

GERO 560

Syllabus – Spring 2004

FACULTY:

Instructor: Freddi Segal-Gidan <segalgi@usc.edu>

Teaching Assistant:

Overview

This is a graduate level course that would also be appropriate for upper division students. The course provides an overview of alternative healing practices and complementary medicine approaches being used with increasing frequency by Americans to improve their health and increase their longevity. Alternatives to the conventional medical approach to health and disease have become increasingly popular among consumers in the past several decades. The attraction of such approaches is that many promote wellness and preservation of health while being viewed as potentially less harmful than traditional medicine. In response to consumer demand the medical community has in the past decade begun to scientifically examine some alternative approaches, and in some instances to embrace and incorporate non-traditional therapies. Through lectures and reading material the student will be provided with current topical information and a critical analysis of available knowledge on a wide range of alternative therapies and therapeutic approaches to health and disease.

The first part of the course examines what is meant by the broad terms alternative therapy, integrative medicine and complimentary medicine, why the increasing interest in this aspect of health care has come about and provides an evidence-based approach to reviewing current knowledge and research in this area. The course then explores by topic a number the more common areas of complementary and alternative medicine in today's health care system. For each topic an historical background of the approach is provided, current use is discussed and the scientific evidence supporting or refuting each approach is reviewed. The course concludes with an examination of the incorporation of alternative medical practices into mainstream health care and the public and private policies that have developed that affect this change.

Course Objectives

At the conclusion of this course the student will be able to demonstrate knowledge of:

1. What constitutes alternative medical therapies and integrative and complementary medicine in the United States
2. Indications and contraindications for the common alternative therapies in use

3. Scientific evidence supporting and refuting the efficacy of specific alternative therapies
4. Policies affecting the use of alternative medical therapies
5. How to critically examine current studies and claims about alternative and complementary medicine

Required Text:

Kelner, Wellman, Pescosolido and Saks (eds). *Complementary and Alternative Medicine: Challenge and Change*, Harwood Academic Publishers, Amsterdam., 2000.

Course reader with selected articles

Course Requirements

The grade for the course will be determined by:
10 Cyberclass sessions 10 points each 100 points
12 Weekly Assignments 10 points each 120 points
Mid-Term Examination 130 points
Final Exam/Paper 200 points

Lectures

The lectures for each week will be posted on the web at 12:00 PM (noon) Pacific time. Once a lecture is posted it will remain available for the remainder of the semester.

Cyberclass sessions:

Classroom discussions take place over the course of each week in a chat room designated for the course. Each week there is a question posed related to the topic of the lecture and readings. It is expected that students will sign into the chat room no later than Sunday at 6:00 PM (Pacific time) to participate in the weekly discussion. You are also encouraged to raise questions related to the lecture and readings and to provide additional information from your own experiences or other readings. Students are expected to participate weekly, and to sign in multiple times during the week, but required to participate in at least 10 (out of 13) weekly sessions.

Written assignments:

Each week there is a short written assignment related to the topic of the lecture and readings for that week. These should be no more than two (2) double spaced pages. Assignments should be sent by e-mail as a Word document no later than 9:00 PM (Pacific time) on Wednesday of each week. Assignments sent after this time will be considered late and marked down accordingly. Students are required to complete twelve (12) written assignments, out of 14. This allows students to select two weekly assignments to opt out of, or to drop up to two of the lowest scored/graded

assignments. If you decided to opt out of a weekly assignment please notify the instructor that week.

EXAMINATIONS (130 points)

Examinations provide an opportunity for the student to demonstrate understanding of the course material to date in a written format. The mid-term exam will be an open book, essay format. Questions will be posted on-line at the beginning of the week (Week 8). Students will have the option of selecting a predetermined number of questions to answer from a pool of questions (e.g. 3 of 5, 4 of 7). Grading will be based on the completeness of the answer to each question.. Answers should be written based on the material presented in the course; lecture, readings, discussion. Citations are not necessary, but may be useful in providing documentation of the source of specific points or information.

FINAL PAPER (200 points)

In lieu of a final exam students will submit a research paper (12-20 pages, double spaced) on a topic of their choice related to complementary and alternative medicine. This provides each student the opportunity to explore in depth a defined area of specific interest and to apply the knowledge and critical analysis skills from the course. Each student will select a specific disease entity, condition, symptom, and review at least three (3) current alternative medical approaches to that entity. Or, the student may select a specific CAM therapeutic methodology and research it's use in at least three specific diseases, conditions or symptoms. To focus the paper the student is encouraged to frame their research in the form of a question, such as "What are the most effective alternative therapies in treating ...", or "For what specific conditions is X approach proven most useful?" Research should include current primary sources from both the current bio-medical and social science literature (journals). The scientific evidence should be summarized and critically reviewed, and a conclusion drawn from this.

COURSE SCHEDULE

WEEK 1: History and Development 2004

Jan 15,

Readings:

Kelner, Merrijoy and Beverly Wellman (2000), *Introduction*, in ed.'s Kelner, Wellman, Pescosolido and Saks Complementary and Alternative Medicine: Challenge and Change, Harwood Academic Publishers, Amsterdam.

Goldstein, Michael (2000), *The Culture of Fitness and the Growth of CAM*, in ed.'s Kelner, Wellman, Pescosolido and Saks Complementary and Alternative Medicine: Challenge and Change, Harwood Academic Publishers, Amsterdam.

Bates, Don G. 2000, Why Not Call Modern Medicine "Alternative"? in *Perspectives in Biology and Medicine* 43:4 502-518.

Eisenberg, D. (1998) Trends in alternative medicine use in the United States. JAMA, 280, 1569-75.

Jonas WB. (2000) Alternative medicine - learning from the past, examining the present, advancing to the future (editorial) . JAMA 280(18): 1616-1617.

Cyberclass Assignment None. Introduce yourself to the instructor and the class.

Weekly Assignment: Write a two-page double spaced essay on the meaning of integrated health care. Discuss your understanding of what this concept means and how integrated care specifically affects the care of an older population.

WEEK 2: Developing a Research 22, 2004

Jan

Readings:

Pescosolido, Bernice (2000), *Rethinking Models of Health and Illness Behavior*, in ed.'s Kelner, Wellman, Pescosolido and Saks Complementary and Alternative Medicine: Challenge and Change, Harwood Academic Publishers, Amsterdam.

Schaffner, Kenneth F. (2002). Assessment of Efficacy in Biomedicine: The Turn Toward Methodological Pluralism, in Daniel Callahan (ed) The Role of Complementary and Alternative Medicine. Accommodating Pluralism, Georgetown University Press, Washington, DC.

Workshop on Alternative Medicine (1994). Alternative medicine: Expanding medical horizons: A report to the National Institutes of Health on alternative medical systems and practices in the United States. Washington, DC: US Government Printing Office.

Cyberclass Discussion: How does policy influence the use of alternative and complementary medicine?

Weekly Assignment: Discuss the role the NIH and NCCAM plays in the use of alternative and complementary medical practices in the United States?

WEEK 3: Evidence Based Medicine: Sorting the Fact from Fiction Jan 29, 2004

Readings:

Ernst, Edzard (2000), *Assessing the Evidence Base for CAM*, in ed.'s Kelner, Wellman, Pescosolido and Saks Complementary and Alternative Medicine: Challenge and Change, Harwood Academic Publishers, Amsterdam.

Glik, Deborah (2000), *Incorporating Symbolic, Experiential, and Social Realities into Effectiveness Research on CAM*, in ed.'s Kelner, Wellman, Pescosolido and Saks Complementary and Alternative Medicine: Challenge and Change, Harwood Academic Publishers, Amsterdam

Oxam AD, Sackett DI, Guyatt GH, for the Evidence-Based Medicine Working Group. User's guides to the medical literature: I. How to get started. JAMA 1993;270:2093-5.

Smith, R. What clinical information do doctors need? BMJ 1996; 313:1062-8.

Cyberclass Discussion: Why do you think people fail to question the potential for harm with alternative medical practices?

Weekly Assignment: Briefly discuss your understanding of what an "evidence-based approach" means.

WEEK 4: : MindBody Medicine Comes of Age 2004

Feb 5,

Readings

Astin, J.A and S.L. Shapiro, R.A. Lee, and D.H. Shapiro, Jr. (1999) *The Construct of Control in Mind-Body Medicine: Implications for Health Care*, in *Alternative Therapies in Health and Medicine* 5(2), 42-47.

Allen K and Blascovich J. 1994. Effects of music on cardiovascular reaction among surgeons. JAMA 272(11):882-884.

Dossey L. 1997. The forces of healing: Reflections on energy, consciousness and the beef stroganoff principle. *Alternative Therapies in Health and Med* 3(5):8-14.

Marwick, C. (2000). Music therapists chime in with data on medical results. JAMA 283(6):731-3.

Cyberclass Discussion: What forms of mind-body medicine have you engaged in or do you think you would be willing to utilize?

Weekly Assignment: Briefly discuss the evidence for or against the use of specific mind-body medicine interventions for either heart disease or pain management.

WEEK 5: Dietary Supplements, Phytonutrients, and Hormones Feb. 12, 2004

Readings

Craig WJ. 1997. Phytochemicals: guardians of our health. *Journal of the American Diet Association* 97(10 Suppl2)S:199-204.

Eliason BC, Kruge J, Mard D, et al. 1997. Dietary supplement users. Demographics, produce use and medical system interaction. *Journal of the American Board of Family Practice* 10(4):265-71.

Filmore CM, Bartoli L, Bach R, Park Y. 1999. Nutrition and dietary supplements. *Physical Medicine and Rehabilitation Clinics of North America* 10(3):673-703.

Watkins MI, Cerickson JD, Thun MJ, et al. 2000. Multivitamin use and mortality in a large prospective study. *American Journal of Epidemiology* 152:49-62.

Cole, Thomas and Barbara Thompson (Winter 2001-2002), Introduction, Anti-Aging: Are You For it or Against it?, in ed's Cole and Thompson, *Generations Journal of the American Society on Aging Special Volume Anti-Aging: Are You For it or Against it?*, 6-8.

Haber, Carole (Winter 2001-2002), Anti-Aging: Why Now? A Historical Framework for Understanding the Contemporary Enthusiasm, in ed's Cole and Thompson, *Generations Journal of the American Society on Aging Special Volume Anti-Aging: Are You For it or Against it?*, 9-14.

Cyberclass Discussion: Discuss megavitamin therapy. Do you use it? Would you recommend it?

Weekly Assignment: Discuss how dietary supplements are used and misused by both older consumers and medical practitioners caring for older adults.

WEEK 6: Traditional Chinese Medicine

Feb.19, 2004

Readings:

Pelletier, KR. Chapter 4: Traditional Chinese Medicine: Three Thousand Years of Evolution, pp 116-137

Qi Journal. Traditional Chinese Medicine and FAQs. <http://www.qi-journal.com>

O'Conner, Bonnie (2000), *Conceptions of the Body in Complementary and Alternative Medicine*, in ed.'s Kelner, Wellman, Pescosolido and Saks *Complementary and Alternative Medicine: Challenge and Change*, Harwood Academic Publishers, Amsterdam, 39-60.

Yuan, Robert and L Yuan (2000). Traditional Chinese medicine: an approach to scientific proof and clinical validation. *Pharmacology and Therapeutics* 86:191-198.

Cyberclass Discussion: Contrast the Traditional Chinese Medicine approach with that of traditional Western Medicine.

Weekly Assignment: Discuss how Traditional Chinese Medicine can be utilized with/integrated into traditional Western medicine in caring for older adults.

**WEEK 7: Acupuncture
26, 2004**

Feb.

Readings:

Braverman, Steven E. 1999. Acupuncture education and integration in the physical medicine and rehabilitation residency. *Physical Medicine and Rehabilitation Clinics of North America* 10(3):755-765.

Shlay JC, Chaloner K, Max MB et al. 1998. Acupuncture and amitriptyline for pain due to HIV-related peripheral neuropathy. *JAMA* 280:1590-1595.

Ter Riet G, Kleijnen J, Knipschild P. 1990. Acupuncture and chronic pain: a criteria-based meta analysis. *Journal of Clinical Epidemiology* 43:1191-1199.

Cyberclass Discussion: Would you recommend the use of acupuncture as a therapeutic intervention for an older individual? For what conditions? Why or why not.

Written Assignment: Discuss whether there is/is not any scientific basis to support acupuncture as a therapeutic modality

WEEK 8: MID TERM EXAMINATION

Mar. 4, 2004

**WEEK 9: Herbal Medicines
2004**

March 11,

Readings:

Cupp MJ. (1999) Herbal remedies: adverse effects and drug interactions. *American Family Medicine* 59(5):1239-1245.

Ernst E. (1999) Herbal medications for common ailments in the elderly. *Drugs and Aging* 15(6): 423-8.

O'Hara M, Kiefer, D, Farrell K, Kemper K. (1998) A review of 12 commonly used medicinal herbs. Archives of Family Medicine 7(6):523-6.

Strong B, E Ernst. 2000 Herbal medicines: where is the evidence? British Medical Journal 321:395- ..

Cyberclass Assignment: Discuss the changing role herbal medicine has played historically in medical care and its role in today's health care system both in the United States and elsewhere.

Weekly Assignment: Discuss the benefits and risks associated with the use of herbal remedies, particularly for older adults.

SPRING RECESS 3/18

WEEK 10: Naturopathy 2004

March 25,

Readings:

Pelletier, KR. Chapter 7. Naturopathic Medicine: "Do No Harm" pp 178-197 and Chapter 8. Homeopathy: Like Cures Like, pp. 198-214.

Cyberclass Discussion: There are no articles in the Course Reader this week because none could be found in current bio-medical or social science journals on the topic of naturopathy. Why do you think this is so?

WEEK 11: Homeopathy 2004

April 1,

Readings:

Borre, Kristen S and Wilson, James L. 1998. Paradigms and Politics: Redux of Homeopathy in American Medicine in (eds) Gordon, Nienstedt, and Gesler, Alternative Therapies. Expanding Options in Health Care, Springer Publishing, New York, pp 67-84.

Eskinazi, D. 1999. Homeopathy Re-visited. Is Homeopathy compatible with biomedical observation? Archives of Internal Medicine 159:1981-1987.

Glisson, J. Crawford R, Street S. 1999. Review, critique and guidelines for the use of herbs and homeopathy. Nurse Practitioner 24(4):44-46,60-67.

Linde K, Clausius N. Ramirez G, et al. 1997. Are the clinical effects of homeopathy placebo effect? A meta analysis of placebo-controlled trials. Lancet 350(9):825-29.

Cyberclass Discussion: Would you recommend the use of homeopathy to an older person (your parent/grandparent) with the flu (influenza). Why or why not?

Weekly Assignment: Briefly outline the similarities and differences between homeopathy and naturopathy.

**WEEK 12: Chiropractic
2004**

April 8,

Readings:

Assendelft WJ, Bouter LM, Knipschild PG. 1996. Complication of spinal manipulation: A comprehensive review of the literature. *J Fam Pract* 42:475-80.

Brindle, M. and E. Goodrick, 2001. Revisiting maverick medical sects: The role of identity in comparing homeopaths and chiropractors. *Journal of Social History* 34(3):69-589.

Meade TW, Dyer S, Browne W, Frank AD. 1995. Randomized comparison of chiropractic and hospital outpatient management for low back pain: results from extended followup. *British Medical Journal* 311:349-351.

Cyberclass Discussion: What are the potential benefits and risks of chiropractic care for older Americans?

Weekly Assignment: Discuss the role of chiropractic care in the current US health care system

**WEEK 13: Ayurvedic Medicine
2004**

April 15,

Readings:

Alexander CN, et al. 1989. Transcendental meditation, mindfulness, and longevity: An experimental study with the elderly. *Journal of Personality and Social Psychology* 57:950-64.

Alter, Joseph, 1999, Heaps of Health, Metaphysical Fitness: Ayurveda and the Ontology of Good Health in *Medical Anthropology in Current Anthropology*, v. 40, S43-S66.

Fields JZ, Walton KG, Schneider RH, et al. 2002. Effect of a multimodality natural medicine program on carotid atherosclerosis in older subjects: a pilot trial of Maharish Vedic Medicine. *Am J Cardiol* 89(8):952-8.

Wallace RK. 1970. Physiological effects of transcendental medication. *Science* 161: 1751-54.

Cyberclass discussion: Do you think that Ayurvedic medicine offers some useful approaches for the elderly? Why or why not?

Weekly Assignment: Discuss the similarities and differences between Ayurvedic medicine and traditional Chinese medicine.

WEEK 14: Spirituality and Healing

April 22, 2004

Readings:

Ai, AL, Peterson C, Bolling SF, Koenig H. 2002. Private prayer, and optimism in middle-aged and older patients awaiting cardiac surgery. *The Gerontologist* 42:70-81

Astrow AB, Puchalski CM, Sulmasy DP (2001). Religion, spirituality and health care: social, ethical and practical considerations. *American Journal of Medicine* 110:283-287.

Larson, David B and Larson, Susan S. 2002. Spirituality in Clinical Care: A Brief Review of Patient Desire, Physician Response and Research Opportunities, in Daniel Callahan (ed), The Role of Complementary and Alternative Medicine. Accommodating Pluralism, Georgetown University Press, Washington, DC, pp 84-106.

Neeley, G. Steven. Legal and Ethical Dilemmas Surrounding Prayer as a Method of Alternative Healing in Children.

Cyberclass Assignment: Do you believe in the "power of prayer?" Is this a part of your formal religious belief, or separate?

Weekly Assignment: How can religion and spirituality be used to enhance health and quality of life for older adults?

WEEK 15: CAM, Managed Care, and Health Insurance

April 29, 2004

Readings:

Saks, Mike (2000), *Professionalization, Politics and CAM*, in ed.'s Kelner, Wellman, Pescosolido and Saks Complementary and Alternative Medicine: Challenge and Change, Harwood Academic Publishers, Amsterdam.

Astin JA, Pelletier KR, Maria A, Haskell WL. 2000. Complementary and alternative medicine use among elderly persons: one-year analysis of a Blue Shield Medicare supplement. *Journals of Gerontology Series A – Biological Sciences & Medical Sciences*. 55(1)M4-9.

Pelletier, K. and JA Astin. (200) Integration and reimbursement of complimentary and alternative medicine by managed care and insurance providers: 2000 update and cohort analysis. *Alternative Therapies* 8(1):38-48.

Studdert DM et al. (1998). Medical malpractice implications of alternative medicine. *JAMA* 280(18)1610-1615.

Sturn, R and Unutzer, J. 2000. State legislation and the use of complementary and alternative medicine. *Inquiry* 37:423-429.

Wolsko, PM, Eisenberg, D M. Davis, R B, Ettner, SL, Phillips, RS. (2002) Insurance Coverage, Medical Conditions, and Visits to Alternative Medicine Providers: Results of a National Survey. *Archives of Internal Medicine* 162(3): 281-287

Cyberclass Assignment: As the primary source of funding for health care for older Americans do you think that Medicare should/should not reimburse for CAM and why/why not?

Weekly Assignment: Discuss the coverage your health plan offers for CAM practices.

FINAL PAPER DUE: FRIDAY, MAY 7, 2004