



In the name of God the merciful the compassionate

Tarbiat Modares University

School of Medical Sciences (Nursing group)

International students

Course Name: "Complementary medicine, alternative medicine and the role of the nurse

Number of units: 1 theoretical units 0.5 practical units

Prerequisite: Pathophysiology, pharmacology and adult health exam, med-surge

Instructors: Dr. Mitra Khoobi

Lesson description:

In this course, learners should be able based on the knowledge gained, identify the appropriate cases for the use of complementary and alternative medicine in the prevention, care and treatment of diseases and health promotion. Based on the selected model, to acquire skills in how to educate the client and family in acute and chronic disorders, as well as to take care of themselves in various fields.

Major Objectives:

Education of learners with complementary and alternative medicine, its application in maintaining and promoting health, prevention, treatment and rehabilitation of acute and chronic diseases of adults.

Minor Objectives:

At the end of the course, students will be able to:

1. Describe the philosophy and definitions of complementary and alternative medicine.
2. Get acquainted with the history of using complementary and alternative medicine in the treatment of clients.
3. Explain the classification of complementary and alternative medicine.



4. Explain common complementary medicine systems and the role of the nurse in treatment team to provide nursing care.
5. Explain the role of nurse care in various types of Chinese medicine such as acupuncture and homeopathy, etc.
6. Explain the role of nurse care in mental-physical and spiritual therapies such as prayer, hypnosis, meditation, yoga, group therapy, Imagery, colour therapy, art, biofeedback, music, relaxation, psych immunology.
7. Describe the role of nurse care in biology-based therapies such as herbal medicine, nutrition, and aromatherapy.
8. Explain the role of nurse care in physical intervention therapies such as cupping, massage, reflexology, craniosacral, chiropractic, and the Alexander technique.
9. Describe the nurse's caring role in touch therapy, energy therapy, bio electromagnetism, and vibratory medicine.

Teaching method:

This course includes 1 theoretical units that are presented in the form of lectures and discussions by teachers. 0.5 practical units will include 26 hours of internship in the hospital. In this part, the student chooses his internship environment based on the goals set at the beginning of the course.

The student is required to perform the designated learning activities from the stage of assessing and recognizing the problems of clients based on taught goals to care planning and patient education.

Student duties:

Dear students are expected to:

- 1- Have a suitable intellectual foundation to learn the contents of the lesson.
- 2- Using the taught materials in spreading their knowledge through library studies, try to apply the findings of new researches in order to improve the quality of nursing education.
- 3- Use scientific resources and research findings in performing and presenting learning activities.



- 4- Take responsibility for their own learning and follow the educational programs under the supervision of the relevant instructor.
- 5 - Regularly and continuously attend classes and internships and actively participate in scientific discussions.
- 6- Present the designated learning activities on the set dates.
7. In connection with class topics, choose a topic and present it in class. Use the latest published articles in this field to prepare these topics. (At least four related articles that should be attached to the presentation file)

Learning activities:

- 1- Determining the goals: At the beginning of the lesson, the student determines his goals based on his needs, interests, and topics and activities in the teaching program table, and identifies the ways to achieve it and how to evaluate it and reports in writing.
- 2- Clinical work report: The student must be present at the internship place after the start of the class and provide a written report of clinical work based on the objectives of the course. The reports should be organized in a maximum of 2 to 3 pages and should have the date, time, place and purpose of the activities performed, as well as the amount of achievement of the mentioned goal, and at the end, should include conclusions and suggestions to solve possible problems.
- 3- Card summary: Students must read and write at least 4 articles related to the course topics during the semester and present them as a card summary.
- 4- Completing the clinical skills logbook checklist
- 5 - Evaluation of goals: At the end of the semester, students briefly evaluate and report on the achievement of the goals set at the beginning of the semester in 1 to 2 pages.

Evaluation method:

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|-----------------------------|--------------------------------|
| 1 theoretical units | 0.5 practical unit |
| 1- Class participation -20% | 1- Clinical work report 1 -10% |



2- Each card summary and presentation (5%)- 30%

3- Final exam-50%

Total 100%

2- Clinical report 2- 40%

3- Setting goals and evaluation-10%

4- Complete the skills logbook-40%

Total 100%

Theoretical Schedule

<u>No</u>	<u>discussion Topics</u>	<u>Instructor</u>	<u>Each Student presentation</u> <u>should be half an hour</u>
<u>1</u>	Introduction to the lesson plan, history of using complementary and alternative medicine in the treatment of clients	<u>Dr. mitra</u> <u>khoobi</u>	-
<u>2</u>	philosophy and definitions of complementary and alternative medicine, common complementary medicine systems and the role of the nurse in the treatment team by providing special nursing care	<u>Dr. mitra</u> <u>khoobi</u>	-
<u>3</u>	The role of nurse care in mental-physical and spiritual therapies such as prayer, hypnosis, meditation, yoga, group therapy, Imagery, art, biofeedback, music, relaxation, psych immunology	<u>Dr. mitra</u> <u>khoobi</u>	
4	Application of biology-based therapies such as herbal medicine, nutrition, aromatherapy and colour therapy	<u>Dr. mitra</u> <u>khoobi</u>	
	Overview of Acupuncture, Homeopathy - The Caregiver's Role in Touch Therapy, Energy Therapy,	<u>Dr. varaei</u>	



	Overview of Bio electromagnetism and Vibrational Medicine	<u>Dr. varaei</u>	
	the role of nurse care in physical intervention therapies such as cupping, massage, reflexology	<u>Dr. varaei</u>	
	Overview of cranial sacral, chiropractic, and Alexander technique	<u>Dr. varaei</u>	

Reference

1- Scientific journals (articles)

2- Brunner & Suddarth's Textbook of Medical Surgical Nursing, 14th edition, Lippincott, Co. New York, 2018.

3-Neighbors, M. Marek, JF. Green, C.J. Manahan, F.D. (Last edition) "Phipps, Medical-Surgical Nursing" Philadelphia: Mosby

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۲. بهنام، فاضل حمید. هومیوپاتی از درمان تا شفاء، انتشارات تهران. ۱۳۹۰
۳. موسوی، سید محمد. درمان بیماری ها با زالوی ایرانی. انتشارات تهران. ۱۳۹۰
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