Class Syllabus

Fall 2018
NUR 454

Clinical Aromatherapy for Nurses

Course Instructors: Ms. Carol Athey

Faculty Contact Information:
Name: Ms. Carol Athey, MA, MSN, RN, CNOR, CCAP
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Office: (936) 468-7720
Office Hours: Monday and Tuesday 9am -noon and 1pm - 3pm, Friday by appointment.
Class meeting time and place: see class schedule

Text and Materials
Selected readings

Number of Credit Hours
2 credit hours

Course Description
This course will introduce the student to the study of clinical aromatherapy for nurses. The student will examine the principles, practices, and outcomes of essential oils used in complementary and alternative therapies. The influences of diverse cultural groups, history and safety of aromatherapy, as well as evidence based research are examined in relationship to healing mind, body, and spirit using essential oils.

Text and Materials

Purchasing essential oils and related supplies are not required.

Student Learning Outcomes
The student will:
1. Examine the history and health promotion aspect of aromatherapy.
2. Examine evidence based research using essential oils and aromatherapy to treat the mind, body and spirit.
3. Illustrate the importance of olfaction, touch and massage in healing.
4. Analyze the safety of using essential oils in the clinical setting and for self-care.
4. Discuss the role of the nurse and other healthcare providers incorporating aromatherapy into their professional practice.

Course Requirements

Discussion participation - see Discussion grading rubric
Class online assignments – point system per assignment
Discussion and assignments = 240 pts
Presentations/homework - see EBP Research project and presentation rubric = 260 pts
Total course points = 500

12 Modules-1 per week
Taxonomy of Essential Oils
Plant families which produce essential oils
Chemistry of Essential Oils
Essential oil safety considerations
Therapeutic properties of essential oils
How essential oils enter the body/olfaction
Carrier oils
Touch and massage
Wound care
Stress and Depression
Palliative and supportive Care, Grief
Ethics, legal requirements and practice

D2L Information

For D2L technical support, contact student support in the Office of Instructional Technology (OIT) at d2l@sfasu.edu or 936-468-1919. If you call after regular business hours or on a weekend, please leave a voicemail.

For general computer support (not related to D2L), contact the Technical Support Center (TSC) at 936-468-HELP (4357) or at helpdesk@sfasu.edu.

To learn more about using D2L, visit SFA ONLINE at http://sfaonline.sfasu.edu, where you’ll find written instructions and video tutorials.
# Course Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class begins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8/27/18</td>
<td></td>
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</tr>
<tr>
<td>9/3/2018</td>
<td>holiday</td>
<td><strong>Labor Day</strong></td>
</tr>
<tr>
<td>Week of 9/4/18</td>
<td>On-line</td>
<td>Module 1: Taxonomy of Essential oils (EO’s) p. 3 – 7 and p. 39 - 42</td>
</tr>
<tr>
<td>Week of 9/10/18</td>
<td>On-line</td>
<td>Module 2: Plant families which produce essential oils p. 14 - 17</td>
</tr>
<tr>
<td>Due 9/24/18</td>
<td></td>
<td>Select Research Topic (one Essential Oil) and submit 3 research articles supporting topic</td>
</tr>
<tr>
<td>Week of 9/17/18</td>
<td>Online</td>
<td>Module 3: Chemistry of EO’s p. 19 - 34</td>
</tr>
<tr>
<td>Week of 9/24/18</td>
<td>Online</td>
<td>Module 4: Essential Oil Safety Considerations p. 46 – 51 and p. 53 - 63</td>
</tr>
<tr>
<td>Week of 10/1/18</td>
<td>Online</td>
<td>Module 5: Therapeutic Properties of EO’s p. 74 - 107</td>
</tr>
<tr>
<td>Week of 10/8/18</td>
<td>Online</td>
<td>Module 6: How EO’s Enter the Body/ Olfaction p. 125 – 137 p. 150-158</td>
</tr>
<tr>
<td>Week of 10/15/18</td>
<td>Online</td>
<td>Module 7: Carrier Oils p. 189 - 194</td>
</tr>
<tr>
<td>Week of 10/22/18</td>
<td>Online</td>
<td>Module 8: Touch and Massage p. 164 - 188</td>
</tr>
<tr>
<td>Week of 10/29/18</td>
<td>Online</td>
<td>Module 9: Wound Care p. 207 - 219</td>
</tr>
<tr>
<td>Week of 11/5/18</td>
<td>Online</td>
<td>Module 10: Stress and Depression p. 223 - 234</td>
</tr>
<tr>
<td>Week of 11/12/18</td>
<td>Online</td>
<td>Module 11: Palliative and Supportive Care, Grief p. 273 – 286, p. 289-294</td>
</tr>
<tr>
<td>11/17 - 11/26</td>
<td></td>
<td><strong>Thanksgiving Holiday</strong></td>
</tr>
<tr>
<td>11/26/18</td>
<td></td>
<td>Module 12: Ethics, Legal Requirements and Practice See module for select pages.</td>
</tr>
<tr>
<td>Week of 12/3/18</td>
<td>Online</td>
<td>Complete research review and prepare presentations Submit research paper to instructor, post presentation under dropbox tab in D2L</td>
</tr>
<tr>
<td>Week of 12/10/18</td>
<td>Online</td>
<td>Course presentations discussions each class member will evaluate 3 presentations – Wrap up course Do course evaluations</td>
</tr>
</tbody>
</table>

NUR 454 Syllabus
Fall 2018
How to be successful in this course.

- N454 is offered as an hybrid/online course.
- The hybrid/online instruction will incorporate a combination of learning methods such as, web links to articles, document files, interactive assignments, discussion boards, and power point slides. All discussions/assignments are due the week of the assigned material.
- To be successful in this course you are expected to have some computer skills. You will need to know how to browse the web (Steen Library website is the best resource) for research articles. You should have:
  - Internet access
  - Titan e-mail account
  - Be organized - Meet assignment deadlines
  - Good reading, writing, and study skills
  - Time management skills
  - Keep a class calendar and stay on schedule

Grading Policy
Discussion (50% of final grade) 12 modules x 20 pts. = **240 points** total for discussions
Research Project (review a minimum of three research articles), Presentation and Evaluations (50% of final grade) = for total of **260 pts**
See rubrics
Total course points = **500**

Grading Scale
A  =  90 - 100% of total points
B  =  80 - 89%
C  =  70 - 75%
F  =  74 % and below

All students are responsible for the Policies and Procedures of the School of Nursing. These can be found online at:

http://www.sfasu.edu/academics/colleges/sciences-math/nursing/student-resources/student-policies
**Discussion Rubric for online class attendance grade**

<table>
<thead>
<tr>
<th>Criteria</th>
<th>A (90-100) Outstanding 20 pts</th>
<th>B (80-89) Proficient 15 pts</th>
<th>C (75-79) Basic 10 pts</th>
<th>D/F (0-75) Below Expectations 5-0pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Thinking</td>
<td>• <em>rich</em> in content</td>
<td>• substantial information</td>
<td>• generally competent</td>
<td>• rudimentary and superficial</td>
</tr>
<tr>
<td></td>
<td>• full of thought, insight, and analysis</td>
<td>• thought, insight, and analysis has taken place</td>
<td>• information is thin and commonplace</td>
<td>• no analysis or insight is displayed</td>
</tr>
<tr>
<td></td>
<td>• assigned reading relevant</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connections</td>
<td>• clear connections to previous or current content</td>
<td>• connections are made, not really clear or too obvious</td>
<td>• limited, if any connections</td>
<td>• no connections are made</td>
</tr>
<tr>
<td></td>
<td>• to real-life situations</td>
<td></td>
<td>• vague generalities</td>
<td>• off topic</td>
</tr>
<tr>
<td>Uniqueness</td>
<td>• new ideas</td>
<td>• new ideas or connections</td>
<td>• few, if any new ideas or connections</td>
<td>• no new ideas</td>
</tr>
<tr>
<td></td>
<td>• new connections</td>
<td>• lack depth and/or detail</td>
<td>• rehashing and/or summarizing</td>
<td>• “I agree with …” statement</td>
</tr>
<tr>
<td></td>
<td>• made with depth and detail</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Timeliness</td>
<td>• early in discussion</td>
<td>• did not respond appropriately for reading assignment</td>
<td>• limited response</td>
<td>• no response</td>
</tr>
<tr>
<td></td>
<td>• throughout the discussion</td>
<td>• one week late</td>
<td>• two weeks late</td>
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Attendance Policy

If an absence is required in the face to face class dates, the student is responsible for notifying the instructor prior to class with an acceptable reason. The student must contact the instructor within 2 days following the missed class in order to make appropriate arrangements for missed face to face class work.

http://www.fp.sfasu.edu/nursing/studentpolicies.htm

Academic Integrity

Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one's own work when, in fact, it is at least partly the work of another; (2) submitting a work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one's paper without giving the author due credit.

Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp
http://www.fp.sfasu.edu/nursing/studentpolicies.htm

Withheld Grades Semester Grades Policy

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

The circumstances precipitating the request must have occurred after the last day in which a student could withdraw from a course. Students requesting a WH must be passing the course with a minimum projected grade of C.
Students with Disabilities

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

MISSION OF THE SCHOOL OF NURSING

Our mission is to provide students a foundation for success as graduate nurses in the evolving world who are ethical, competent critical thinkers and life-long learners by providing an educational environment that promotes holistic health care in a community dedicated to teaching, research, creativity and service.

Program Learning Outcomes

The student will:

1. Apply knowledge of the physical, social and behavioral sciences in the provision of nursing care based on theory and evidence-based practice.
2. Deliver nursing care within established legal and ethical parameters in collaboration with clients and members of the interdisciplinary health care team.
3. Provide holistic nursing care to clients while respecting individual and cultural diversity.
4. Demonstrate effective leadership that fosters independent thinking, use of informatics, and collaborative communication in the management of nursing care.
5. Assume responsibility and accountability for quality improvement and delivery of safe and effective nursing care.
6. Serve as an advocate for clients and for the profession of nursing.
7. Demonstrate continuing competence, growth and development in the profession.
EBP Research Project and Presentation Rubric

Review of literature for Essential oil - Common name _______________________
Scientific name ____________________________________________________________

Student name(s)_____________________________________________________________________
________________________________________________________________________________

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<tr>
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<tbody>
<tr>
<td>Presentation design (25 pts), Organization (25 pts), Flow and clarity (25 pts); and reference slide including minimum of 3 research articles (25 pts)</td>
<td>100</td>
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<tr>
<td>Explanation of why this EO was chosen</td>
<td>20</td>
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<tr>
<td>Summary of research findings include:</td>
<td>40</td>
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<tr>
<td>Use of EO for clinical and self-care (20 pts)</td>
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<tr>
<td>Chemical properties discussed (20pts)</td>
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<tr>
<td>Discussion of positive and negative implications</td>
<td>20</td>
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<tr>
<td>Discussion of ethical/legal considerations in practice</td>
<td>20</td>
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<table>
<thead>
<tr>
<th>Evaluation of Peer Presentations (List 3)</th>
<th>See Below</th>
<th>Student grades</th>
<th>These three</th>
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<tbody>
<tr>
<td>1.</td>
<td>20</td>
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<tr>
<td>2.</td>
<td>20</td>
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<tr>
<td>3.</td>
<td>20</td>
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<tr>
<td>Total max points 260</td>
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</table>

Total points earned for grade (Faculty enters this grade)

Criteria for Peer Evaluation:

a. Articles were peer reviewed and submitted full text research articles. (3 pts)

b. Critically summarized the content of the selected articles. (5 pts)

c. Applied the article content with examples for use in professional nursing practice. (5pts)

d. Check spelling and grammar. (2pts)

e. Presentation held your interest and was informative. (5 pts)

Faculty Comments and Signature:__________________________________________