

# PRINCIPLES AND PRACTICES OF ALTERNATIVE AND COMPLEMENTARY MEDICINE

PMED 250, NURS 703i, HBEH 960

8/15/17

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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) <u>Final 1page reflection/commentary on IM Health Care</u>	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:

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

### Class 1: Monday, August 28, 2017

### Instructors

6:00-7:00 Intro CAM/IM/ Overview

Susan Gaylord, PhD – Associate Professor, PM&R

7:00 - 7:50 Psychobiol Mindful/Somatic Practice  
8:00 – 8:45 Feldenkrais

Ralph LaForge MS, Duke Lipid Clinic & Disease Mgmt  
Div. of Endocrinology, Duke Univ Medical Center  
Karen Dold, “Move with Elan”, Chapel Hill, NC

### 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**

### Class 2: Monday, September 11, 2017

### Instructors

6:00-6:30 Mindfulness: Current Research

S. Gaylord, PhD, faculty, UNC PIM

6:40-7:25 Mindfulness: Intro. to Practice

Jeff Brantley, MD – Duke Mindfulness Program

7:30- 8:00 Clinical Applications of Mindfulness

Cheryl Giscombe, PhD

8:00-8:45 Tai Chi/Qigong

Jay Dunbar, Magic Tortoise School

### 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

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, 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****Instructors**

6:00-7:15 Massage Research

Kristin Jerger, MD, LMBT, UNC T32 post-doc fellow

Massage at UNC Hospitals

Stephanie Nussbaum, LMBT

7:30-8:40 Chiropractic Medicine

Nicholas Wise, DC, UNC post-doc fellow, private practice

**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****Instructors**

6:00-7:00 Herbal medicine research

Kim Faurot, PhD; Gary Asher, MD

7:15-8:45 Aromatherapy/Essential Oils

Cynthia Loving, MT., Loving Scents, Greensboro, NC

**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
  - 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 9, 2017 CLINICAL WEEK /SITE VISIT****Instructor**

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6:00-7:00 Herbal Medicine – SITE VISIT

Suki Roth, Herb Haven Mebane, NC

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**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-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  
Manfred Mueller DHom, Asheville area

Homeopathic Research

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

<b>Class 10:</b>	<b>Monday, November 6, 2017</b>	<b>Instructor</b>
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6:00-8:00 Functional Medicine	Joanne Pizzino MD, Private Practice, Raleigh NC
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**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

<b>Class 11:</b>	<b>Monday, November 13, 2017</b>	<b>Instructor</b>
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6:00-8:30/6:00 -7:10 Functional Neurology	Sam Yanuck, DC, Private Practice, Chapel Hill, NC
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**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

<b>Class 12:</b>	<b>Monday, November 20, 2017</b>	<b>Instructors</b>
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6:00-8:40 pm Rhythm & Rehab LCAT, Clinical Director	Dorita (Dorothy) S. Berger, PhD, MT-BC,
7:30 –8:45 pm Shamanism/Shamanic Healing	Mara Bishop MS, CSC, Shamanic Practice Intuitive

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**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 27, 2017 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 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**