Holistic Health: The Art and Science of Caring and Healing
NURS 4323
Summer 2024

Scheduled Class Days and Times: Online

Instructor’s Name: Pamela K. Lake, Ph.D., RN, AHN-BC, Caritas Coach® (Section 060)
Office: Virtual
Telephone: 903-721-1101 (cell)
Email: PLake@uttyler.edu
Office Hours: Virtual Office Hours: Wednesdays: 10:00 am to 1:00 pm CST by appointment for a phone call or video conference. Additional days and times may be arranged upon request. Please email the faculty to make arrangements/obtain a Zoom link.
*Best way to contact me is via Canvas email.

Course Description: This course is designed to introduce the student to holistic philosophy, theory, and practice. Included will be seminar discussions, demonstrations, and experiential sessions on holistic health assessment and alternative treatment modes to promote health and healing in practice and in daily living. Open to all majors. This course is taught in a 7-week semester.

Prerequisites: Enrollment in any UTT classes.
Corequisites: None

Student Learning Outcomes:

Upon successful completion of this course, the student will be able to:

1. Differentiate between the philosophy of holistic health and that of contemporary Western medicine.
2. Examine the knowledge base/theory for understanding the history, current practice, and future of holistic health practice as a complement/supplement to modern technomedicine.
3. Implement strategies for health promotion, healing, and change within self and clients.
4. Propose alternative methods/strategies to promote health and healing.
5. Analyze the relationship of self-care/self-responsibility to the role of the informed consumer.
Required Textbooks and Readings:

Assignments and Weights/Percentage/Point Values
1. Module Assignments & Discussions (4 Modules each 10%) 40%
2. Holistic Practice and Reflective Journals 30%
3. Online Presentation 30%

Grading Scale:
Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based on the following point assignments:

A - 90-100
B - 80-89
C - 70-79
D - 60-69
F - Below 60

Grades will not be rounded when calculating the average (79.5 is not rounded to 80 and 89.5 is not rounded to 90).

Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students’ timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

Academic Integrity: Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (https://www.uttyler.edu/mopp/), will not be tolerated. Consequences may include:
- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

Exam and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.
- These materials may not be distributed without permission.
• Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
• Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.
• Sanctions for uploading or otherwise divulging the contents of these materials can include:
  • a reduced or failing grade on an assignment
  • a reduced or failing grade for the course
  • removal from the Nursing program
  • removal from UT Tyler

Late Policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply.

Repeating a Course: Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

Attendance and Make-up Policy: Attendance/participation is expected. Make-up for exams, quizzes, assignments, and missed clinical time is at the instructor's discretion.

Grade Replacement: Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

Graded Course Requirements Information:

1. Module Assignments & Discussions (4 Modules each 10%): Weekly modules include reading assignments and various activities that include but are not limited to: experiential learning achieved by exploring various holistic modalities available in the community and via online sources; video clips included in each module highlighting
holistic practice; discussions with peers sharing experiences and thoughts; research to find Evidence-Based Practice related to the holistic topic of choice.

2. **Holistic Practice and Reflective Journals**: Weekly practice of one chosen holistic modality (5 hours minimum per week during Modules 2, 3, and 4 to achieve a total of at least 15 hours by the semester end). This modality will be the topic of student research for EBP information to be presented in the Poster Presentation. Weekly reflective journals are the student’s reports of all the activities in the Module. These are expected to be thoughtful and expressive.

3. **Online Presentation**: Poster Presentations will be posted for student viewing as well as for grading by faculty. The design will follow a 1 slide PowerPoint template that is provided.

**Please Note**: Detailed information along with grading rubrics for all assignments will be provided in the Canvas course.

**Important Course Dates**:

- **Classes Begin**: Monday, May 13, 2024
- **Census Date (withdraw without penalty)**: Friday, May 17, 2024
- **Last Date to Withdraw**: Friday, June 14, 2024. *Students, please notify your course faculty and contact your advisor if you plan to withdraw.*
- **End Date**: Saturday, June 29, 2024

**Calendar of Topics, Readings, and Due Dates**:

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Module Self-paced</th>
<th>Topic/Reading</th>
<th>Assignments/Discussions</th>
<th>Due Dates</th>
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</thead>
<tbody>
<tr>
<td>Week 1: 5/13</td>
<td>Module 1</td>
<td>Self-Assessment (Chapter 1)</td>
<td>1. Introduction Video in Discussion</td>
<td>1. Sunday, May 19</td>
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<td>4. Meditation Session Week 1</td>
<td>4. Tues, Wed, or Thurs</td>
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<td>Week 3: 5/27</td>
<td>Module 3</td>
<td>Holistic Theory, Perspective, and Research (Chapter 1, and Chapter 27)</td>
<td>1. Discussion postings - Two Systems of Medicine</td>
<td>All M3 assignments due Sunday, May 26</td>
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<td>2. Begin Research for Final Presentation</td>
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<td>3. Practice: 5 hours (minimum)</td>
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<td>4. Journal 9</td>
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<td>Week 4: 6/3</td>
<td>Module 4</td>
<td>Transpersonal Human Caring and Healing (Chapter 5)</td>
<td>1. Discussion postings - Embodiment and Caring Science</td>
<td>All M4 assignments due Sunday, June 9</td>
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<td>2. Continue Research for Final Presentation</td>
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<td>3. Practice: 5 hours (minimum)</td>
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<td>4. Journal 10</td>
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<td>Week 5: 6/10</td>
<td>Module 5</td>
<td>Self-Development (Chapter 10)</td>
<td>1. Discussion postings - Keirsey Temperament Test</td>
<td>All M5 assignments due Sunday, June 14</td>
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<td>Last day to Withdraw: 6/14</td>
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<td>2. Continue Research for Final Presentation</td>
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<td>Week 6: 6/17</td>
<td>Module 6</td>
<td>Student Poster Presentations on-line (Due in PowerPoint slide)</td>
<td>3. Discussion postings - Presentation Discussions</td>
<td>All M6 assignments due Sunday, June 23</td>
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<td>Week 7: 6/24</td>
<td>Wrap up</td>
<td>No new assignments</td>
<td>4. Journal 14</td>
<td>Close ends Saturday, June 292024</td>
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**NURS 4323 Course Calendar**

**Summer 2024**

4/15/2024
School of Nursing Policies and Additional Information:

https://www.utttyler.edu/nursing/college/student_guide_and_policies.php

Student Resources and University Policies are provided in Canvas.

Added 12/06/2023:

- Technical resources: Laptops/electronic devices are required for testing with ATI. Notebooks and tablets are not compatible with ATI Products.

- Artificial Intelligence in course work: Refer to the UT Website for more details @ https://www.utttyler.edu/digital-learning/ai/