THE UNIVERSITY OF TEXAS AT TYLER
College of Nursing and Health Sciences

NURS 4323/ 5323

Holistic Health:
The Art and Science of Caring and Healing

Summer 2015

Faculty

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**TITLE:** NURS 4323/5323: Holistic Health: The Art and Science of Caring and Healing

**SEMESTER CREDIT HOURS:** Three (3)

**COURSE DESCRIPTION:**
Explores the application of holistic philosophy and theory to practice. Included will be on-line discussion, presentation, demonstration, and experiential sessions on alternative/complementary therapies to promote health and healing; analyses of current and projected trends, theory, research, and practice roles in holistic based care; the role of the informed consumer in health care; and comparative study of traditional and alternative medicine.

**STUDENT LEARNING OUTCOMES:**
Upon Successful completion of the course, students will have demonstrated the ability 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 complement/supplement to modern technology.
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.
6. **Graduate (NURS 5323) students only:** Evaluate research methods/studies of holistic practice and contemporary western medicine.
7. **Graduate (NURS 5323) students only:** Analyze the application of holistic nursing principles to education, research, and healthcare policy.

**TEACHING METHODS**
This course is didactic and experiential and will include such methods as on-line lecture/discussion, demonstration/participation, media illustrations, journaling, holistic health information assignments, student major project presentations, and/or a project paper.

**COURSE EXPECTATIONS**
1. Success in the course is dependent upon the student's class attendance, positive participation in class activities, and interaction with all course faculty and other students.
**Attendance at experiential class day(s) is required.** For an unavoidable absence, faculty must be notified in advance, though any absence can affect course grade. Make-up work will be at faculty discretion.

2. Students are expected to use course resource material, references, and scholarly on-line or other sources to prepare for class discussion and exercises.

3. All assignments are expected to be turned in as assigned unless prior arrangements have been made with faculty.

**GRADING POLICY**
Completion of NURS 4323 / 5323 is based on satisfactory attainment of course criteria.

1. Course grades will be calculated based on the weighted calculation of assignments. The values are:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Module Assignments &amp; Discussions</td>
<td>40%</td>
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<tr>
<td>(4 Modules each 10%)</td>
<td></td>
</tr>
<tr>
<td>Holistic Practice and Weekly Journal</td>
<td>30%</td>
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<tr>
<td>On-line Presentation</td>
<td>30%</td>
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2. Letter grades will be assigned on the following scale. Graduate students are expected to achieve a grade of B or higher to successfully complete the course:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100</td>
</tr>
<tr>
<td>B</td>
<td>80-89</td>
</tr>
<tr>
<td>C</td>
<td>70-79</td>
</tr>
<tr>
<td>D</td>
<td>60-69</td>
</tr>
<tr>
<td>F</td>
<td>&lt; 60</td>
</tr>
</tbody>
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**REQUIRED TEXTS:** None


**COURSE ASSIGNMENTS**

1. **Module Assignments and Discussions:** Respectful and professional participation in on-line discussions as specified in modules and attendance on the experiential learning date is required. Assignments are described on-line in each Holistic Module. (See assignment guidelines for NURS 4323 and NURS 5323 as provided on-line.)

2. **Holistic Practice and Weekly Journal:** Journaling on your chosen personal alternative or complimentary therapy practice is required. (See assignment guidelines for NURS 4323 and NURS 5323 as provided on-line.)
3. **On-line Presentation**: Presentation will consist of a group exploration of a chosen complimentary or alternative therapy. This is expected to be a professional presentation using PowerPoint slides with appropriate resources. (See assignment guidelines for NURS 4323 and NURS 5323 as provided on-line.)

**COURSE CONTENT OUTLINE**

Week 1:
- Introductions on Black Board
- Module 1: Self-Assessment
- Experiential Day on Tyler Campus (see Course Calendar)
- Weekly Journal #1

Week 2:
- Module 2: Overview of Holistic Perspective, Theory, and Research
- Weekly Practice of Chosen Holistic Modality (3 hours per week minimum)
- Weekly Journal #2
- Research for Final Presentation

Week 3:
- Module 3: Caritas Presentation
- Weekly Practice of Chosen Holistic Modality (3 hours per week minimum)
- Weekly Journal #3
- Research for Final Presentation

Week 4:
- Module 4: Reflective Practice
- Weekly Practice of Chosen Holistic Modality (3 hours per week minimum)
- Weekly Journal #4
- Research for Final Presentation

Module 5:
- Student On-line Presentations
- Weekly Practice of Chosen Holistic Modality (3 hours per week minimum)
- Weekly Journal #5

**Important University Policies**

**Students Rights and Responsibilities**: To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:
[http://www.uttoyl.edu/wellness/rightsresponsibilities.php](http://www.uttoyl.edu/wellness/rightsresponsibilities.php)

**Grade Replacement/Forgiveness and Census Date Policies**: 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.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

**State-Mandated Course Drop Policy:** Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

**Disability Services:** In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located
in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

Social Security and FERPA Statement: It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Last Day to Drop Any or All Classes
Courses may be dropped online through MyUTTyler until 4 p.m. on the last day of online (early) registration. After that time, all drops and/or withdrawals must be completed through the Registrar’s Office, either in person, by fax or by mail. Faxed or mailed drop/withdrawal requests must include the students name, student ID number, course(s) to be dropped, date, student’s signature, contact phone number and copy of a photo ID (driver’s license, student ID, etc.). Requests should be mailed to UT Tyler Registrar’s Office, 3900 University Blvd, Tyler, TX 75799 or faxed to (903)565-5705. Students are advised to meet with their instructor(s) and/or academic advisor prior to dropping any classes. Dropping or withdrawing from classes may affect financial aid eligibility, veteran’s benefits, athletic eligibility, or international student status. Students should consult with those departments prior to dropping or withdrawing.

Getting Started: Please print out a copy of this syllabus and course calendar. Refer back to the information contained therein anytime you have a question regarding the basic course information.