteopathy;
- ☉ Discuss the training and certification of practitioners of osteopathy;
- ☉ Discuss the uses of osteopathy and evidence of efficacy;
- ☉ Describe the philosophy, theoretical basis, and techniques of chiropractic;
- ☉ Discuss the training and certification of practitioners of chiropractic;
- ☉ Discuss the uses of chiropractic and evidence of efficacy;
- ☉ Describe the theoretical basis, techniques and therapeutic applications of functional neurology.
- ☉ Describe the philosophy, theoretical basis, and technique of craniosacral therapy;
- ☉ Discuss the training and certification of practitioners of craniosacral therapy;
- ☉ Discuss the uses of craniosacral therapy and evidence of efficacy.

Required readings:

- TEXTBOOK (Ernst): "Osteopathic Medicine" (pp. 341-343);
- TEXTBOOK (Ernst): "Chiropractic" (pp. 313-317);
- TEXTBOOK (Ernst): "Craniosacral Therapy" (pp. 317-319);
- Giles L, Muller R. Chronic spinal pain – a randomized clinical trial comparing medication, acupuncture, and spinal manipulation. *Spine* 2003;28:1490-1503.

Suggested readings:

Hurwitz E., et. al., A randomized trial of chiropractic manipulation and mobilization for patients with neck pain: clinical outcomes from the UCLA neck-pain study. *Am J Public Health.* 2002;92:1634-1641.

Class VIII.	Mon., November 9, 2009	Instructor
6:00-7:00	Aromatherapy/Essential Oils	<i>Cynthia Loving, LovingScents, Greensboro NC</i>
7:00-8:30	Stress Management and Guided Relaxation with Touch Therapy	<i>Jon Seskevich RN, BS BA, CHTP, Nurse Clinician for Stress & Pain Management, Duke University Health System</i>

Objectives:

- ☉ Describe the mechanisms of action of essential oils;
- ☉ Discuss the evidence of efficacy of aromatherapy treatment

Required reading:

- ☉ TEXTBOOK (Ernst): "Aromatherapy" (pp. 300-303).

Class IX:	Mon., November 16, 2009	Instructor
6:00-6:45	Homeopathic Medicine – Theory & Research	<i>Julie Insley TRS/CTRS, RSHom(NA), CCH Homeopath, Private Practice, Durham NC</i>
6:50-8:30	Patient Panel/Case Presentations	<i>Manfred Mueller DHom, Private Prac., Asheville (TBD)</i>

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.

Required reading:

- TEXTBOOK (Ernst): "Homeopathy" (pp. 326--329);

Class X:	Mon., November 23, 2009	Instructors
6:00-7:00	American Indian Medicine & Health Practice	<i>J.T. Garrett EdD, MPH, Director, Cartaret County Health Dept</i>
7:15-8:15	Study/Science of Distance Healing Noetic Science	<i>Ginette Nachman MD PhD (tentative)</i>
PERSONAL EXPERIENCE WITH CAM MODALITY – REPORT DUE		

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.

Required readings:

- TEXTBOOK (Ernst): “Spiritual Healing” (pp. 350-352);

Suggested reading:

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

Class XI.	Mon., November 30, 2009	Instructor
6:00-8:30	Research Challenges and Accomplishments	<i>T32 Research Fellows (to be announced)</i>

Objectives:

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Required readings:

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Suggested reading:

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Class XII:	Mon., December 7, 2009	Instructor
FINAL EXAM DUE		
6:00-7:00	Challenges & Triumphs in Integrative Clinical Practice	<i>Holly Hough PhD Comprehensive Cancer Clinic, UNC Remy Coeytaux MD PhD (tentative)</i>

Objectives:

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Required Reading:

Mann, Gaylord, & Norton “Integrating CAM Therapies w/ Conventional Care. PIM Series.

Other Recommended References: (Available at UNC’s Health Affairs Bookstore or Health Sciences Library).

- *COMPLEMENTARY AND ALTERNATIVE THERAPIES* edited by Donald W. Novey MD, Mosby, Inc. 2000
- *ESSENTIALS OF COMPLEMENTARY AND ALTERNATIVE MEDICINE*, edited by Wayne B. Jonas MD and Jeffrey S. Levin PhD, MPH, Lippincott Williams & Wilkins, Baltimore. 1999.
- *INTEGRATIVE MEDICINE: PRINCIPLES FOR PRACTICE* edited by Benjamin Kligler, Roberta A. Lee, McGraw-Hill Companies, Inc., New York, NY. 2004 (936 pages).
- *COMPLEMENTARY AND ALTERNATIVE MEDICINE: AN EVIDENCE-BASED APPROACH* edited by John W. Spencer and Joseph J. Jacobs, Mosby Inc., St. Louis MO. 1999 (442 pages).
- ☉ *CLINICAL RESEARCH IN COMPLEMENTARY THERAPIES*, edited by George Lewith, Wayne Jonas, and Harald Walach. New York: Churchill Livingstone, 2002.