



MASTER COURSE OUTLINE

A. NURS 2450 Complementary Therapies

B. COURSE DESCRIPTION:

This course uses a spirit of inquiry to examine the history and philosophical approaches to complementary therapies, professional and legal issues. Indications and contraindications for use of complementary therapies, as well as some of the practical techniques of complementary therapies will be explored through human flourishing. This course will include complementary therapies such as massage, aromatherapy, Reiki, meditation, and guided imagery. Prerequisites: NURS 2400 and NURS 2410. Co-requisites: NURS 2420. **(1 Cr – 1 lect, 0 lab)**

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Explore the history and philosophy of complementary therapies within a context of health
- Professional, cultural ethical and legal issues regarding complementary therapies
- Understanding the use of complementary therapies for specific conditions within scope of nursing practice
- Introduction to therapeutic touch, massage, aromatherapy, Reiki, meditation and guided imagery for nurses

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
<u>*Critical Thinking</u>	Students will be able to: Interpret the logical connections among facts, goals, and implicit assumptions relevant to a problem or claim; generate and evaluate implications that follow from them.	The student will successfully: 1. develop an understanding of the history and context of complementary therapies used in health care. 2. examine contradictions and benefits of complementary therapies within the scope of nursing practice.
<u>CS</u>	Provide safe care that is culturally and developmentally appropriate and is centered on building and sustaining positive healthful relationships with individuals, families, groups and communities.	1. review the safe use of complementary therapy in people of all ages throughout nursing practice. 2. examine professional and cultural issues relating to complementary therapies. 3. explain how a patient's cultural and ethnic background influences healthcare choices relate to complementary therapy.
<u>CS</u>	advocate for clients and families in ways that promote their self-determination, integrity, and ongoing growth as human beings.	1. integrate complementary therapies into health promotion activities for the client and family.
<u>CS</u>	make judgments in practice, substantiated with evidence, that integrate nursing science in the provision of safe quality care that promotes the health of clients within a family, group and rural community context.	1. utilize evidence-based practice to guide nursing cares regarding complementary therapy.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodation should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

Special program needs include a calculator, nursing uniform, insignia patch, Riverland name tag, stethoscope, and watch with a second hand. A student enrolled in this course must have current immunizations, CPR certification, passed a background check, and must be able to provide their own transportation to class and clinical locations. The student must also be of good health and able to lift and transfer patients without restriction.

H. COURSE CODING INFORMATION:

Course Code O/Class Maximum 32; Letter Grade

Revision date: 09/17/19; 09/06/22; 02/06/24

AASC Approval date: 10/22/19; 10/18/22; 02/20/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6