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2018

468 Holistic Integrative Therapies for Pain Management

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XAVIER UNIVERSITY
COLLEGE OF SOCIAL SCIENCES, HEALTH, AND EDUCATION
SCHOOL OF NURSING
Fall 2018

- COURSE NUMBER:** Nursing 468
- TITLE:** Holistic Integrative Therapies for Pain Management:
Acupuncture to Zinc: Pain Management
- CREDITS:** 3 undergraduate credit hours
- THEORY/CLOCK HOURS:** 45 HOURS
- PRE-REQUISITES:** NONE, Also open to non-nursing majors
- FACULTY:** Margaret O'Brien King, PhD, RN-BC, AHN-BC, CNL
- OFFICE:** Phone: cell 513 706-5932
E-mail: kingm@xavier.edu
- COURSE TIME:** 4:30-8:30
August 20 – October 22
- COURSE LOCATION:** Cohen 192
- COURSE DESCRIPTION:** This course explores traditional methods of pain management and comfort measures as well as complementary modalities that can be applied to bring about a sense of wellness and calm.
- COURSE OBJECTIVES:**
1. Develop a holistic framework for the assessment and intervention of pain/comfort measures.
 2. Analyze therapeutic pain management/comfort measures for their appropriateness with selected situations.
 3. Relate current research findings applicable to holistic pain/comfort management.
 4. Apply concepts from the physical, psychosocial, spiritual, and nursing domains to a discussion of pain/comfort management techniques.
 5. Demonstrate selected non-invasive pain/comfort management techniques.
- INSTRUCTIONAL MATERIALS:**
Handouts to be distributed in class, e-mail, and Canvas. **Handouts to be read will be identified for each class under specific class dates and topics. These titles will be found in [bold brackets]. You will be expected to have reviewed these materials and bring them to class for discussion and practice.**
- METHOD OF INSTRUCTION:**
Lecture, audiovisuals, presentation of assigned material, classroom activities, group discussion, written assignments, independent reading, guest speakers, experiential assignments with pain management and/or stress reduction techniques, and trip to a specific off campus location and instruction.
- METHOD OF EVALUATION:**
You are expected to complete all of the required activities in a satisfactory manner. Reports and Presentations are due during class time on the designated dates unless previously negotiated. If a report is not submitted during the scheduled class time on the date it is due, **10 points will be subtracted** from the grade which the report would have received.
- REQUIRED ACTIVITIES :**

- I. (25%) Summary of Class topics with Evidenced Based Research**
Prepare a very brief summary of the class topic/topics to be covered marked with an (*). Include a brief discussion about (1) what the therapy is, (2) what it is used for, (3) what the client can expect, and (4) any research supporting its use. Indicate whether or not article/s/ are based on evidence based research. This is to be discussed and shared with each other during the class. Since there are twenty students—we might break into teams for reports.

Due at beginning of each class

II. **(10%) Walk a Labyrinth.**

Reflect on this experience and share your reflection in class.

Due , September 24

III. **(15%) Headache Report**

Interview at least five individuals and find out what treatments they use when they have a headache. (It would be **best** if you include a variety of age groups among the five). Be sure to ask them about folk remedies and who taught them to use a particular treatment. Identify similarities and differences compared with the treatments you use. Ask these same individuals to identify the most effective pain management intervention for them. Did the individual have any problems with taking pain medication, that is, fears, side effects, sedation, etc Include at least **five** questions during the interview. Discuss findings in class. **Due October 15**

IV. **(25%) Personal Experience Practicing a Therapeutic Technique**

Discuss your personal experience while practicing a non-pharmacological pain management/comfort intervention on a peer or any individual. Your discussion should focus on your experience while applying the technique, your feelings and your emotions, as well as the recipient's experience. Discuss how you will incorporate this experience and any other modalities for self care and your patients. Discuss how you would assess degree of discomfort and impact of the modality after treatment. Share experience in class

Due October 22

V. **(25%) Presentation**

Develop a power point or some type of media presentation to instruct, engage your peers, and interest them about a non traditional approach to pain management. (about 15 minutes) Bring a hard copy of the power point to class and distribute your power point via e-mail to your classmates. Sign up for topics will begin the second night of class. The presentation must cover the 6 points listed below. Because of the large size of the class, we will consider the appropriate size of groups to work on this.

Components of presentation:

- a. Background introduction and/or history of modality
- b. What is the therapy used for (heal, improve)?
- c. What happens during the treatment?
- d. Any risks?
- e. What is the training of the practitioner?
- f. What research is available, comments?

Topics:

Native American approaches	
Magnets	
Feldenkrais/Alexander Technique	Hispanic approaches
Herbs	Enneagram
Bach flower	Nia
Cranial-Sacral Therapy	Pet therapy
Therapeutic Riding	

Your topic of interest not identified

Due: October 22

GRADING SCALE:

- A = 92 - 100 %
- B = 82 - 91%
- C = 70 - 81%
- D = 60 - 69%
- F = 59 %

ATTENDANCE POLICY:

Since this class meets only nine times, if you are absent, you will miss a great percentage of class material or not be present to share reports. Thus, if one or more absences occur, passing the course will be an issue of great concern. It may not be possible to pass the course or earn an A depending on the nature or number of absences. All participate in the type of classroom we strive to achieve--a caring, productive community of learners--have something of value to contribute to the education of others. Discovering what that something is becomes part of the excitement and challenge of working together for mutual benefit. Our wisdom is enhanced by the presence and voice of each and every member of the community. Conversely, in anyone's absence, our potential wisdom is diminished.

Should circumstances prevent participation from attending class, it will be the responsibility of the participant to inform me prior to the class meeting. Fulfilling this responsibility -- and courtesy -- is a type of professional behavior we seek to promote, and one the professional world unequivocally expects to occur.

CAVEAT:

The schedule and procedure in this course are subject to change in the event of extenuating circumstances as well as class learning needs and desires.

SUGGESTED RESOURCES:

The following journals often have articles emphasizing pain management techniques.

The American Journal of Hospice and Palliative Care
Cancer: A Cancer Journal for Clinicians
Cancer Nursing
Cancer Practice
Journal of Psychosocial Oncology
Journal of Pain & Symptom Management
Journal of Holistic Nursing
Nursing Clinics of North America
Holistic Nursing
Explore
Alternative Therapies in Health and Medicine

The Xavier University library has hundreds of texts related to traditional pain management techniques as well as complementary methods. There are many videos available as well.

Excellent sources of current research data include:

Agency for Healthcare Research and Quality (clinical practice guidelines and evidence reports) <http://www.ahrq.gov>
US Preventive Services Task Force
<http://www.ahrq.gov/clinic/uspstfix.htm>
National Guidelines Clearinghouse <http://www.guidelines.gov>
CINAHL (Cumulative Index of Nursing and Allied Health Literature)
Cochran Database (source of reliable and up-to-date information on the effect of interventions in health care—evidence based research)
Mayo Clinic web site
NCCIH (National Center for Complementary and Integrative Health)

CLASS TOPICS

1. August 20
Introduction of class members
Overview of course Syllabus
[Walking a Labyrinth]
[Hello I am Pain]
Review: Myths **[Pain questionnaire]**, Assessment **[Pain rating scales]**,
Harmful effects of pain **[Harmful effects of unrelieved pain]**, **[Cutaneous Stimulation]**,
Alternative/complementary/integrative medicine/therapy, **[Bjerklie, Your Mind & Your Body]**, **[Prayer and Article]**, Spiritual Healing
[Feel your Chi]
[Finger Holds]
Laughter **[Peterson, Laughter is good for you]**

Laughter Yoga
Find your Animal Totem
Tai Chi

Mind Control

Meditation

2. August 27

Holistic presence
*Therapeutic presence [**Practicing therapeutic presence**]
*Therapeutic Touch
*Healing Touch
*Human energy work [**Process used in healing touch, chakra
Connection, self chakra connection**]

Chakras
[**Mind Clearing
Chakra Connection
Chakra Spread**

Laser

Ultra sound

Pain Drain]

Meditation

Discuss EBR of all Topics with *

Meditation

SEPTEMBER 1 - LABOR DAY HOLIDAY

3. September 8

On Line work

See Canvas and practice a variety of modalities. Be prepared to discuss your experience with self and others on September 24

4. September 15

4:30-6:00 Body Work with Brian Shircliff, Certified Yoga Master at Vitality. We will hear about “Vitality” 3925 Montgomery Rd. Norwood, OH 45212 and learn about their mission. Directions will be available. We will meet there at 4:30 and return to Cohen at 6.

7:00 to 8:00 Reiki with Sidnie Reed

Sharing of EBR *Reiki

Meditation

5. September 24

*Reflexology and Crystals – Lisa Youngstrom, RN, HN-BC,CCAP/I
Holistic Practitioner, Intuitive, LFEP, CHRP

Discuss EBR

*Massage

[**Hand massage *(M Technique by Jane Buckle)**

Tennis Ball Massage

Neck, Shoulder, and Foot quick massage [**Home massage techniques,**

Immediate help for cutaneous stimulation, Massage Poultices, and Herbs]

Pressure Points

Neck and Shoulder Release

Herbal Remedies

Walk a Labyrinth Report

Meditation

6. October 1 Hypnosis and Post Traumatic Stress Disorder—Army Nurse

6:30-8:30 *Essential Oils -- Flourish speakers—

Meditation

7. October 8 4:30-5:30 *Music Therapy with Elizabeth Harman, MMT, MT-BC

Sharing of EBR *Music Therapy There are several handouts on canvas

Guided Imagery [**Immediate help for Imagery, Countdown to Pain Relief with Simple Visualization**]

*Distraction

*Relaxation

***Biofeedback**

Sharing of EBR

Meditation

8. October 15 6:30 Chiropractic, with Caylin Holmes, D.C. (XU Alum)

Dry Needling, Many approaches to Migraines, Complex lower back pain. She may bring one of her patients as well. I will know more closer to the date.

Headache [**Gorman & Park, the new science of headaches, Options for specific conditions, Carper: side step your Headaches, Immediate help with non prescription medications, Benefits of Minerals & Vitamins, What Every Woman Should Know About Pain, Pain from Inflammation**]

Headache Reports

Sharing of EBR *Chiropractic

Herbal Remedies

Meditation

9. October 22 Share practice of a holistic therapy
Time to complete anything that was not completed
Presentations
Have Fun!!!!