PRINCIPLES AND PRACTICES OF
ALTERNATIVE AND COMPLEMENTARY MEDICINE
PMED 250, HBHE 960, NURS 703i

Faculty Director: Susan Gaylord, PhD (gaylords@med.unc.edu) 966-8586
Faculty Co-Director: Doug Mann, MD (mannj@neurology.unc.edu) 966-8975
Course Coordinator: Becky Coble (rcoble@med.unc.edu) 966-8586

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
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 10 points - due Dec. 7
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:**

- *Selected Readings on Blackboard.*

**Class I:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Instructors</th>
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<tbody>
<tr>
<td>6:00-6:30</td>
<td>Overview of Course</td>
<td>Susan Gaylord PhD – Assistant Professor, Dept. of Physical Medicine/Rehabilitation</td>
</tr>
<tr>
<td>6:30-7:30</td>
<td>Psychobiology of Mindful and Somatic Practice</td>
<td>Ralph La Forge MS – Duke Lipid Clinic &amp; Disease Mgmt, Div. of Endocrinology, Duke Univ Med Center</td>
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<tr>
<td>7:30-8:30</td>
<td>Mindfulness</td>
<td>Ron Vereen, MD, Private Practice; Instructor, Duke IM</td>
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**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:**

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Instructors</th>
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<tbody>
<tr>
<td>6:30-7:45</td>
<td>Massage &amp; Other Bodywork Therapies</td>
<td>Rick Rosen, Founder/Co-Dir, Body Therapy Institute, Silk Hope, NC</td>
</tr>
<tr>
<td>8:00-8:30</td>
<td>Tai Chi &amp; Qigong</td>
<td>Jay Dunbar PhD, Dir - Magic Tortoise Taijiquan School</td>
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**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Instructors</th>
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</thead>
<tbody>
<tr>
<td>6:00-7:15</td>
<td>Nutritional Medicine</td>
<td>Christopher Ramsden MD – CAM Research Fellow</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>Ayurvedic Medicine</td>
<td>Lynnea Villanova MD – private practice</td>
</tr>
</tbody>
</table>

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:

Suggested Reading:
- Ramsden, Christopher E: *Nutrition by the numbers*. 2007.

Class IV: Monday, September 28, 2009

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<tr>
<th>Time</th>
<th>Course</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:00</td>
<td>Hypnotherapy</td>
<td>Olafur S.Palsson, PsyD, Assoc. Prof. GI/Hepat</td>
</tr>
<tr>
<td>7:00-8:15</td>
<td>Neurofeedback</td>
<td>Dan Chartier, PhD – Life Quality Resources, Raleigh</td>
</tr>
<tr>
<td>8:15-8:45</td>
<td>Communication, Biofeedback, HeartMath</td>
<td>Doug Mann, MD, Professor-Neurolog &amp; PIM Clinical Serv Dir</td>
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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:
- TEXTBOOK (Ernst): “Autogenic Training” (pp. 303-306)

Monday, October 5, 2009: NO CLASS (Community Week/Fall Break )

Monday, October 12, 2009: NO CLASS (University Fall Break)
Class V: Mon., October 19, 2009

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>6:00-8:30</td>
<td>Herbals in Health &amp; Healing</td>
<td>Lori Fendell PA, Lac, Private Practice, Durham NC (tenta)</td>
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<tr>
<td>7:15-8:15</td>
<td>Herbal Medicine: Safety, Efficacy &amp; Effectiveness</td>
<td>Gary Asher MD, CAM Research Fellow, PIM</td>
</tr>
</tbody>
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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

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>6:00-7:00</td>
<td>A Glance at a Part of Traditional Asian Medicine with a Clinical Case</td>
<td>Jongbae Park PhD, Asst Prof, Dept of Physical Med/Rehab</td>
</tr>
<tr>
<td>7:00-8:30</td>
<td>Acupuncture &amp; Traditional Chinese Medicine</td>
<td>Paul Thananopavarn MD, Asst Prof, Dept of Physical Med/Rehab</td>
</tr>
</tbody>
</table>

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:
Class VII. Mon., November 2, 2009

**Instructor**

6:00-7:00  Introduction to Osteopathic Medicine  
Tom Motyka DO - Private Practice, Chapel Hill NC

7:10-8:15  Chiropractic & Functional Neurology  
Sam Yanuck DC - Private Practice, Chapel Hill NC

**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);

**SUGGESTED READINGS**


Class VIII. Mon., November 9, 2009

**Instructor**

6:00-7:00  Aromatherapy/Essential Oils  
Cynthia Loving, LovingScents, Greensboro NC

7:00-8:30  Stress Management and Guided Relaxation with Touch Therapy  
Jon Seskevich RN, BS BA, CHTP, Nurse Clinician for Stress & Pain Management, Duke University Health System

**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  
Julie Insley TRS/CTRS, RSHom(NA), CCH Homeopath, Private Practice, Durham NC

6:50-8:30  Patient Panel/Case Presentations  
Manfred Mueller DHom, Private Prac., Asheville (TBD)

**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);
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:

Objectives:

Required readings:

Suggested reading:

Objectives:

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

Other Recommended References:
- 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.