

Republic of Yemen

Ministry of Higher Education & Scientific Research

21 September University for Medicals and Applied Sciences



Faculty of Clinical Pharmacy

Bachelor of Clinical Pharmacy & Pharm. D.

Course Specification of **Complementary and Alternative Medicine**

Course Code. (02.01.273)

2022



T4: This Template is Developed and Approved by CAQA-Yemen, 2023

Prepared by:

Dr. Salwa M. Raweh

Reviewed by:

Dr. Labab Roman

Head of the Department:

Quality Unit:

Dr. Abdulrah Thabet

Dean

Dr. Ali Alyahawi

I. General Information:

1.	Course Title:	Complementary and Alternative Medicine			
2.	Course Code:	02.01.273			
3.	Credit Hours:	Credit Hours	Theory Contact Hours		Practical Contact Hours
			Lecture	Tutorial/Seminar	Lab
		2	2		--
4.	Level/ Semester at which this Course is offered:	5 Level / Semester			
5.	Pre –Requisite (if any):	pharmacology, anatomy, pharmacognosy, phytochemistry			
6.	Co –Requisite (if any):	-			
7.	Program (s) in which the Course is Offered:	Bachelor of Clinical Pharmacy & Pharm. D.			
8.	Language of Teaching the Course:	English			
9.	Location of Teaching the Course:	Faculty of Clinical Pharmacy			
10.	Prepared by:	Salwa M.Raweh			
11	Date and Number of Approval by Council:	2022			

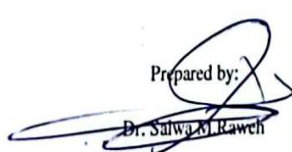
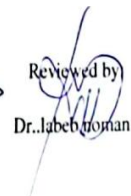
II. Course Description:

This course presents updated information about Complementary and Alternative Medicine (CAM) including sections on statistical usage, alternative medical systems, mind body medicine, biologically based practices, energy therapies, manipulative and body based practices, consumer issues, and research. Application of complementary and alternative medicine (CAM) provides public health professionals autonomy by allowing them to address aspects of a patient's well-being

often disregarded by Western medicine. Upon completion of this course, the students should be able to understand; After completing this course, student should be able to evaluate the risks, benefits, review current research data and describe legal and ethical issues of using particular CAM therapies.

III. Course Intended Learning Outcomes (CILOs) : Upon successful completion of the course, students will be able to:		Referenced PILOs	
A. Knowledge and Understanding:		I, P or M/A	
a1	Recognize the characteristics of Complementary and alternative Medicine.		A2
a2	Illustrate the safety, efficacy, cost effectiveness and mechanism of action of different CAM modalities		A3
a3	Recognize the medical ethics related to CAM practice		A4
B. Intellectual Skills:			
b1	Propose the right Complementary therapies for a particular health problem		B5
b2	Explain indications, mechanisms of action and contraindications of the main agents used in complementary and alternative medicine		B3
C. Professional and Practical Skills:			
c1	Apply safe, ethical and legal guidelines of complementary and alternative medicine		C4
D. Transferable Skills:			
d1	Acquire problem-solving skills in groups for continuing professional development needs.		D1
d2	Assess the requirements of research and resources of Information related to CAM		D2
I= Introduced, P=Practiced or M/A= Mastered/Advanced			



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Reviewed by: 
Dr. Ihab Homan

Head of the Department:

Quality Unit:

Dean

Dr. Abdulrahman Thabet

Dr. Ali Alayhawi

(A) Alignment of Course Intended Learning Outcomes (Knowledge and Understanding) to Teaching Strategies and Assessment Methods:

Course Intended Learning Outcomes		Teaching Strategies	Assessment Strategies
a1	Recognize the characteristics of Complementary and alternative Medicine.	Lectures, seminars, discussion	Written examinations, Oral exams, Presentations, Quizzes
a2	illustrate the safety, efficacy, cost effectiveness and mechanism of action of different CAM modalities	Lectures, seminars, discussion	Written examinations, Oral exams, Presentations, Quizzes
a3	recognize the medical ethics related to CAM practice	Lectures, seminars	Written examinations, Oral exams, Quizzes

(B) Alignment of Course Intended Learning Outcomes (Intellectual Skills) to Teaching Strategies and Assessment Methods:

Course Intended Learning Outcomes		Teaching Strategies	Assessment Strategies
b1	propose the right Complementary therapies for a particular health problem	Lectures, seminars, discussion, presentation	Written examinations, Oral exams, Presentations, Quizzes
b2	Explain indications, mechanisms of action and contraindications of the main agents used in complementary and alternative medicine	Lectures, seminars, discussion, presentation	Written examinations, Oral exams, Presentations, Quizzes

(C) Alignment of Course Intended Learning Outcomes (Professional and Practical Skills) to Teaching Strategies and Assessment Methods:

Course Intended Learning Outcomes		Teaching Strategies	Assessment Strategies
c1	apply safe, ethical and legal guidelines of complementary and alternative medicine	seminar, discussion, presentation	presentation, Assignments including problem-solving exercises

(D) Alignment of Course Intended Learning Outcomes (Transferable Skills) to Teaching

Strategies and Assessment Methods:

Course Intended Learning Outcomes		Teaching Strategies	Assessment Strategies
d1	Acquire problem-solving skills in groups for continuing professional development needs.	Self-learning Presentations discussion seminars	Individual and group project work Assignments including problem-solving exercises ▪ Presentations
d2	Assess the requirements of research and resources of Information related to CAM	Self-learning Presentations discussion ▪ seminars	Individual and group project work Assignments including problem-solving exercises ▪ Presentations

IV. Course Contents:

A. Theoretical Aspect:

No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours	Learning Outcomes (CILOs)
1	Introduction and overview of CAM.	-Definition of CAM - Difference between complementary, alternative medicine and conventional medicine. - The evidence base for complementary and alternative medicine - Integrative medicine – incorporating complementary and alternative medicine into practice - Types of CAM	2	4	a1, a2, a3, b1, b2
2	Alternative Medical Systems	– traditional Chinese medicine, Ayurveda , naturopathy, acupuncture homeopathy, Traditional medicine in Yemen	2	4	a1, a2, a3, b1, b2, d1, d2
3	Mind-Body Therapies	• Mind-Body Medicine: An Overview , Art Therapy, Deep Breathing,	2	4	a1, a2, a3, b1,



No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours	Learning Outcomes (CILOs)
		Exercises, Feng Shui • Guided Imagery and Hypnosis, Meditation, Music Therapy , Prayer and Spirituality, Relaxation Training, Tai Chi , Yoga			b2, c1
4	Midterm exam	– midterm exam	1	2	a1, a2, a3, b1, b2, c1,c2
5	Energy-Based Therapies	– Introduction, Magnet Therapy, reiki, therapeutic touch	1	2	a1, a2, a3, b1, b2, c1
6	Manipulative and Body-Based Therapies	Introduction, Alexander Technique, Aquatic Therapy (Hydrotherapy), Massage Therapy, Reflexology	1	2	a1, a2, a3, b1, b2, c1
7	Biologically Based Therapies	- Biologically Based Therapies: An Overview, Apitherapy, - Aromatherapy and Essential Oils, Diet-Based Therapies	2	4	a1, a2, a3, b1, b2, c1
8	Alternative Treatments for Specific Diseases and Condition (herbal medication)	- Arthritis and CAM - Asthma, Allergies, and CAM, - Cancer and CAM -renal disorders and CAM -Diabetes and CAM - GIT disorders and cam - cardiovascular disorders and cam -Mental disorders: depression and psychosis	4	8	a1, a2, a3, b1, b2, c1
9	Final Theoretical Exam	Final Theoretical Exam	1	2	a1, a2, a3, b1, b2, c1
Number of Weeks /and Units Per Semester			16	32	

VII. Assignments:

No.	Assignments	Week Due	Mark	Aligned CILOs (symbols)
1	Assignment 1 CAM from evidence to integration (Each student should submit a report about new Integrative Medicine and Evidence Based CAM).	4	5	a1. b1-2, c1, d1-2
2	Assignment 2: reports (a report about local traditional medicine therapies: Hijamah, Cautery, etc.)	7	5	a2, b1-2, c1-3, d1-2
Total			10	

VIII. Schedule of Assessment Tasks for Students During the Semester:

No.	Assessment Method	Week Due	Mark	Proportion of Final Assessment	Aligned Course Learning Outcomes
1	Assignments	4,7	10	10%	a1, a2, b1-3, c1, d1-2
2	Quizzes 1 & 2	5, 12	10	10%	b1-3, c1-2, d1-2
3	Mid-Term Theoretical Exam	6	20	10%	a1, a2, b1-3, c1
5	Final Theoretical Exam	16	70	70%	a1,a2, b1-3, c1
Total			100	100%	

IX. Learning Resources:

1- Required Textbook(s):

- 1- Amy L. Sutton et al., 2010, Complementary and alternative medicine sourcebook, 4th ed, USA, Omnigraphics, Inc,
- 2- Andrew Baron et al., 2003, Complementary and alternative medicine: an evidence-based approach, USA, Mosby, Inc

2- Essential References.

- 1- 1-Francesco C. et al., 2003, Phytotherapy a quick reference to herbal medicine, N York, Springer.

3- Electronic Materials and Web Sites etc.

- 1- www.biomedcentral.com
- 2- www.medscape.com
- 3- <http://www.sciencedirect.com/>
- 4- <http://www.ncbi.nlm.nih.gov/>

Journals:

- 1- Plant
- 2- **Journal of Integrative and Complementary Medicine**

X. Course Policies: (Based on the Uniform Students' By law (2007))

1	Class Attendance: Class Attendance is mandatory. A student is considered absent and shall be banned from taking the final exam if his/her absence exceeds 25% of total classes.
2	Tardiness: A student will be considered late if he/she is not in class after 10 minutes of the start time of class.
3	Exam Attendance/Punctuality: No student shall be allowed to the exam hall after 30 minutes of the start time, and shall not leave the hall before half of the exam time has passed.
4	Assignments & Projects: Assignments and projects must be submitted on time. Students who delay their assignments or projects shall lose the mark allocated for the same.
5	Cheating: Cheating is an act of fraud that results in the cancelation of the student's exam or assignment. If it takes place in a final exam, the penalties stipulated for in the Uniform Students' Bylaw (2007) shall apply.
6	Forgery and Impersonation: Forgery/Impersonation is an act of fraud that results in the cancelation of the student's exam, assignment or project. If it takes place in a final exam, the penalties stipulated for in the Uniform Students' Bylaw (2007) shall apply.
7	Other policies:



The University official regulations in force will be strictly observed and students shall comply with all rules and regulations of the examination set by the Department, Faculty and University Administration.

Prepared by:
Dr. Salwa M. Raweh

Reviewed by:
Dr. Labebnoman

Head of the Department:

Quality Unit:

Dean

Dr. Abdulalah Thabet

Dr. Ali Alyahawi

Faculty of Clinical Pharmacy

Bachelor of Clinical Pharmacy & Pharm. D.

Course Plan (Syllabus) of Complementary and Alternative medicine

Course Code. 02.04.275

I. Information about Faculty Member Responsible for the Course:						
Name of Faculty Member:		Office Hours				
Location & Telephone No.:						
E-mail:	salraweh@gmail.com	SAT	SUN	MON	TUE	WED THU

2021- 2022

Prepared by:
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Reviewed by:
Dr. Labeh Noman

Head of the Department:

Quality Unit:

Dean

Dr. Abdulrahman Thabet

Dr. Ali Alayhawi

II. Course Identification and General Information:

11.	Course Title:	Complementary and Alternative medicine			
12.	Course Code:	02.04.275			
13.	Credit Hours:	Credit Hours	Theory Contact Hours		Practical Contact Hours
			Lecture	Tutorial/Seminar	Lab Clinical
		2	2		-- --
14.	Level/ Semester at which this Course is offered:	5 th Level /2 nd Semester			
15.	Pre –Requisite (if any):	pharmacology, anatomy, pharmacognosy, phytochemistry			
16.	Co –Requisite (if any):	- none			
17.	Program (s) in which the Course is Offered:	Bachelor of Clinical Pharmacy & Pharm. D.			
18.	Language of Teaching the Course:	English			
19.	Location of Teaching the Course:	Faculty of Clinical Pharmacy			
20.	Prepared by:	Salwa M.Raweh			
11	Date and Number of Approval by Council:	2022			

III. Course Description:

This course presents updated information about Complementary and Alternative Medicine (CAM) including sections on statistical usage, alternative medical systems, mind body medicine, biologically based practices, energy therapies, manipulative and body based practices, consumer issues, and research. Application of complementary and alternative medicine (CAM) provides public health professionals autonomy by allowing them to address aspects of a patient's well-being often

disregarded by Western medicine. Upon completion of this course, the students should be able to understand; After completing this course, student should be able to evaluate the risks, benefits, review current research data and describe legal and ethical issues of using particular CAM therapies.

IV. Course Intended Learning Outcomes (CILOs) :

Upon successful completion of the Course, student will be able to:

A. Knowledge and Understanding:

a1	Recognize the characteristics of Complementary and alternative Medicine.
a2	illustrate the safety, efficacy, cost effectiveness and mechanism of action of different CAM modalities
a3	recognize the medical ethics related to CAM practice

B. Intellectual Skills:

b1	propose the right Complementary therapies for a particular health problem
b2	Explain indications, mechanisms of action and contraindications of the main agents used in complementary and alternative medicine

C. Professional and Practical Skills:

c3	apply safe, ethical and legal guidelines of complementary and alternative medicine
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D. Transferable Skills:

d1	Acquire problem-solving skills in groups for continuing professional development needs.
d2	Assess the requirements of research and resources of Information related to CAM

V. Course Contents:

A. Theoretical Aspect:

No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours
1	Introduction and overview of CAM.	-Definition of CAM - Difference between complementary, alternative medicine and conventional medicine.	2	4



No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours
		- The evidence base for complementary and alternative medicine - Integrative medicine – incorporating complementary and alternative medicine into practice - Types of CAM		
2	Alternative Medical Systems	– traditional Chinese medicine, Ayurveda , naturopathy, acupuncture homeopathy, Traditional medicine in Yemen	2	4
3	Mind-Body Therapies	• Mind-Body Medicine: An Overview , Art Therapy, Deep Breathing, Exercises, Feng Shui • Guided Imagery and Hypnosis, Meditation, Music Therapy , Prayer and Spirituality, Relaxation Training, Tai Chi , Yoga	2	4
4	Midterm exam	– midterm exam	1	2
5	<i>Energy-Based Therapies</i>	– Introduction, Magnet Therapy, reiki, therapeutic touch	1	2
6	<i>Manipulative and Body-Based Therapies</i>	Introduction, Alexander Technique, Aquatic Therapy (Hydrotherapy), Massage Therapy, Reflexology	1	2
7	Biologically Based Therapies	- Biologically Based Therapies: An Overview, Apitherapy, - Aromatherapy and Essential Oils, Diet-Based Therapies	2	4

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Reviewed by: Dr. Ihab Homan

Head of the Department:

Quality Unit:

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Dr. Abdulrahman Thabet

Dr. Ali Alayahawi

No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours
8	Alternative Treatments for Specific Diseases and Condition (herbal medication)	- Arthritis and CAM - Asthma, Allergies, and CAM, - Cancer and CAM -renal disorders and CAM -Diabetes and CAM - GIT disorders and cam - cardiovascular disorders and cam -Mental disorders: depression and psychosis	4	8
9	Final Theoretical Exam	Final Theoretical Exam	1	2
Number of Weeks /and Units Per Semester			16	32

No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours
1	Introduction and overview of CAM.	-Definition of CAM - Difference between complementary, alternative medicine and conventional medicine. - The evidence base for complementary and alternative medicine - Integrative medicine – incorporating complementary and alternative medicine into practice - Types of CAM	2	4
2	Alternative Medical Systems	– traditional Chinese medicine, Ayurveda , naturopathy, acupuncture homeopathy, Traditional medicine in Yemen	2	4
3	Mind-Body Therapies	• Mind-Body Medicine: An Overview , Art Therapy, Deep Breathing, Exercises, Feng Shui • Guided Imagery and Hypnosis, Meditation, Music Therapy , Prayer and Spirituality,	2	4



No.	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours
		Relaxation Training, Tai Chi , Yoga		
4	Midterm exam	– midterm exam	1	2
5	<i>Energy-Based Therapies</i>	– Introduction, Magnet Therapy, reiki, therapeutic touch	1	2
6	<i>Manipulative and Body-Based Therapies</i>	Introduction, Alexander Technique, Aquatic Therapy (Hydrotherapy), Massage Therapy, Reflexology	1	2
7	Biologically Based Therapies	- Biologically Based Therapies: An Overview, Apitherapy, - Aromatherapy and Essential Oils, Diet-Based Therapies	2	4
8	Alternative Treatments for Specific Diseases and Condition (herbal medication)	- Arthritis and CAM - Asthma, Allergies, and CAM, - Cancer and CAM -renal disorders and CAM -Diabetes and CAM - GIT disorders and cam - cardiovascular disorders and cam -Mental disorders: depression and psychosis	4	8
9	Final Theoretical Exam	Final Theoretical Exam	1	2
Number of Weeks /and Units Per Semester			16	32

Order	Units/Topics List	Sub Topics List	Number of Weeks	Contact Hours
1	Introduction and overview of CAM.	-Definition of CAM - Difference between complementary, alternative medicine and conventional medicine. - The evidence base for complementary and alternative medicine	2	4

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		- Integrative medicine – incorporating complementary and alternative medicine into practice - Types of CAM		
2	Alternative Medical Systems	- traditional Chinese medicine, Ayurveda , naturopathy, acupuncture homeopathy, Traditional medicine in Yemen	2	4
3	Mind-Body Therapies	• Mind-Body Medicine: An Overview , Art Therapy, Deep Breathing, Exercises, Feng Shui Guided Imagery and Hypnosis, Meditation, Music Therapy , Prayer and Spirituality, Relaxation Training, Tai Chi , Yoga	2	4
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9	Final Exam	Final Theoretical Exam	1	2
Number of Weeks /and Units			16	32

VI. Teaching Strategies of the Course:

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Dr. Saliha M. Raweh
Reviewed by:
Dr. Ihab M. Alwan

Head of the Department:

Quality Unit:

Dean

Dr. Abdulrahman Thabet

Dr. Ali Alayhawi

- Lecture
- Instructor – student Interactive
- Exercises
- Presentation
- Office hours
- Seminar
- Assignment
- Self-Learning

VII. Assessment Methods of the Course:

- Assignments
- Quiz
- Exam
- Oral Presentation

VIII. Assignments:

No.	Assignments	Week Due	Mark
1	Assignment 1 CAM from evidence to integration (Each student should submit a report about new Integrative Medicine and Evidence Based CAM).	4	5
2	Assignment 2: reports (a report about local traditional medicine therapies: Hijamah, Caution, etc.)	7	5
Total			10

IX. Schedule of Assessment Tasks for Students During the Semester:

No.	Assessment Method	Week Due	Mark	Proportion of Final Assessment
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 - 4= <http://www.ncbi.nlm.nih.gov/>
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- 1-Plant
 - 2-Journal of Integrative and Complementary Medicine

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