



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Traditional and Complementary Medicine							
Course Code		BDB315		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Today, many healthy / ill individuals use complementary therapies with the aim of improving health, preventing illnesses, maintaining care in illness situations and supporting treatment. The result of the increased demand for complementary therapies by individuals has become a necessity for health care professionals to meet the health needs of the service-oriented community to take part in complementary therapies. Supplementary therapies and information on their correct use should be in the nursing curriculum.							
Course Content		Information on complementary therapies and use these reasons, should be put into nursing curricula, as well as the scope of in-service training programs, knowledge of nurses in complementary therapies should be updated							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Lec. Duygu KAYA BİLECENOĞLU							

Prerequisites & Co-requisites

ECTS Requisite	90
----------------	----

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Prof.Dr. İbrahim Saraçoğlu, Bitkisel Kürler Rehberi, 2009 Prof.Dr. İbrahim Saraçoğlu, Şifa Kitabı, 2011 -İnternet taramaları
---	--

Week	Weekly Detailed Course Contents	
1	Theoretical	Why complementary medicine?
2	Theoretical	Complementary therapy methods
3	Theoretical	Alternative and Complementary Medicine and Ethics
4	Theoretical	Hypnosis and Acupuncture
5	Theoretical	Therapeutic Touch and Music Therapy
6	Theoretical	Hydrotherapy
7	Theoretical	Massage therapy, reflexology
8	Theoretical	Midterm Exam
9	Theoretical	Yogo, color therapy
10	Theoretical	Cup therapy (scalpels)
11	Theoretical	Ozone therapy
12	Theoretical	Herbal treatment
13	Theoretical	SPA treatment
14	Theoretical	Health workers attitudes about treatment complementary and alternative

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	4	2	78
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Know complementary and alternative medicine methods
2	Make the public aware of the correct use of complementary and alternative medicine methods
3	The ethical and legal orientation of complementary and alternative medicine methods
4	Determine their opinions about alternative treatment methods.
5	Learn the Historical Development of Alternative Treatment Methods in the world and Turkey.

Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3
P1	2	3	3
P2	2	2	3
P3	1	2	2
P4	1	1	4
P5	1	2	2
P6	2	2	1
P7	2	3	2
P8	3	3	2
P9	2	2	1
P10	1	1	2



P11	2	1	3
P12	2	2	2
P13	1	2	2
P14	2	2	1

