

Complementary and Alternative Medicine

Health Sciences 140

Section: E100

Term: 2009 Spring

Instructor: Instructor: Dr. Gerald Thomas

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Discussion Topics: COURSE DESCRIPTION

The overall objectives of this course are to provide students with a theory driven and evidence-based examination of integrative, complementary and alternative approaches to health and assist them in enhancing and critically evaluating their own personal perspective on the role of CAM therapies and medicines in population health. A second major purpose for this course is to help students develop their abilities to think critically, write effectively and vocalize their ideas clearly. As such, this course necessarily involves requirements and assignments to develop and enhance these important skills.

EXPECTED OUTCOMES

By the end of the semester you should be able to: describe the major differences between mainstream, complementary, alternative and integrative approaches to health care; describe trends in the use of CAM therapies in Canada and elsewhere; discuss the most common rationales/ motivations for patients' use of CAM therapies; understand basic clinical research methods, the state of the science and the role of evidence-based medicine in evaluating CAM therapies and medicines; describe the philosophies, theoretical basis and techniques of various CAM therapies; discuss the uses of different CAM therapies and the evidence for their efficacy; describe strategies and approaches for integrating CAM therapies into conventional medicine; discuss several major substantive issues and controversies involving CAM (e.g., licensing and regulation, liability, informed consent, medical marijuana, etc.); logically defend, in written and oral forms, their own informed position on CAM by grounding their arguments in theory and evidence, while respecting others' differing viewpoints and opinions; honestly consider and evaluate their own personal perspective on CAM and relate this perspective to the political, economic and social realities of modern health care.

Instructional techniques will include comment cards, reading questions, group discussions, guests where possible, and tutorial sessions.

Tutorials will cover in more depth specific CAM models and practices. Assignments, readings and articles will be available from WebCT.

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Grading: Attendance and Participation 10%

Midterm Exams (2) 25% each

Term Paper 20%

Final Exam 20%

Required Texts: REQUIRED TEXTS

Cuellar, N. (ed.) (2006). *Conversations in Complementary and Alternative Medicine: Insights and Perspectives from Leading Practitioners*. Toronto: Jones & Bartlett.

Recommended Texts: RECOMMENDED TEXTS

Several (there will be several optional books; the student will pick one to write a reaction paper about)

Materials/Supplies: None.

Prerequisite/Corequisite: None.

Notes: EXPECTATIONS / IMPORTANT NOTES

The professor may make changes to the syllabus if necessary, within Faculty / University regulations.

This outline is derived from a course outline repository database that was maintained by SFU Student Services and the University's IT Services Department. The database was retired in 2014 and the data migrated to SFU Archives in 2015.