

Sample Syllabus for Integrative Health FYE

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Learning Objectives:

1. Students will be able to identify and implement strategies related to self-care to promote health and wellness.
2. Students will be able to recognize and employ effective communication strategies as part of integrated collaborative or interprofessional health care team.
3. Students will be able to describe and discuss ethical issues facing healthcare in the U.S.
4. Students will be able to differentiate between the various concepts of malpractice, error, and harms.
5. Students will be able to perform basic vital sign skills, safety precautions, and healthcare technologies in clinical setting.
6. Students will be able to list inequalities and health disparities in the quality and access of healthcare for racial, ethnic, and economic minorities.
7. Students will be able to describe and integrate research principles into evidence-based clinical practice.
8. Students will be able to identify career or professional opportunities in health and wellness.

Content

1. Integrative Health Prevention
 - Types of prevention (primary, secondary, tertiary)
 - Common diseases and leading causes of death
 - Wellness & health behaviors (including mindfulness)
 - Healthcare providers as role models for wellness & healthy living
2. Professional Standards: Roles & Responsibilities
 - Employment trends & types of professional credentials
 - Interprofessional coordination & teamwork
 - Effective communication: patients/clients & healthcare professionals
 - Ethics: issues and their implications in healthcare (HIPAA & confidentiality)
 - Legal responsibilities: malpractice types; harms & errors - The Institute for healthcare improvement (IHI) module.
3. Technical skills and Safety
 - Basic human anatomy & terminology
 - Basic vital signs & norms
 - Universal precautions
 - Healthcare technologies
4. Healthcare System Basics
 - Insurance/payment types
 - Economics
 - Disparities

- Cultural competence
- Access & inequity
- 5. Evidence-based Practice in Integrative Health
 - Research & how it guides clinical practice
 - Information literacy (pseudoscience)
 - Types of research design
 - Strength of evidence

Learning Activities

1. Wellness assessment & reaction - https://und.edu/health-wellness/_files/docs/wellnessassessmentworksheet.pdf

(Learning Objectives 1 & 2)

Utilizing 2 goals based upon your multi---dimensional wellness score, develop an informational brochure, pamphlet or multimedia presentation describing the interventions you will take to improve your wellness. The purpose of this assignment is to get you to begin to think about your own wellness and to provide your peers with strategies they can implement to live a healthier life.

2. Active Listening activity reaction & application (Learning Objective 2)
3. Current event - ethical case study (Presidential Commission for the Study of Bioethical Issues) (Learning Objectives 3 & 6)
4. Service Learning component (Learning Objectives 5, 6 and 8)
 - Could make the service learning component something related to peer education for the WCU community. Working with student health to do poster presentations or informational sessions for students. Perhaps an issue identified in their multi-dimensional wellness score that they then present to the community (they could work in groups) - Less issues related to student clearances & requirements for entering into a clinical site.
 - Community Volunteers in Medicine as off-campus location.
5. Participate in an interprofessional activity/event presenting the roles and responsibilities of different allied health professionals. (8)

References

1. Interprofessional Education Collaborative (2016). Core competencies for interprofessional collaborative practice: 2016 update. Washington, DC: Interprofessional Education Collaborative.
2. National Health Science Standards (2015). National Consortium for Health Science Education (NCHSE). <http://www.healthscienceconsortium.org/wp-content/uploads/2015/07/NATIONAL-HEALTH-SCIENCE-STANDARDS-May-2015f1-PE2.pdf>

3. Weiss, D.; Tilin, F.; & Morgan M.J. 2018. The Interprofessional Health Care Team- Leadership and Development, 2nd ed. Jones and Bartlett Learning: Burlington, MA. ISBN-13: 9781284112009