Instructor: Dawn M. Upchurch, Ph.D., L.Ac.
Professor
21-236B
upchurch@ucla.edu

Class Times: Tuesdays
9:00 am – 11:50 am
41-235

Office Hours: Tuesdays 12:00 pm – 2:00 pm
(by appointment, please sign up outside my office)

Objectives of the Course:

The purpose of this course is to provide interested public health and allied health services students with an overview of complementary and alternative medicine (CAM) in the US. The course will cover prevalence and patterns of use, evidence-based research and CAM, some common CAM modalities, and emerging research and programs relevant to CAM. The course serves as one of the departmental elective courses required for the MPH degree in the Department of Community Health Sciences. ASPH core competencies are identified in [ …]. For full information on Core Competencies see: http://www.asph.org/userfiles/WordFormat-DomainsandCompetenciesOnly.doc

Specific objectives are:

1. To develop a working definition of CAM and to have a basic understanding of the prevalence and patterns of CAM use in the US. To be able to identify differences in CAM use based on sociodemographic and psychosocial characteristics. [C.1., C.6., C.10.]

2. To achieve a general appreciation of evidence-based research and evidence-based medicine, especially as it pertains to CAM effectiveness and efficacy. Also, to be able to identify specific side effects and adverse effects of some important CAM modalities. [A.9., C.9., C.10., E.8., I.7., I.9.]

3. To obtain an overview of common theoretical and conceptual models that have been applied to better explain and understand CAM use. [A.9., D.4., E.1., E.7.]

4. To acquire an understanding of the paradigms, scope of practice, and specific techniques for a set of illustrative CAM modalities that can be categorized according to their etiology and proposed mechanisms of action. [D.4., E.7., I.2., I.7.]

5. To obtain evaluation skills with respect to measuring and assessing CAM effectiveness and efficacy. To develop an appreciation of new study designs that may be more appropriate for assessing CAM’s utility. [A.4., A.8., A.9., C.10., E.8., G.6., G.7.]

6. To develop the critical skills necessary to become an informed consumer of CAM and an informed public health professional. To have a basic understanding of the ways in which CAM is being integrated with conventional medicine (or not). [D.1., D.2., D.4., E.4.]
Course Requirements:

**Evaluation:** Student evaluation is based on the following requirements.

1. **30% of Total Grade: Class participation and weekly write-up of readings.** Students are required to prepare a short (1 page or less) summary of one key topic covered in the readings. (This is not required for the first week.) Attendance is expected at all class sessions and students are expected to participate in discussion and ask questions. Please complete all of your readings prior to class. Each class will include a structured, lecture didactic portion and a more seminar-style oriented portion. The more you participate, the more you will get out of the class!

2. **60% of Total Grade: Final Project.** The final project is an independent research paper on any CAM health topic that is of interest. The topic can focus on research of a specific CAM modality (e.g., acupuncture) or a health condition for which CAM modalities have been found to be useful (e.g., arthritis). The work for this project must incorporate a critical examination and evaluation of the scientific literature on the relevant topic. You are encouraged to draw from meta-analysis from the Cochrane reviews for highest level of scientific evidence. Importantly, the paper should also provide rationale for public health importance and consider possible programmatic implications. The final paper should be 12-15 pages of text, double spaced, and should include references, data tables, or any other pertinent information. The format of references in the paper should follow APA or biomedical (e.g., AJPH) criteria. Additional information will be provided in class. The paper is due on the Friday of the last week of classes (see schedule).

3. **10% of Total Grade: 5 Minute Presentation.** Students are required to also present a very brief (10-12 minutes) summary of a structured abstract on Final Project paper. This abstract is to have the following subheadings: 1) Objectives 2) Design 3) Outcome Measures 4) Results 5) Conclusions. The structured abstract is to be presented and handed in during the final session (week 10). The abstract should not exceed 300 words.

Class Conduct:

In order to develop class discussion, please do not bring your computers to class. They can potentially hinder useful discussion and interaction. Please check that all cell phones are off; of course you are more than welcome to check calls during break.

Required Readings:

Access to the readings may be obtained on the course website or by the website links provided on the syllabus (note: for journals you will need to use your UCLA account to access).

Remember to set up the proxy server in order to access articles: [www.bol.ucla.edu/services/proxy](http://www.bol.ucla.edu/services/proxy)

Required:

Readings listed for each class session. All materials, including syllabus and lectures, can be found on the course website:

[https://ccle.ucla.edu/course/view/13F-COMHLT276-1](https://ccle.ucla.edu/course/view/13F-COMHLT276-1)
Other Useful Information and Websites:

National Library of Medicine, Medline Plus Health Information
http://medlineplus.gov/

Food and Drug Administration
http://www.fda.gov/

Office of Dietary Supplements, National Institutes of Health
http://ods.od.nih.gov/

CAM on PubMed

National Center of Complementary and Alternative Medicine (NCCAM), National Institute of Health
http://www.nccam.nih.gov/

Evidence-Based Reviews NCCAM
http://www.nccam.nih.gov/health/providers/litreviews.htm

Cochrane Database of Systematic Reviews
The Cochrane Database of Systematic Reviews is a collection of evidence-based reviews produced by the Cochrane Library, an international nonprofit organization.
http://www.thecochranelibrary.com/view/0/index.html

University of Maryland Center for Integrated Medicine
Website has a lot of useful information on CAM and other CAM related resources
http://www.compmed.umm.edu/default.asp
**COURSE SCHEDULE:**

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**FINAL PAPERS DUE:** Friday December 6th by 5:00 pm
Session 1. What is CAM? Prevalence and Patterns of Use in the US


Read appropriate materials on NCCAM website:
http://www.nccam.nih.gov/

What is CAM?
http://www.nccam.nih.gov/health/whatiscam

CAM Topics A-Z
http://www.nccam.nih.gov/health/atoz.htm

Session 2. Does CAM Work? Evidence-Based Research and Evidence-Based Medicine

Key materials for this session are my Power Point lecture notes available on the course website.

RM Institute: The research methods knowledge base. 2006
http://www.researchmethods.org/rm-knowledge.htm


Session 3. Are There “Core Values” in CAM? Models of CAM Use


**Session 4. Whole Systems Medicine Part I: Traditional Chinese Medicine, Ayurveda, Naturopathy, and Homeopathy**

NCCAM Website – Overview of Traditional Chinese Medicine

NCCAM Website – Overview of Ayurveda

NCCAM Website – Overview of Naturopathy/Homeopathy
http://www.nccam.nih.gov/health/homeopathy
http://www.nccam.nih.gov/health/naturopathy/naturopathyintro.htm

NOTE: Read especially the information on NCCAM funded research to better understand issues regarding evidence. If you are interested in a specific modality, you can do a Cochrane search.


**Session 5. Whole Systems Medicine Part II**

NCCAM Website – Overview of Traditional Chinese Medicine

NCCAM Website – Overview of Ayurveda

NCCAM Website – Overview of Naturopathy/Homeopathy
http://www.nccam.nih.gov/health/homeopathy
http://www.nccam.nih.gov/health/naturopathy/naturopathyintro.htm

NOTE: Read especially the information on NCCAM funded research to better understand issues regarding evidence. If you are interested in a specific modality, you can do a Cochrane search.


Session 6. Manipulative and Body-Based Modalities: Chiropractic, Massage

NCCAM Website – Overview of Chiropractic

NCCAM Chiropractic Spinal Manipulation
http://www.nccam.nih.gov/health/pain/spinemanipulation.htm

NCCAM Website – Massage Therapy
http://www.nccam.nih.gov/health/massage/massageintroduction.htm

NOTE: Read especially the information on NCCAM funded research to better understand issues regarding evidence. If you are interested in a specific modality, you can do a Cochrane search.


Session 7. Mind-Body Based Modalities: Meditation, Yoga, Tai Chi/Qi Gong

NCCAM Website – Meditation
http://www.nccam.nih.gov/health/meditation/overview.htm

NCCAM Website – Yoga
http://www.nccam.nih.gov/health/yoga/introduction.htm

Watch Video: http://www.nccam.nih.gov/video/yoga

NCCAM Website – Tai Chi

NOTE: Read especially the information on NCCAM funded research to better understand issues regarding evidence. If you are interested in a specific modality, you can do a Cochrane search.


**Session 8. Botanical and Nutritional Supplements**

NOTE: There are simply too many botanicals and herbal supplements to individually cover each of them. The following web pages provide good overviews and information on how dietary supplements are regulated in the US. My Power Point lecture notes (posted on the course website) will provide more detail on specific botanicals and nutritional supplements, especially pertaining to active ingredients, safety, and as they are used in different CAM paradigms. Please review those lecture notes prior to class for additional detail.

NCCAM “Herbs at a Glance”
http://www.nccam.nih.gov/health/herbsataglance.htm

NCCAM Website – Dietary Supplements

Read FDA website on Dietary Supplements
http://www.fda.gov/AboutFDA/Transparency/Basics/ucm193949.htm

Watch FDA webinar on Dietary Supplements
http://www.fda.gov/AboutFDA/Transparency/Basics/ucm195691.htm

Read NIH Office of Dietary Supplements
http://ods.od.nih.gov/factsheets/DietarySupplements-HealthProfessional/

Skim the 1994 Dietary Supplement Health and Education Act

**Session 9. Measuring CAM Effectiveness: New Methods and Designs**


PCORI. Working definition of patient-centered outcome research.
Session 10. The Future of CAM and Student Presentations

Remember: Presentations are to be only **10-12 minutes** in length and should be in the form of a structured abstract. It is acceptable to read your abstract.


**FINAL PAPERS DUE FRIDAY DECEMBER 6th 5:00 PM**