



Holistic Health: The Art and Science of Caring and Healing
NURS 4323 Section 060
Fall 2021

Scheduled Class Days and Times: Online

Instructor's Name: *Pamela K. Lake, PhD, RN, AHN-BC*

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Office Hours: Virtual Office Hours: Wednesdays: 10:00 am to 1:00 pm CST and available via appointment, email, conference call, and/or Zoom.

***Best way to contact me:** via *Canvas email*

Course Description: This course is designed to introduce the student to holistic philosophy, theory, and practice. Included will be seminar discussion, demonstration, 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.

Prerequisite: Enrollment in any UTT classes.

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 complement/supplement to modern techno-medicine.
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.*)

If you are in a clinical course, all students are required to have an active *InPlace* subscription.

Assignments and Weights/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 upon 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).

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 them 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, clinical time missed is at the discretion of the instructor.






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 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 report 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. 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.

Calendar of Topics, Readings, and Due Dates

Weeks	Module Self-paced	Topic/ Reading	Assignments/ Discussions (More info in Module on Canvas)	Due Dates
Canvas opens August 30, 2021 Week 1: 8/30 Week 2: 9/6	Module 1	Module 1: Self-Assessment (Chapter 11)	1. Introduction Video in Flipgrid 2. Self-Assessment (IHWA) 3. Self-Assessment Discussion 4. <u>Meditation Session Week 1</u> 1. Community Experience 2. Community Experience Discussion 3. Journal #1	1. Sunday Sept. 5 2. Sunday Sept. 5 3. Sunday Sept. 5 4. Tues, Wed, or Thurs 1. Sunday Sept. 12 2. Sunday Sept. 12 3. Sunday Sept. 12

<p>Week 3: 9/13</p>	<p>Module 2</p>	<p>Module 2: Holistic Theory, Perspective, and Research (Chapter 1, and Chapter 27)</p>	<ol style="list-style-type: none"> 1. Discussion postings ~ Holistic Nursing Research ~ Two Systems of Medicine 2. Begin Research for Final Presentation 3. Practice: 5 hours (minimum) 4. Journal #2 	<p>All M2 assignments due Sunday Sept. 19</p> 
<p>Week 4: 9/20</p>	<p>Module 3</p>	<p>Module 3: Transpersonal Human Caring and Healing (Chapter 5)</p>	<ol style="list-style-type: none"> 1. Discussion postings ~ Caritas Exemplars ~ Embodiment and Caring Science 2. Continue Research for Final Presentation 3. Practice: 5 hours (minimum) 4. Journal #3 	<p>All M3 assignments due Sunday Sept. 26</p> 
<p>Week 5: 9/27</p> <p>Last day to Withdraw: 10/1</p>	<p>Module 4</p>	<p>Module 4: Self Development (Chapter 10)</p>	<ol style="list-style-type: none"> 1. Discussion postings ~ Keirsey Temperament Test 2. Continue Research for Final Presentation 3. Practice: 5 hours (minimum) 4. Journal #4 	<p>All M4 assignments due S Sunday Oct. 3</p> 
<p>Week 6: 10/4</p>	<p>Module 5</p>	<p>Student Poster Presentations on-line (on 1 Power Point slide)</p>	<ol style="list-style-type: none"> 1. Poster Presentation (post on both Assignment link and Discussion) 2. Repeat Self-Assessment (IHWAA) 3. Discussion postings ~ Presentation Discussions ~ Looking Forward Discussion 4. Journal #5 	<p>All M5 assignments due Sunday Oct. 10</p> 
<p>Week 7: 10/11</p>	<p>Wrap up</p>	<p>No new assignments.</p>	<p>Course Evaluation due Thursday June 24</p>	<p>Class ends Oct. 16, 2021</p> 

School of Nursing Policies and Additional Information:

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

Student Resources to assist you in this course:

[UT Tyler Student Accessibility and Resource \(SAR\) Office](#) (provides needed accommodations to students with document needs related to access and learning)

[UT Tyler Writing Center](#)

[The Mathematics Learning Center](#)

[UT Tyler PASS Tutoring Center](#)

[UT Tyler Supplemental Instruction](#)

[Upswing \(24/7 online tutoring\) - covers nearly all undergraduate course areas](#)

[Robert Muntz Library \(Links to an external site.\)](#) and [Library Liaison](#)

[Canvas 101](#) (learn to use Canvas, proctoring, Unicheck, and other software)

Digital Support Toolkit (for supported courses only. Students are automatically enrolled in the toolkit for supported courses)

LIB 422 -- Computer Lab where students can take a proctored exam

[The Career Success Center](#)

[UT Tyler Testing Center](#)

[Office of Research & Scholarship Design and Data Analysis Lab](#)

Resources available to UT Tyler Students

[UT Tyler Counseling Center](#) (available to all students)

[TAO Online Support Center](#) (online self-help modules related to mental & emotional health)

[Military and Veterans Success Center](#) (supports for all of our military affiliated students)

[UT Tyler Patriot Food Pantry](#)

[UT Tyler Financial Aid and Scholarships](#)

[UT Tyler Registrar's Office](#)

[Office of International Programs](#)

[Title IX Reporting](#)

[Patriots Engage](#) (available to all students. Get engaged at UT Tyler.)

University Policies and Information

Withdrawing from Class: Students you are allowed to [withdraw](#) (drop) from this course through the University's [Withdrawal Portal](#). Texas law prohibits students 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 other 2-year or 4-year Texas public colleges and universities. Make sure to consider the impact withdrawing from this class has on your academic progress as well as the financial implications. We encourage you to consult your advisor(s) and financial aid for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the [Tuition and Fee Refund Schedule](#). CAUTION #2: All international students must check with the [Office of International Programs](#) before withdrawing. All international students are required to enroll full-time for fall and spring terms.

Final Exam Policy: Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members are required to maintain student final examination papers for a minimum of three months following the examination date.

Incomplete Grade Policy: If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in lieu of a grade only when all of the following conditions are met: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all course work or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor; and (c) the student presents these reasons prior to the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average for a student.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to complete all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has not been assigned within one year, then the Incomplete will be changed to an F, or to NC if the course was originally taken under the CR/NC grading basis.

Grade Appeal Policy: UT Tyler's Grade Appeal policy requires the completion of a Grade Appeal form for this action to take place. The grade appeal begins with the instructor of your course. If you do not agree with the decision of the instructor, you may then move your appeal to the department chair/school director for that course. If you are still dissatisfied with the decision of the chair/director, you may move the appeal to the Dean of the College offering that course who has the final decision. Grade appeals must be initiated within sixty (60) days from the date of receiving the final course grade. The Grade Appeal form is found on the [Registrar's Form Library](#).

Disability/Accessibility Services: The University of Texas at Tyler has a continuing commitment to providing reasonable accommodations for students with documented disabilities. Students with disabilities who may need accommodation(s) in order to fully participate in this class are urged to contact the Student Accessibility and Resources Office (SAR) as soon as possible to explore what arrangements need to be made to ensure access. If you have a disability, you are encouraged to visit

the [SAR Portal \(https://hood.accessiblelearning.com/UTTyler/\)](https://hood.accessiblelearning.com/UTTyler/) and complete the New Student Application. For more information, please visit the [SAR webpage](#) or call 903.566.7079.

Military Affiliated Students: UT Tyler honors the service and sacrifices of our military affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with me if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make me aware of any complications as far in advance as possible. I am willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. Campus resources for military affiliated students are in the [Military and Veterans Success Center \(MVSC\)](#). The MVSC can be reached at MVSC@uttyler.edu, or via phone at 903.565.5972.

Academic Honesty and Academic Misconduct: The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the [Student Conduct and Discipline policy](#) in the Student Manual Of Operating Procedures (Section 8).

FERPA: UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in [University Policy 5.2.3](#). The course instructor will follow all requirements in protecting your confidential information.

COVID Guidance

Information for Classrooms and Laboratories: Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Recording of Class Sessions: Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

Absence for Official University Events or Activities: This course follows the practices related to approved absences as noted by the Student Manual of Operating Procedures ([Sec. 1 -501](#)).

Absence for Religious Holidays: Students who anticipate being absent from class due to a religious holiday are requested to inform the instructor by the second class meeting of the semester.

Campus Carry: We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>.