

## Curricular Affairs Committee of the Faculty Senate

### MEMO

**To:** The UVM Faculty Senate  
**From:** Curricular Affairs Committee of the Faculty Senate, Laura Almstead, Chair  
**Date:** November 4, 2017  
**Re:** Approval of proposals for a new Undergraduate Certificate in Integrative Health Care submitted by the College of Nursing and Health Sciences, and a new Continuing and Distance Education Certificate in Integrative Healthcare submitted by Continuing and Distance Education

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At its meeting on November 4, 2017, the Curricular Affairs Committee approved the actions recommended in the following memo.

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The Curricular Affairs Committee approved proposals for a new Undergraduate Certificate in Integrative Health Care submitted by the College of Nursing and Health Sciences (CNHS), Department of Rehabilitation and Movement Science, and a new Continuing and Distance Education (CDE) Certificate in Integrative Healthcare from CDE. For both certificates, Karen Westervelt will serve as the Educational Director, and Cara Feldman-Hunt as the Administrative director. The two certificates are identical in their rationales, pedagogical goals, and curricula. They differ only in the sponsoring unit, advising, and the students eligible for enrollment. Matriculated UVM students would enroll in the Undergraduate Certificate in Integrative Healthcare; non-UVM students would enroll in the CDE Certificate in Integrative Healthcare. If approved by the Faculty Senate and Board of Trustees, the programs will be offered beginning fall 2018.

#### ***Program Description and Rationale***

The proposed certificates in Integrative Health Care seek to inform undergraduate students about the methods, evidence base, and philosophical underpinnings of integrative health and medicine. Students in the minor will learn about the use of integrative health and medicine in health promotion and disease prevention, and how it can address the important aims of enhancing the patient experience, improving population health, reducing costs, and improving health care workforce burnout and dissatisfaction. The primary goals of the certificates are to 1) educate students about this model of health care, help them become better health care professionals, 2) enable them to identify what further training they may need to become health care providers who can be responsive to patient choices and needs, balancing traditional methods of care and those that are considered complementary approaches, and 3) enable students to experience a variety of alternative and complementary health care modalities and to personally experience how this could be integrated into a health and wellness plan.

A consumer-led movement for greater access to natural medicine and complementary and alternative health care approaches (e.g., acupuncture and oriental medicine, therapeutic massage, etc.) gained

significant attention from mainstream medicine following the publication of David Eisenberg’s research on “*Unconventional medicine in the United States. Prevalence, costs, and patterns of use*” in The New England Journal of Medicine ([Eisenberg et al., 1993](#)). The NIH National Center for Complementary and Integrative Health (NCCIH) was formed in 1998 to serve as the federal government’s lead agency for scientific research on complementary and integrative health approaches recognizing the importance of understanding and investigating integrative health. The NCCIH 2016 strategic plan (<https://nccih.nih.gov/about/strategic-plans/2016>) calls for increased knowledge to advance our understanding of integrative health care. The proposed certificates were developed in response to this increased interest and call for advancement of understanding.

Integrative medicine and health is a vital and growing field and through the inter-professional collaboration of the University of Vermont Medical Center, the Larner College of Medicine, and CNHS. Over the past year and a half, representatives of CNHS, the Larner College of Medicine, and the UVM Medical Center have met to design a comprehensive program in the field of integrative medicine and health. This effort will have curricular, clinical, research and outreach components. The proposed certificates would be part of the curricular offerings that can reach students and health professionals that have interest in integrative health and/or are seeking to complement their credentials.

***Relationship to Existing Programs***

The proposers indicate that there are no other certificates offered at UVM that are similar in content or have an overlap in focus. Diet, exercise, and access to a healthy environment, including but not limited to healthy food, air and water, are essential to human health and well-being. This means that a number of departments across the university offer courses that will be appropriate electives for students enrolled in the Integrative Healthcare Certificates. The Behavioral Change Health Studies Minor in the Larner College of Medicine is the most similar program. While the courses in the Behavioral Change Health Studies Minor are complementary to the proposed certificates, they are not redundant. The Integrative Healthcare certificates’ focus is to prepare future health care professionals for an understanding of complementary practices in health care, while the focus of the Behavior Change Health Studies Minor is the neuroscience of behavior change. Dr. Jim Hudziak, Director of the Behavior Change Minor, provided a memo of support for the proposed certificates in Integrative Healthcare, and indicates negligible overlap.

***Curriculum***

Completion of the proposed certificates requires 15 credit hours (9 required credits and 6 experiential learning elective credits). Students may take no more than three one-credit courses to assure that a broad general knowledge of Integrated Healthcare is achieved.

Required Courses

<b>Number</b>	<b>Name</b>	<b>Credits</b>
HLTH 101	Introduction to Integrative Health	3
HLTH 102	Science & Evidence in Complementary and Alternative Therapies	3
ENVS/HLTH 107	Human Health & the Environment	3

Electives (6 credits from at least two of the BOLD areas)

Number	Name	Credits
<b>MINDFULNESS</b>		
CSD 287	Mindfulness & Helping Skills	3
HLTH 137	Mindful Eating	3
<b>BEHAVIOR CHANGE</b>		
COMU 001	Healthy Brains, Healthy Bodies	
COMU 022	The Science of Happiness	
<b>IHC TRAVEL COURSES</b>		
HLTH 106	Bali: Consciousness, Culture, and Communication	3
HLTH 145	Women's Health & Spirituality	3
HLTH 195	Mongolia: Traditional Mongolian Medicine and Cultural Immersion	2
HLTH 295	Cuba: CAM Therapies in Cuban Health Care	3
RMS 296	Exploring Therapeutic Effects of Icelandic Thermal Springs	3
<b>YOGA</b>		
PEAC 052	Yoga and Mindfulness	1
PEAC 103	Yoga and Ayurveda	1
PEAC 109	Yoga Asana & Philosophy	1
PEAC 115	Yoga and the Chakras	1
<b>ENERGY THERAPIES</b>		
HLTH 109	Energy Medicine	3
HLTH 141	Healing Touch Level I	1
HLTH 142	Healing Touch Level II	1
HLTH 143	Healing Touch Level III	1
HLTH 144	Healing Touch Level IV	3
HLTH 146	Healing Touch Level V <sup>1</sup>	3
HLTH 160	Meridians, Systems & Organs	3
<b>INTEGRATIVE NUTRITION &amp; HERBALISM</b>		
ENVS 195	Plant Based Healing Medicine	3
ENVS 195	Therapeutic Herbalism	3
HLTH 195	Integrative Nutrition	3

The Undergraduate Certificate in Integrative Healthcare will have a pre-requisite of Sophomore standing. Individual courses may also have pre-requisites.

***Admission Requirements and Advising***

Matriculated UVM students in good academic standing will be eligible to enroll in the Undergraduate Certificate in Integrative Healthcare. Students will be required to submit a written statement of interest. The CNHS Office of Student Services advise and support student knowledge of the undergraduate certificate. Like all UVM students, students enrolled in the certificate will be advised by their primary

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<sup>1</sup> Lower level named Healing Touch courses serve as pre-requisites for higher courses.

academic advisor. The Integrative Healthcare Educational Director will assist UVM undergraduates with curricular decisions specifically related to the certificate program.

Individuals that meet the requirements for CDE programs will be eligible to enroll in the CDE Certificate in Integrative Healthcare. Students will be required to submit a written statement of interest. CDE will advise and support student knowledge of the CDE certificate. CDE students will be advised by CDE advisors who will work with the Integrative Healthcare Educational Director to assist with curricular decisions related to the certificate program.

### ***Anticipated Enrollment and Impact on Current Programs***

The proposers indicate that they expect a cohort of approximately 15 students per year, and do not anticipate impact on existing programs.

### ***Assessment Plan***

Current CNHS program evaluation tools (see below) would be implemented to assess the new minor. Individual courses will be additionally evaluated through student evaluations, peer evaluations and Integrative Health Education Committee discussion. Department and CNHS evaluation tools include:

- › Course and instructor evaluations
- › Advising surveys
- › Student exit surveys
- › Survey of graduates
- › Survey of community service-learning partners
- › Survey of employers
- › Research papers, publications

Course offerings that may relate to content in the Integrative Healthcare Certificate will be examined by the Integrative Health Education Committee to ensure that the courses developed have sufficient substance and cover relevant and best practice. The Integrative Healthcare Education Committee will ensure course content is in accordance with the Academic Consortium for Integrative Medicine & Health (<http://www.imconsortium.org/>). A process for routing and approval of such courses has been agreed upon and already has begun. Program evaluations will be the responsibility of the Educational Program Director and CNHS Curriculum Committee, and will use existing UVM processes and the outcome criteria listed above.

### ***Staffing Plan, Resource Requirements, and Budget***

No new faculty appointments are necessary to support this program. The Libraries have already purchased supporting materials necessary for the required courses.

### ***Evidence of Support***

Positive letters of support were provided from:

- Cynthia Belliveau, Dean of Continuing and Distance Learning
- Mike Cannizzaro, Chair of the Department of Communication Sciences and Disorders
- Rosemary Dale, Chair of the Department of Nursing
- James Hudziak, Professor, Departments of Psychiatry, Medicine & Pediatrics and Communication Sciences (Director of the Behavior Change Minor)
- Nancy Matthews, Dean of the Rubenstein School
- Patricia Prelock, Dean of the College of Nursing and Health Sciences
- Jeremy Sibold, Chair of the Department of Rehabilitation & Movement Science
- Shelly Velleman, Chair of the Department of Communication Sciences and Disorders

### ***Summary***

Interest in integrative healthcare is growing at UVM and nation-wide. These certificate programs will provide a broad-based education in the theoretical and experiential underpinnings of Integrative Healthcare, including scientific and philosophical models, treatment modalities, and the policies affecting implementation. Students (UVM, professionals, and community members) will have the opportunity to learn policies and practices that promote incorporating integrative healthcare into clinical practice. Therefore, these two certificates will be valuable additions to UVM's curricular offerings.