

The University of Western Ontario  
School of Health Studies

Health Sciences: Integrative Health  
HS302A

Sept-Dec 2018

Instructor: Dr. Tara Mantler  
Email: tara.mantler@uwo.ca  
Office Hours: Wednesday 1:30-3:30 (appointment required)  
Office Number: HSB 332  
Date/Time: Wednesday 2:30-3:30 and Friday 12:30-3:30  
Location: TBD

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

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Course Information

Integrative Health examines a variety of areas and issues concerning the broad field of integrative health. From an evidence-based perspective, the course explores integrative health domains and assesses the quantitative and qualitative evidence about these various forms of "alternative" health including, but not limited to Oriental medicine, mind-body interventions, manual therapies, and herbal/pharmacological approaches to integrative health and lifestyle decisions.

Learning Objectives

On completion of this course, students will be able to:

- Define and describe various alternative/integrative treatments
- Critically appraise the evidence supporting alternative/integrative treatments
- Understand the relationship between various alternative/interactive treatments
- Examine how alternative/integrative treatments fit into the Canadian context

Method of Instruction

There is substantial evidence indicating passive learning is not the best approach for retention at the University level. To that end, students will work in assigned learning teams to teach topics to their peers during class time. To supplement this learning, some didactic and case-based teachings will also

be included. Additionally, this class will use learning activities to enhance the course experience. Given the highly interactive nature of this course, students are expected to prepare for each class by reviewing the course content and completing all readings.

Class Schedule (DRAFT)

Class Dates	Content	Assigned Readings
Sept 7	Welcome Nuts and Bolts	Course Outline
Sept 12	Ready, Set, Assemble!	Teamwork Toolbox (all documents)
Sept 14	Exploring Integrative Health:	None.
Sept 19	Tune your Quack-Meter	Assigned Discussion Questions
Sept 21	Exploring Integrative Health: Limits and Controversies	Verhoef, M. J., Mulkins, A., & Boon, H. (2005) Integrative healthcare: how can we determine whether patients benefit?. <i>Journal of Alternative &amp; Complementary Medicine</i> , 11(supplement 1) s-57.
Sept 26	Quiz 1	None.
Sept 28	The Science of Complementary and Alternative Medicine	To be assigned.
Oct 3	Discussion: The Science of Complementary and Alternative Medicine	Assigned Discussion Questions
Oct 5	Midwifery	To be assigned.
Oct 17	Introducing Isaac	To be assigned.

Nov 7	Meet Maddox	None.
Nov 9	Learning Team 4 Learning Team 5	To be assigned.
Nov 14	Quiz 3	None.
Nov 16	Learning Team 6 Learning Team 7	To be assigned
Nov 21	Looking at Lee	None.
Nov 23	Learning Team 8 Learning Team 9	To be assigned.
Nov 28	Consider Carmen	To be assigned.
Nov 30	Learning Team 10	To be assigned.
Dec 5	The Role of Spirituality in Healing	Koenig, H. G. (2015). Religion, spirituality, and health: a review and update. <i>Journal of Clinical Spirituality and Pastoral Care</i> , 3(3), 1926.
Dec 7	Beyond the Paradigm	None.
TBD	Final Exam	

### Textbook & Reading List

There is no required textbook to be purchased for the course as readings will largely focus on scholarly articles and related resources which will be provided.

30%	Quizzes	Professor	Sept 26, Oct 24, Nov 1
30%	Final Exam	Professor	TBD
Team Performance 34%			
4%	Team Participation	Peer evaluation	Due Dec 7 at 4pm
30%	Learning Team Presentation	Professor (70%)/Peer(30%)	Throughout the course based on Learning Team Assignment

Note:

Statement on Use of Electronic Devices

During Exams: **Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, midterms, examinations, or other class evaluations:** cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.



their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca>), or the McIntosh Gallery