



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

Scheduled Class Days and Times: Online

Instructor's Name: *Pamela K. Lake, Ph.D., RN, AHN-BC, Caritas Coach® (Section 060)*

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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:

Blaszko Helming, M. A., Shields, D. A., Avino, K. M., and Rosa, W. E. (Eds.).(2020). Dossy & Keegan's holistic nursing: A handbook for practice. (8th edition). Sudbury, MA: Jones and Bartlett ISBN: 9781284196528, 1284196526 (*Online access code is NOT required.*)

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:** January 11, 2024
- **Census Date (withdraw without penalty):** January 17, 2024
- **Last Date to Withdraw:** February 14, 2024. Students, please notify your course faculty and contact your advisor.
- **End Date:** March 2, 2024

Calendar of Topics, Readings, and Due Dates:

NURS 4323 Course Calendar
Spring 2024

Weeks	Module Self-paced	Topic/ Reading	Assignments/ Discussions (More info in Module on Canvas)	Due Dates
Canvas Preview Jan 11-13	Module 1	Module 1: Self-Assessment (Chapter 11)	1. Introduction Video in Discussion	1. Sunday, Jan 21
Week 1: 1/14			2. Self-Assessment (HWA)	2. Sunday, Jan 21
Week 2: 1/21			3. Self-Assessment Discussion	3. Sunday, Jan 21
Census Day: 1/17			4. Meditation Session Week 1	4. Tues, Wed, or Thurs
Week 3: 1/28	Module 2	Module 2: Holistic Theory, Perspective, and Research (Chapter 1, and Chapter 27)	1. Community Experience	1. Sunday, Jan 28
			2. Community Experience Discussion	2. Sunday, Jan 28
			3. Journal #1	3. Sunday, Jan 28
Week 4: 2/4	Module 3	Module 3: Transpersonal Human Caring and Healing (Chapter 5)	1. Discussion postings – Two Systems of Medicine	All M2 assignments due Sunday, Feb 4
			2. Begin Research for Final Presentation	
			3. Practice: 5 hours (minimum)	
			4. Journal #2	
Midterm!	Module 4	Module 4: Self-Development (Chapter 10)	1. Discussion postings – Embodiment and Caring Science	All M3 assignments due Sunday, Feb 11
			2. Continue Research for Final Presentation	
			3. Practice: 5 hours (minimum)	
Week 5: 2/11	Module 5	Student Poster Presentations on-line (On 1 Power Point slide)	4. Journal #3	All M4 assignments due Sunday, Feb 18
Last day to Withdraw: 2/14			1. Discussion postings – Keirsey Temperament Test	
			2. Continue Research for Final Presentation	
			3. Practice: 5 hours (minimum)	
Week 6: 2/18			4. Journal #4	All M5 assignments due Sunday, Feb 25
Week 7: 2/25	Wrap up	No new assignments.	1. Poster Presentation (post on both Assignment link and Discussion)	
End of first Elec Session 3/2			2. Repeat Self-Assessment (HWA)	Class ends March 2, 2024
			3. Discussion postings – Presentation Discussions	
			4. Journal #5	
			Course Evaluation due Thursday, February 29	

School of Nursing Policies and Additional Information:

https://www.utt Tyler.edu/nursing/college/student_guide_and_policies.php

Student Resources and University Policies are provided in Canvas.