

## SUBJECT OUTLINE



Subject Name:

### Introduction to Complementary Medicine Clinical Practice

Subject Code:

**HMCL221**

#### SECTION 1 – GENERAL INFORMATION

**Award/s:**

Bachelor of Complementary Medicine

**Total course credit points:**

48

**Level:**

2<sup>nd</sup> Year

**Duration:**

1 Semester

**Subject Coordinator:** Gaby Harris (Melbourne 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:**

e-Learning

2 hour lecture/ clinical observation, 1 hour tutorial

Details: Narrated Powerpoint presentations, Observation of video-recorded consultations, Recorded facilitator discussion of recorded consultations, Tutor moderated discussion forum and activities

Full Time

Part Time

**Pre-requisites:** CMPF121; NATP111; HOMC111; MSTP211; NMDS122

**Co-requisites:** Nil

#### SECTION 2 – ACADEMIC DETAILS

##### Subject Rationale

This subject is a basic introduction to the practice of various complementary medicine modalities, including Nutritional Medicine, Naturopathy, Musculoskeletal Therapy, Acupuncture, and Homeopathy. Students will be introduced to the application of clinical theory and practice through a mixture of lecture, model case workshopping, and clinical observation. Students will gain a basic understanding of the components of various complementary medicine clinical encounters, as well as the methods and decision-making processes used to formulate and carry out treatment strategies and manage patients over a course of treatment.

##### Learning Outcomes

1. Identify the components of a complementary healthcare visit for various modalities and how they contribute to the patient's increasing wellbeing.
2. Identify the structure of a patient interview/intake and the types of information elicited from patients for various modalities.
3. Identify the basic diagnostic processes and frameworks for assessment and treatment planning utilised by various modalities.
4. Compare and contrast the different approaches to clinical practice among various complementary modalities.
5. Illustrate the experience of observing clinical practice for a variety of complementary medicine modalities.

Assessment Tasks				
Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
<b>Mid Semester Exam</b> (multiple choice and short answer questions)	1-3	1-5	6	30%
<b>Case Notes on Model Patient</b> (1000 words)	1-4	1-7	Sunday following Week 8	25%
<b>Reflective Report on Observation of Clinical Practice</b> (1000 words)	1-5	6-13	Sunday following Week 13	30%
<b>Tutorial Participation</b> (weekly forum posts on activities and topics – minimum 150 words)	1-5	1-13	1-13	1% each plus 2% bonus = 15%

**Prescribed readings:**

1. Nil

**Recommended readings:**

1. Gray, A. (2010). *Case taking: Best practice and creating meaning in the consulting room*. New Delhi, India: B Jain Archibel.
2. Sarris, J., & Wardle, J. (2014). *Clinical naturopathy: An evidence-based guide to practice* (2nd ed.). Sydney, NSW: Churchill Livingstone Elsevier. [ebook available]

Subject Content	
Week	
<b>1.</b>	<p><b>Lecture</b></p> <p>Overview of the subject and its structure</p> <p>Introduction to the components and goals of a complementary healthcare visit:</p> <ul style="list-style-type: none"> <li>• Interview/intake; gathering information</li> <li>• Rapport building</li> <li>• Physical examination</li> <li>• Requesting/reviewing diagnostic tests</li> <li>• Assessment and treatment planning</li> <li>• Treatment administration</li> <li>• Empowering, motivating and teaching the patient</li> <li>• Healing presence and creating a healing space</li> <li>• Comparison/contrast of different modalities</li> </ul> <p>Tutorial activity: online discussion of the nature and content of a complementary healthcare visit.</p>
<b>2.</b>	<p><b>Lecture</b></p> <p>Introduction to case management using the SOAP framework:</p> <ul style="list-style-type: none"> <li>• Overview of each component of SOAP</li> <li>• <i>Subjective</i> information: what is considered subjective and what types of subjective information are elicited by each of the various complementary modalities?</li> </ul>

	<ul style="list-style-type: none"> <li>• Presenting/chief complaint, history of present illness/8 attributes, review of systems, personal and family medical history, psychosocial history</li> <li>• TCM interview structure</li> <li>• Constitutional homeopathic intake</li> <li>• Types of questions</li> <li>• Rapport building</li> <li>• Reflective listening</li> <li>• Motivational interviewing</li> <li>• Other forms of subjective information gathering, e.g. diet diaries</li> </ul> <p>Tutorial activity: online discussion of the SOAP components of a consultation with specific focus on subjective information gathering.</p>
<p><b>3.</b></p>	<p><b>Lecture</b></p> <p><i>Objective</i> information gathering:</p> <ul style="list-style-type: none"> <li>• What is considered objective and what types of objective information are elicited by each of the various complementary modalities?</li> <li>• Contrast of Western and Eastern modalities</li> </ul> <p><i>Assessment</i> strategies and methods: how do the various modalities arrive at a final assessment to inform their treatment plan?</p> <ul style="list-style-type: none"> <li>• Western differential diagnosis</li> <li>• Holistic diagnostic perspectives</li> <li>• Special assessment techniques: repertorisation; overview of TCM diagnostics</li> </ul> <p>Tutorial activity: online discussion of objective information gathering and determination of assessment within a complementary medicine consultation.</p>
<p><b>4.</b></p>	<p><b>Lecture</b></p> <p>Treatment <i>Planning</i>:</p> <ul style="list-style-type: none"> <li>• Symptomatic relief vs. cure: the power of complementary medicine</li> <li>• Incorporation of modality-specific philosophy and clinical theory in treatment planning, e.g., the Therapeutic Order of Naturopathic Medicine, the Zang-Fu and Six Excesses of TCM</li> <li>• What a treatment plan consists of in each of the various complementary modalities</li> <li>• Short and long-term treatment planning: continuity of care as a component of complementary healthcare</li> <li>• Evidence-informed practice</li> <li>• The role of patient education and self-responsibility</li> </ul> <p>Tutorial activity: online discussion of treatment planning within a complementary medicine consultation.</p>
<p><b>5.</b></p>	<p><b>Lecture</b></p> <p>Therapeutic Relationship:</p> <ul style="list-style-type: none"> <li>• Healing presence</li> <li>• Placebo effect</li> <li>• Boundaries and ethics</li> <li>• Guiding patient expectations</li> <li>• Patient values</li> <li>• Social and ethnic diversity considerations</li> </ul> <p>Other clinical considerations:</p> <ul style="list-style-type: none"> <li>• Professionalism</li> <li>• Professional responsibility/liability</li> <li>• Time management</li> <li>• Financial considerations</li> <li>• Different clinical approaches: group visits, community acupuncture, etc.</li> </ul>

	Tutorial activity: online discussion of the therapeutic relationship and other clinical considerations in a complementary medicine consultation.
<b>6.</b>	<p><b>Mid Semester exam</b></p> <p><b>Observation</b></p> <p>Observation of experienced Naturopathic Medicine practitioner conducting a model new patient visit and demonstrating treatment planning.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: online discussion of the SOAP components of the observed consultation.</p>
<b>7.</b>	<p><b>Observation</b></p> <p>Observation of experienced Traditional Chinese Medicine practitioner conducting a model follow up patient visit and demonstrating treatment planning, including point selection and location.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: online discussion of the SOAP components of the consultation.</p>
	<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Online students</b> - The break week falls between Weeks 7 and 8.</p>
<b>8.</b>	<p><b>Observation</b></p> <p>Observation of a complete Homeopathic consultation/treatment.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: students discuss their observations and experiences in online forum.</p>
<b>9.</b>	<p><b>Observation</b></p> <p>Observation of a complete Musculoskeletal Therapy consultation and treatment.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: students discuss their observations and experiences in online forum.</p>
<b>10.</b>	<p><b>Observation</b></p> <p>Observation of a complete Acupuncture consultation and treatment.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: students discuss their observations and experiences in online forum.</p>
<b>11.</b>	<p><b>Observation</b></p> <p>Observation of a complete Nutritional Medicine consultation/treatment.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: students discuss their observations and experiences in online forum.</p>
<b>12.</b>	<p><b>Observation</b></p> <p>Observation of a complete Naturopathic consultation/treatment.</p> <p>Facilitator discussion of the consultation.</p> <p>Tutorial activity: students discuss their observations and experiences in online forum.</p>
<b>13.</b>	<p>Review of the semester:</p> <ul style="list-style-type: none"> <li>• Compare and contrast the consultation/treatment processes of the five modalities</li> <li>• Compare and contrast different personal styles of practitioners observed</li> <li>• Compare and contrast Complementary Medicine patient management with conventional/biomedical patient management.</li> </ul> <p>Tutorial activity: students discuss the unique characteristics of the complementary medicine consultations observed, the nature of complementary medicine consultations in general, and how these contribute to the promotion and restoration of wellness in patients.</p>
<b>14-15.</b>	<b>Non-Teaching/Practical Exam Weeks 1 &amp; 2</b> (note that make-up classes may be scheduled in these weeks).
<b>16-17.</b>	<b>Final Exam Weeks 1 &amp; 2</b>
	This subject does not have a final exam.