Description: This module focuses on the concept of consumer education. This module will focus on complementary and alternative therapies.

Learning Outcomes:
Upon completion this module the student will be able to:

1. Explain the role of complimentary and alternative medicine (CAM) in client wellness.
2. Discuss reasons why herbal and dietary supplements have increased in popularity.
3. Describe some adverse effects that may be caused by herbal preparations.
4. Discuss the role of the nurse in teaching clients about complementary and alternative therapies.
5. Identify common drug-herbal interactions.
6. Identify non-herbal complementary and alternative therapies.
7. Identify common CAM used with diabetes, cancer, obesity, oxygenation and anxiety exemplars.
8. Describe the risks and benefits of CAM use in diabetes, cancer, obesity, and anxiety exemplars.

Learning Resources:
Berman Chapter 19

Note - Both the above articles were written in England – did not find comparable articles written in this country.

Research use of CAM for exemplars (instructor to assign specific areas i.e. diabetes, cancer, obesity, oxygenation and anxiety exemplars)

Learning Activities:
Classroom discussion and presentations

Evaluation:
Tests, oral and/or written presentation.