

Fond du Lac Tribal and Community College
COURSE OUTLINE FORM

Updated 11/25/14

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. Prepared by: _____

2. Date submitted: _____

3. Date approved: 05/14/13 Date revised 02/22/15

4. Department/discipline: Nursing

5. Department(s) endorsement(s): _____
(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Cultural Bridges of Care

Abbreviated course title (25 characters or less): _____

7. Course Designator: NURS 8. Course Level: 1011

9. Number of Credits: Lecture 2 Lab _____

10. Control Number (on site) 40 Control Number (online) _____

11. Catalog/Course description:

This course will introduce and explore the inter-relatedness of complementary/alternative therapies (CAT) and culturally congruent care to holistic nursing practices, both historic and current. It provides an overview of a variety of CAT practices whose use is growing in mainstream populations across the U.S. Students will learn to use evidence-based criteria to examine CAT uses and their effect on physiological, spiritual, and emotional attributes of diverse cultures. Emphasis will be placed on understanding culturally congruent care, the nursing role, patient outcomes, ethics, respect and, how they all intertwine with CAT. Integration of cultural practices and the professional nursing role will be reviewed. A holistic, therapeutic, and authentic nurse-patient relationship will be prominent in all areas of learning.

12. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s):

Co-requisite:

****The course should be offered concurrently with nursing and clinical synthesis so learning will transition more readily through the cognitive, affective, and psychomotor domains.**

13. **Course Materials** (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

Textbook: Complementary & Alternative Therapies in Nursing (3rd ed.)

Videos: TBD

Guest Speakers: TBD

14. Course Content (Provide an outline of major topics covered in course)

- Complementary/Alternative Therapies
 - Historical/current applications to care
 - Origins
 - Purposes and uses
 - Mainstream, traditional, and federally-approved
 - Identification, comparison, and analysis in relation to beliefs, values, and practices
 - Natural products
 - Herbals, vitamins, probiotics, teas, supplements, etc.
 - Mind and body
 - Medication, yoga, acupuncture, music, art, guided imagery, healing rituals (traditional healers), and qi gong (tai chi)
 - Manipulation and body-based
 - Massage, chiropractic, naturopathic, osteopathic, and reflexology
 - Movement therapies
 - Pilates and rolfing
 - Energy fields
 - Magnets, light therapy, and healing touch
- Cultural competence
 - Explore and find meaning in self
 - Synergistic diversity
 - Unique human beings
 - Self-reflection to gain insight
 - Examine personal versus professional beliefs
 - Social meaning in health care environment
 - Acknowledge and incorporate differences and commonalities
 - Union of cultures
 - Optimize outcomes
 - Authentic nurse-patient relationships
 - Promote health and well-being
 - Non-judgmental approaches
 - Compassionate care
 - Socially just care to all patients
 - Professional nursing practice
 - Creative growth
 - Grace and vision
 - Ethical and moral obligations
 - Respectful practice
 - Develop and enhance transcultural self-efficacy

15. Learning Goals, Outcomes, and Assessment

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)

- D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one's own traditions and culture, knowledge of others' traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Upon completion of this course, the student will be able to:

- 1) Discuss historical approaches and constructs of Western medicine versus holistic nursing that embraces other cultures (A)
- 2) Identify current similarities and differences of new science paradigms in relation to culture (A).
- 3) Describe a CAT practice and its cultural origin (B).
- 4) Apply problem-solving and critical thinking skills to ensure therapeutic nurse-patient relationship (C).
- 5) Create a plan of care for a patient that emphasizes CAT choices and how the nursing role will impact patient outcomes (C).
- 6) Evaluate, through collaboration with peers (co-students), incorporation of CAT into professional practice (D).

16. Minnesota Transfer Curriculum (MnTC): If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): _____

Goal and Outcomes: