



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

UNIVERSITY OF WALES: TRINITY SAINT DAVID
PRIFYSGOL CYMRU: Y DRINDOD DEWI SANT

School of Sport, Health and Outdoor Education
Faculty of Business and Management
London Campus

Complementary Therapies
BMHP5001

MODULE CODE: BMHP5001
TITLE: Complementary Therapies
LEVEL: 5
CREDITS: 20
JACS CODE: L530

AIM(S)

The aim of this unit is to develop learners' understanding of the role of complementary therapies in health and social care and their effectiveness in maintaining health and wellbeing.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to demonstrate the ability to:

1. Critically understand the principles behind current use of complementary therapies
2. Critically understand the role of complementary therapies in relation and comparison to orthodox treatments
3. Analyse evidence for the efficacy of complementary therapies in sustaining health and wellbeing
4. Evaluate the systems for regulating the use of complementary therapies.

INDICATIVE CONTENT

1. Therapies: pharmaceutically mediated e.g. herbalism, homeopathy; physically mediated e.g. osteopathy, chiropractic yoga, Alexander Technique; psychologically mediated e.g. counselling, psychotherapy, hypnotherapy
2. Treatments: signs and symptoms; processes; frequency; dosage; equipment; materials; agents
3. Advantages and disadvantages: benefits claimed e.g. enhancing health, wellbeing; contraindications, intrinsic harm
4. Access to service: physical access, financial, referral systems, cultural factors, private sector, public sector
5. Physical and Psychological effects
6. Sources of information: therapy practitioners, health professionals, commercial sources, science, systematic research
7. Claims: benefits e.g. cure, amelioration, prevention of signs and symptoms, enhancement of wellbeing
8. Regulation systems: legislation, code of practice, code of ethics, self-regulation, complementary therapy practitioner representative umbrella organisations

9. Effectiveness: minimising risk, benefits, professionalism, developing public understanding,

LEARNING AND TEACHING STRATEGY

Lectures will introduce the students to the concepts, principles and practices. Tutorials and seminars will introduce practical examples which will be used to support the application, discussion, and critical evaluation of techniques learned. Case studies and research may also be used to develop understanding and application of the techniques.

The allocation of teaching to deliver the module is:

Activity type	Hours	Percentage
Scheduled learning	60	30
Independent learning	140	70
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1 – 50% Micro-teach Session and Supporting Paper (Practical) 1500 words

Students will lead a session on one example of complementary therapies and details the principles behind its current use, how it compares to more traditional treatments, and the conclusive summary of effectiveness of the therapy. The aim is to teach the 'audience' one aspect of the therapy. A supporting 1,500 paper which makes use of relevant theory and academic research shall also be submitted.

Assessment Component 2 – 50% (Written Assignment) 2500 words

Students shall report and evaluate upon the systems currently utilised for regulating the use of complementary therapies. Recommendations for improvement shall be included.

Assessment Summary

Activity type	Percentage
Written	-
Coursework	100%
Presentation	-
TOTAL	100%

EDUCATION FOR SUSTAINABLE DEVELOPMENT (ESD)

Does the module contribute to ESD?	Yes
Using the University's VLE as a repository for resources will reduce use of paper resources and enable staff to share resources to avoid duplication. The module will raise students' awareness of the policies and theories which sustain the health and care of individuals, in order for students to develop the skills required for health care practices in their future employment, which will better meet the needs of a range of service users. This will enable students to develop innovative and creative ideas to ensure sustainable person centred care are strategies delivered to enable them to meet the preferred health care choices of service users.	

READING LIST

Module Code	BMHP5001	
Module Title	Complementary Therapies	
Classification	Reading List entry	Electronic*
Essential	Professor Edzard Ernst <u>Oxford Handbook of Complementary Medicine</u> Oxford University Press, USA, 2008 Le Quesne S (2005) <u>The Essential Guide to Holistic and Complementary Therapy</u> Cengage Learning Vocational England Tay, S (2013) <u>Complementary Therapies for Older People in Care</u> Singing Dragon, London	
Essential	Complementary Therapies in Medicine <u>The Journal of Alternative and Complementary Medicine</u>	
Further	http://www.cnhc.org.uk/ http://www.macmillan.org.uk/ www.nhs.uk www.pennybrohncancercare.org www.bhma.org www.bcma.co.uk info@cnhc.org.uk	☒