

SUBJECT OUTLINE



Subject Name:

History and Philosophy of Natural Medicine

Subject Code:

NATE121

SECTION 1 – GENERAL INFORMATION

Award/s: Bachelor of Health Science (Acupuncture)

Total course credit points: 128 **Level:** 1st Year

Duration: 1 Semester

Subject Coordinator: Thomas Crooks (Perth campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

5

Delivery Mode:

Face to face

2 hour lecture

1 hour tutorial

E-Learning

Details:

Narrated PowerPoint presentations

Asynchronous tutor-moderated discussion forum and activities

Live interactive webinars

Full Time

Part Time

Pre-requisites: Nil

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides an introduction into the history and philosophy of a diverse range of traditional and other whole medical systems, from around the world. Traditional medicine and other whole medical systems have a rich history and are embedded in philosophical beliefs and practices from early pre-modern human existence to the current day. Students are introduced to the foundational knowledge, skills and judgements necessary to apply basic research / evidence informed practice approaches to a wide variety of medical modalities. The study of health philosophy is fundamental to the student's understanding of the role of the modern complementary medicine practitioner within the wider health care system.

Learning Outcomes

1. Explain the historical contexts and philosophical understandings of health and disease according to different cultural and medical/healing paradigms.
2. Understand the integrational interplay of modern scientific evidence with traditional medical systems to create contemporary holistic practice frameworks.
3. Develop an awareness of the commonalities and differences amongst various traditional/whole medical systems, to inform current professional practice.
4. Identify how changing ideas and perspectives about health and medicine over time relate to the present landscape of natural medicine in Australia and around the world.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
<u>In-class Tutorial Participation/Online Discussion Forums</u> In-class Tutorial participation/ Online Forum posts during selected weeks, minimum of 50 words per post	1-4	1-12	2-6, 8-12	10%
<u>Reflective Journal</u> (500 words in length)	1, 2, 4	1-5	Sunday end of Week 6	25%
<u>Critical Analysis</u> (500 words in length)	1, 2, 4	6-11	Sunday end of Week 9	25%
<u>Critical Essay</u> (1000 words in length)	1-4	1-12	Sunday end of Week 14	40%

Prescribed readings:

1. Di Stefano, V. (2006). *Holism and complementary medicine: Origins and principles*. Crows Nest, NSW: Allen & Unwin. [ebook available]
2. Kayne, S. B. (2010). *Traditional medicine: A global perspective*. London, England: Pharmaceutical Press. [ebook available]
3. Summers, J., & Smith, B. (2014) *Communication skills handbook* (4th ed.). Milton, Qld: Wiley & Sons.

Recommended readings:

1. Bivins, R. (2008). *Alternative medicine? A history*. Oxford, England: Oxford University Press.
2. Grossinger, R. (1995). *Planet medicine: Origins*. Berkeley, CA: North Atlantic Books.
3. Magner, L. N. (2005). *A history of medicine* (2nd ed.). Boca Raton, FL: Taylor and Francis.
4. Porter, R. (2001). *The Cambridge illustrated history of medicine*. Cambridge, England: Cambridge University Press.

Subject Content		
Week	Lecture and discussion	Tutorial
1.	Introduction <ul style="list-style-type: none"> • Subject overview, learning objectives • What is history? • What is philosophy? Definition of CAM • Exploration of key concepts in the history and philosophy of natural medicines • Professionalisation of natural medicine in the 21st century • The role of science and honouring the traditions of healing 	Tutorial Online students only: <ul style="list-style-type: none"> • Complete the Session 1 Study Guide Questions in the LMS, responses to be posted in the Session 1 Discussion Forum (this week is non-assessable) On campus students only: <ul style="list-style-type: none"> • Discuss the Session 1 Study Guide Questions, relating the content covered in the lecture to your own understanding (this week is non-

		assessable)
2. Traditional African Medicine <ul style="list-style-type: none"> History Culture Healing philosophies Healing practices – traditional medicines, herbal medicine, shamanic practices Position of traditional African medicines within the broader healthcare landscape 	Webinar Online students only (non-compulsory): <ul style="list-style-type: none"> Subject orientation Meet your academic(s) Assessment discussion Tutorial Online students only: <ul style="list-style-type: none"> Complete the weekly reading(s) Complete the Session 2 Study Guide Questions in the LMS, responses to be posted in the Session 2 Discussion Forum (this week is assessable) On campus students only: <ul style="list-style-type: none"> Complete the weekly reading(s) Discuss the Session 2 Study Guide Questions in relation to the weekly reading (this is assessable) 	
3. Indigenous Medicine in Australia and the Torres Strait <ul style="list-style-type: none"> History Culture Concept of health Healing philosophies Spirituality – Dreamtime, ancestral relationships Healing practices – Ngangkari, ceremony, singing, dance, dreamtime, plant medicine Position of Indigenous medicines within the Australian healthcare landscape 	Tutorial Online students only: <ul style="list-style-type: none"> Complete the weekly reading and view the videos in the LMS Complete the Session 3 Study Guide Questions in the LMS, responses to be posted in the Session 3 Discussion Forum (this week is assessable) On campus students only: <ul style="list-style-type: none"> Complete the weekly reading(s) and view the videos in class Discuss the Session 3 Study Guide Questions in relation to the weekly reading(s) and videos (this is assessable) 	
4. Traditional Medicine in the Americas: North America <ul style="list-style-type: none"> History Culture Healing Philosophy Spirituality Healing Practices – music, dance, verbal traditions, medicine wheel Central and South America <ul style="list-style-type: none"> History Culture – Maya, Inca, Aztec Healing Philosophy Spirituality Healing Practices – herbalism Position of indigenous American medicines within the broader healthcare landscape 	Tutorial Online students only: <ul style="list-style-type: none"> View the videos in the LMS Complete the Session 4 Study Guide Questions in the LMS, responses to be posted in the Session 4 Discussion Forum (this week is assessable) On campus students only: <ul style="list-style-type: none"> View the video in class Discuss the Session 4 Study Guide Questions in relation to the video (this is assessable) 	
5. Ayurvedic and Tibetan Medicine	Tutorial	

	<ul style="list-style-type: none"> History Culture Healing Philosophy – concept of constitution Spirituality – Hinduism, Tibetan Buddhism Healing practices – doshas/humours, prana, mind and the elements Healing Practices Position of Ayurvedic and Tibetan medicines within the broader healthcare landscape 	<p>Online students only:</p> <ul style="list-style-type: none"> Complete the weekly reading(s) Complete the Session 5 Study Guide Questions in the LMS, responses to be posted in the Session 5 Discussion Forum (this week is assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> Complete the weekly reading(s) Discuss the Session 5 Study Guide Questions in relation to the weekly reading (this is assessable) <p>Weekly revision questions</p>
6.	Chinese and East Asian Medicines <ul style="list-style-type: none"> History Culture Healing Philosophy – Yin and Yang, Qi, Five Phases, Vital Substances Spirituality – Taoism, Chinese and Japanese Buddhism, Shingon/Mikkyo Healing Practices – acupuncture/meridian therapies, Chinese herbal medicine, cupping, gua sha Position of Chinese and East Asian medicines within the broader healthcare landscape 	<p>Tutorial</p> <p>Online students only:</p> <ul style="list-style-type: none"> Complete the Session 6 Study Guide Questions in the LMS, responses to be posted in the Session 6 Discussion Forum (this is assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> Complete the weekly reading(s) Discuss the Session 6 Study Guide Questions in relation to the weekly reading(s) (this is assessable)
7.	Traditional European Medicine <ul style="list-style-type: none"> History Culture Healing Philosophy and Principles Healing Practices 	<p>Tutorial</p> <p>Library Skills – Researching and Referencing with APA; Plagiarism</p> <p>Online students only:</p> <ul style="list-style-type: none"> Interactive webinar conducted by library staff <p>On campus students only:</p> <ul style="list-style-type: none"> Experiential tutorial conducted by library staff
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p>Semester 2 & Online - The break week falls between Weeks 7 and 8.</p>		
8.	Middle Eastern Medicine and Traditional Jewish Medicine <ul style="list-style-type: none"> History Culture Healing Philosophy and Principles Healing Practices – talismans, herbals Unani-Tibb Luminaries – ibn Sina (Avicenna), ibn Zakariya al-Razi (Rhazes) Position of Middle Eastern and traditional Jewish medicines within the broader healthcare landscape 	<p>Tutorial</p> <p>Online students only:</p> <ul style="list-style-type: none"> Complete the weekly reading(s) Complete the Session 8 Study Guide Questions in the LMS, responses to be posted in the Session 8 Discussion Forum (this week is assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> Complete the weekly reading(s) Discuss the Study Guide Questions in relation to the weekly reading (this is assessable)
9.	Homoeopathic Medicine <ul style="list-style-type: none"> History 	<p>Tutorial</p> <p>Online students only:</p>

	<ul style="list-style-type: none"> • Vitalism • Healing Philosophy • Healing Principles – similimum, potentisation/dilution, Herrig’s Rule of Cure • Healing Practices – preparation of remedies • Luminaries - Hahnemann, Kent, • Position of Homoeopathic medicine within the broader healthcare landscape 	<ul style="list-style-type: none"> • Complete the weekly reading(s) • Complete the Session 9 Study Guide Questions in the LMS, responses to be posted in the Session 9 Discussion Forum (this week is assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> • Complete the weekly reading(s) • Discuss the Study Guide Questions in relation to the weekly reading (this is assessable)
10.	<p>Naturopathic Medicine</p> <ul style="list-style-type: none"> • History • Healing Philosophy • Healing Principles – Vitalism, Therapeutic Order • Practices - dietetics and nutrition, herbal medicine, lifestyle counselling, exercise, massage and physical medicine, water cure/hydrotherapy • Luminaries - Benedict Lust, Louisa Lust, Samuel Thomson • Development of Naturopathy in Australia • Position of Naturopathy within the broader healthcare landscape 	<p>Tutorial</p> <p>Online students only:</p> <ul style="list-style-type: none"> • Complete the weekly reading(s) • Complete the Session 10 Study Guide Questions in the LMS, responses to be posted in the Session 10 Discussion Forum (this week is non-assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> • Complete the reading(s) • Discuss the Study Guide Questions in relation to the weekly reading (this is assessable)
11.	<p>Manual Therapies - Soft Tissues Therapies</p> <ul style="list-style-type: none"> • Historical Foundations • European Traditions • Massage (Remedial, Swedish) • Myotherapy <p>Manual Therapies - Osseous therapies</p> <ul style="list-style-type: none"> • Osteopathy • Chiropractic • History • Healing Philosophy – free function of vascular or nervous system • Healing Principles – innate intelligence, Life and Motion • Luminaries - Still, Palmer • Position of manual therapies within the broader healthcare landscape 	<p>Webinar</p> <p>Online students only (non-compulsory):</p> <ul style="list-style-type: none"> • Lecture content discussion • Assessment discussion <p>Tutorial</p> <p>Online students only:</p> <ul style="list-style-type: none"> • Complete the weekly reading(s) • Complete the Session 11 Study Guide Questions in the LMS, responses to be posted in the Session 11 Discussion Forum (this week is assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> • Complete the weekly reading(s) • Discuss the Study Guide Questions in relation to the weekly reading (this is assessable)
12.	<p>Conventional Medicine</p> <ul style="list-style-type: none"> • History and culture – developments since the mid-1900s • Context – understanding recent global reactions to biomedicine and the increasing uptake of natural, sustainable and self-responsible health • Practices – surgery, pharmacy, general practice, specialisation <p>Allied Health</p> <ul style="list-style-type: none"> • History • Context- the interdisciplinary team • Healing Philosophy 	<p>Tutorial</p> <p>Online students only:</p> <ul style="list-style-type: none"> • Complete the weekly reading(s) on Evidence-Based Medicine (EBM) • Complete the Session 12 Study Guide Questions on Evidence-Based Medicine (EBM) in the LMS, responses to be posted in the Session 12 Discussion Forum (this week is assessable) <p>On campus students only:</p> <ul style="list-style-type: none"> • Complete the weekly reading(s) on Evidence-Based Medicine (EBM)

	<ul style="list-style-type: none"> Healing Practices and Disciplines Position of Conventional Medicine and Allied Health within the broader healthcare landscape	<ul style="list-style-type: none"> Discuss the Session 12 Study Guide Questions in relation to the weekly reading on Evidence-Based Medicine (EBM) (this is assessable)
13.	Energy Medicine/Intentional Healing <ul style="list-style-type: none"> Historical Context Healing Philosophy Healing Principles - Intention Healing Practices – biofield therapies, bioelectromagnetic therapies Relationship between ingestive/interventional medicines such as acupuncture, homeopathy, flower essences, herbal medicine <ul style="list-style-type: none"> Position of Energy Medicine within the broader healthcare landscape Looking forward <ul style="list-style-type: none"> Future landscapes in healing and medicine 	Tutorial Online students only: <ul style="list-style-type: none"> Complete the Session 13 Study Guide Questions in the LMS, responses to be posted in the Session 13 Discussion Forum (this week is non-assessable) On campus students only: <ul style="list-style-type: none"> Discuss the Session 13 Study Guide Questions, relating the content covered in the lecture to your own understanding (this week is non-assessable)
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled during this week. Final Assignment (Critical Essay) due 11.55pm AEST Sunday end of Week 14	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled during this week.	
16-17.	Final Exam Weeks 1 & 2 This subject does not have a final exam.	