PRINCIPLES AND PRACTICES OF
ALTERNATIVE AND COMPLEMENTARY MEDICINE
PME 250, NURS 703i, HBEH 960

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Registrars: PMED 250 – Leanne Shook; NURS 703i – Deannie Holt; HBEH 960 - Da’Esha McPhaul

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) 10 points
7) Final 1 page reflection/commentary on IM Health Care 5 points -

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, 2017: August 28 – November 27, Monday evenings, 6:00 - 8:30/8:45 pm

No Class on September 4/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:


- Selected Readings on SAKAI.

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<thead>
<tr>
<th>Class 1: Monday, August 28, 2017</th>
<th>Instructors</th>
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<tr>
<td>6:00-7:00 Intro CAM/IM/ Overview</td>
<td>Susan Gaylord, PhD – Associate Professor, PM&amp;R</td>
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<tr>
<td>7:00 - 7:50 Psychobiol Mindful/Somatic Practice</td>
<td>Ralph LaForge MS, Duke Lipid Clinic &amp; Disease Mgmt</td>
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<tr>
<td>8:00 – 8:45 Feldenkrais</td>
<td>Karen Dold, “Move with Elan”, Chapel Hill, NC</td>
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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 Feldenkrais technique in mind-body medicine

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

Monday, September 4, 2017 NO CLASS - LABOR DAY HOLIDAY

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<tr>
<th>Class 2: Monday, September 11, 2017</th>
<th>Instructors</th>
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<tr>
<td>6:00-6:30 Mindfulness: Current Research</td>
<td>S. Gaylord, PhD, faculty, UNC PIM</td>
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<tr>
<td>6:40-7:25 Mindfulness: Intro. to Practice</td>
<td>Jeff Brantley, MD – Duke Mindfulness Program</td>
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<tr>
<td>7:30 - 8:00 Clinical Applications of Mindfulness</td>
<td>Cheryl Giscombe, PhD</td>
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<tr>
<td>8:00-8:45 Tai Chi/Qigong</td>
<td>Jay Dunbar, Magic Tortoise School</td>
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Objectives:
- Describe mindfulness, adaptations and applications in health/healing, and mechanisms of action
- Learn basic instructions on mindfulness.
- Describe Tai Chi, and applications in health/healing
- Learn basic instructions in Tai Chi

Readings:
- MICOZZI: Chapter sections describing mindfulness and tai chi/qigong (chapters 9 & 10)

Class 3: Monday, September 18, 2017 Instructors
**Principles & Practices of Alternative and Complementary Medicine**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>6:00-7:15</td>
<td>Hypnotherapy</td>
<td>Holly Forester Miller, PhD, Wellness Consultants, Durham</td>
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<tr>
<td>7:20-8:30</td>
<td>Neurofeedback/Biofeedback</td>
<td>Dan Chartier, PhD, Life Quality Resources, Raleigh</td>
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**Objectives:**
- Describe the philosophy, techniques, mechanisms, uses, evidence, & practitioner training & certification re: hypnotherapy;
- Describe the philosophy, techniques, mechanisms, uses, evidence, & practitioner training & certification re: bio/neurofeedback.

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

**Class 4: Monday, September 25, 2017**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>6:00-7:15</td>
<td>Massage Research</td>
<td>Kristin Jerger, MD, LMBT, UNC T32 post-doc fellow</td>
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<td>Massage at UNC Hospitals</td>
<td>Stephanie Nussbaum, LMBT</td>
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<tr>
<td>7:30-8:40</td>
<td>Chiropractic Medicine</td>
<td>Nicholas Wise, DC, UNC post-doc fellow, private practice</td>
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**Objectives:**
- Describe philosophy/techniques, uses, evidence, mechanisms and practitioner training & certification re: bodywork/massage;
- Describe use of massage in an in-patient setting.
- Describe philosophy/techniques, uses, evidence, mechanisms and practitioner training & certification re: chiropractic

**Readings:**
- MICOZZI Chapters on bodywork (chapters 16 & 17)
- SAKAI: Readings
- MICOZZI: Chapter on chiropractic (chapter 18)

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

**Class 5: Monday, October 2, 2017**

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<tr>
<th>Time</th>
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<tr>
<td>6:00-7:00</td>
<td>Herbal medicine research</td>
<td>Kim Faurot, PhD: Gary Asher, MD</td>
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<tr>
<td>7:15-8:45</td>
<td>Aromatherapy/Essential Oils</td>
<td>Cynthia Loving, MT., Loving Scents, Greensboro, NC</td>
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**Objectives:**
- Describe philosophy, techniques, mechanisms, uses, evidence, & practitioner training & certification re: herbal medicine
- Describe history and regulations regarding nutritional supplements
- Discuss the cultural context, philosophy and techniques of Aromatherapy.

**Readings:**
- MICOZZI: Chapters/sections on Herbal Medicine and Aromatherapy
- SAKAI: Additional Readings

**Class 6: Monday, October 9, 2017**

**Objectives:**
- Describe philosophy, techniques, mechanisms, uses, evidence, & practitioner training & certification re: herbal medicine
- Describe history and regulations regarding nutritional supplements
- Discuss the cultural context, philosophy and techniques of Aromatherapy.

**Readings:**
- MICOZZI: Chapters/sections on Herbal Medicine and Aromatherapy
- SAKAI: Additional Readings
Objectives (continuation on herbal medicine from previous week):
- 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

Class 7: Monday, October 17, 2017 (fall break for med. Students only)  Instructor

6:00-7:00 Herbal Medicine – SITE VISIT  Suki Roth, Herb Haven Mebane, NC

6:00-7:30 Naturopathic Medicine  Susan DeLaney, Wellness Alliance, Carrboro, NC
7:10-8:30 Alternative Dietary Therapies  Beth MacIntosh, UNC Program on Integrative Med.

SUNDAY EVENING, OCTOBER 22, COMMUNITY EXPERIENCE – REPORTS DUE

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.

Readings:
- MICOZZI Chapters on naturopathy and nutritional therapies
- SAKAI: Readings

Class 8: Monday, October 23, 2017  Instructor

6:00-7:30 Traditional Oriental Medicine  Fang Cai, MAOM, Lac, Dipl OM, Oriental Health Solutions, Durham
7:40-8:30 Low Level Laser Therapy  Nick Wise, DC

Objectives:
- Describe philosophy/techniques, uses, evidence, mechanisms and practitioner training & certification re: Traditional Chinese Medicine;
- Describe philosophy/techniques, uses, evidence, mechanisms and practitioner training & certification re: LLLaser therapy

Readings:
- MICOZZI Chapters on TCM and Ayurvedic medicine
- SAKAI: Readings

SUNDAY, OCTOBER 29 (MIDNIGHT): SECOND “TAKE-HOME” TEST DUE – Covering classes 5-8

Class 9: Monday, October 30, 2017  Instructor

Homeopathic Medicine: Theory and Practice  Julie Insley TRS/CTRS, RSHom(NA), CCH, Durham NC
Homeopathic Research  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;
Principles & Practices of Alternative and Complementary Medicine

- 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 6, 2017  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 13, 2017  Instructor
6:00-8:30  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 20, 2017  Instructors
6:00-8:40 pm  Rhythm & Rehab  Dorita (Dorothy) S. Berger, PhD, MT·BC, LCAT, Clinical Director
7:30 –8:45 pm  Shamanism/Shamanic Healing  Mara Bishop MS, CSC, Shamanic Practice Intuitive

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

Readings:
- MICOZZI: Section Six (skim)
- SAKAI:
Principles & Practices of Alternative and Complementary Medicine


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

Class 13: Monday, November 27, 2017

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:

SUNDAY, NOVEMBER 26 (MIDNIGHT), THIRD “TAKE-HOME” EXAM DUE – covering classes 9-12

Class 14: Monday, December 4, 2017

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. 7, MIDNIGHT