

# Anoka-Ramsey Community College

## IHH 1305: Integration of Holistic Therapies in Geriatric Care

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: College level reading

This course will identify the use of holistic therapies and the geriatric population. Students will learn how to identify appropriate clients for these therapies and how holistic therapies can improve an individual's quality of life. Discussions will include the use of modalities to relieve pain, decrease anxiety, decrease agitation, decrease sensory impairment, help prevent falls, and increase mobility.

**B. COURSE EFFECTIVE DATES:** 01/11/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Holistic therapies with geriatric populations
2. Identify appropriate candidates for holistic therapies
3. Philosophy of mind-body-spirit (whole person)
4. Risk and benefits of aging
5. Special concerns with geriatric populations
6. Holistic therapies and dementia
7. Responsibilities of the provider

### D. LEARNING OUTCOMES (General)

1. Identify use of holistic therapies for the geriatric population
2. Identify appropriate clients for these holistic therapies
3. Understand the physical, mental, emotional and spiritual components of the whole person philosophy
4. Identify benefits and risks associated with the use of these holistic therapies
5. Understand special considerations within the geriatric population including losses and grief
6. Learn how holistic therapies can assist dementia patients
7. Explain responsibilities of the provider while using these therapies with the geriatric population

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted