UNIVERSITY OF VERMONT
College of Nursing and Health Sciences
Spring 2019
RMS 191 Course Syllabus
*Subject to change*

TITLE : Exploring the Therapeutic Effects of Icelandic Thermal Springs
(Iceland Ther Thermal Springs)

CREDITS: 3

PRE-REQUISITES: Interest in integrative health, human physiology and health science. Junior standing or higher with Instructor Permission

PHYSICAL PRE-REQUISITES: able to hike 3 hours on uneven winter terrain and able to swim

NUMBER OF STUDENTS: 11

COSTS: Three credit course tuition. Program fee (to be decided each year) includes most meals, in country guides, all instruction, access to thermal pools, your choice of an individual treatment of massage, acupuncture, mud bath, or mineral bath. Not included in program fee: air fare and personal spending money.

INSTRUCTORS:

Karen Westervelt PT, ATC, PhD
(Course Instructor)
Lecturer RMS
310 Rowell
PH: 656-3268
Email: karen.westervelt@med.uvm.edu

Susan Kasser PhD
(Assistant Instructor)
Associate Professor RMS
306D Rowell
PH: 656-7742
Email: Susan.Kasser@med.uvm.edu

CLASS MEETING TIMES:

Lecture/discussions/labs: 3 - 2 hour classes prior to departure, In country class times 8am - 5pm and 7-8 pm for direct faculty instruction and interactive experiences. In country March 9-16th, 2019

Location: Southern Iceland: Hveragerdi (7 nights – 8 days)

Group Team Building Activities: Outings throughout Southern Iceland to learn about the natural geothermal springs and appreciate the Icelandic landscape and culture (2 full day and 1 half day)

CATALOGUE DESCRIPTION:
This is a travel study course to Southern Iceland to explore the therapeutic effects of thermal water as part of an integrative approach to healthcare and wellness. It is an elective for students interested in integrative healthcare, wellness, human physiology.

**COURSE DESCRIPTION:**

This is a faculty lead travel study course to Southern Iceland to explore the therapeutic effects of thermal water as part of an integrative approach to healthcare and wellness. It is an elective for students interested in integrative healthcare, wellness, human physiology and comparison of health care systems.

This course involves travel, lecture, group discussions and experiential learning. We will spend a week immersed in life at the NLFI Holistic Health Clinic in Hveragerdi, Iceland world renowned for integrating traditional rehabilitation services including medicine, psychology, physical therapy, and nursing with complementary therapies including yoga, water/land exercise, herbal baths, geothermal mud treatments, acupuncuture, massage, mindfulness, and the European renowned treatment of Kneipp therapy to promote health.

Students will attend 6 hours of classwork prior to departure learning about the Icelandic culture, health care system, basic language, geography, geology, models of integrative healthcare and various treatment modalities used in integrative health care. Students will receive instruction while in Iceland in multiple areas of health and wellness, that may vary slightly each year depending of teaching faculty availability at NLFI, including healthy sleep habits, mindfulness, imagination therapy, stress management and good nutrition. Students will have experiential learning opportunities while in Iceland including yoga, aquatic exercise, warm hand paraffin, mud baths, herbal bath, thermal baths, Kneipp therapy, mindfulness, relaxation therapy, acupuncuture, and warm water floating relaxation. Students will travel within Iceland to explore and experience the different temperature, mineral and algea content in 4 different thermal springs in Southern Iceland including Fontana, Blue Lagoon, Hveragerdi Warm River and the NLFI waters.

Students will participate in discussions on healthcare models and access. Since it’s inception in the 1940’s, the NLFI treatment philosophy has been one of a truly integrative health and wellness center. We will look at what it means to practice integrative health care and learn how this models differs from a tradition model of health care delivery. We will also exam the healthcare access in Iceland and comsttrast it to the US system of healthcare access.

Students will learn about the model of sustainability used at NLFI and throughout southern Iceland to use the geothermic energy for purposes of heating water for bathing, heating buildings,
cooking, and growing vegetables in the green houses year long. Student will learn about the sustainability model of the Blue Lagoon with a tour of the research facility and learn how waste water from the nearby energy plant runs the medical and tourist attraction, and how lotions and creams are made from the algae and minerals found in the geothermal waters.

Students will have the opportunity to visit Thingvellir National Park, a UNESCO World Heritage Site, and the geothermally active valley of Haukadalur with Strokkur Geyser and Gullfoss waterfall.

TEACHING METHODS AND LEARNING EXPERIENCES:

To assist you in successful accomplishment of all course objectives, this course employs a variety of teaching methods and learning experiences. Each involves and depends on your active participation to maximize your learning in this course.

- **Lecture/discussions** – advance knowledge;
- **Experiential Learning** – Supervised learning through participation in various classes and activities
- **Cultural immersion** – real life learning through immersion into life in Iceland and participating in a cultural presentation
- **Patient/client cases** – supervised observation of patients working with health care providers followed by discussion, may be possible depending on clientele present during our visit.
- **Group self-study and student demonstrations** – student led presentations and group discussions
- **Self-directed exercises** – learning modules relevant to course objectives
- **Journaling** – written record keeping of personal reflections during time abroad.
- **Blackboard Technology** – for 24/7 access to course materials, student-student and student-faculty discussion. All course materials can be found at [https://bb.uvm.edu/](https://bb.uvm.edu/). Access to these materials will be communicated to all UVM students using UVM e-mail or Blackboard announcements.
- **Personal computer recommended but not required.** It is recommended that students have a laptop or mobile device but not required. The course material will be available in electronic version for those travelling with a laptop or mobile device to save space and weight when travelling. However the course material
will be posted on Bb prior to departure and students can print and bring a paper copy of lecture and lab materials to Iceland.

RESOURCES:

**Required:**
Access to Bb platform.

**Journal Articles:** Assignments from academic journals will be included for specific topics. Links to articles will be available through Bb course site.

**Recommended texts:**

*Anatomy*
- Electronic anatomy resources available from Dana

COURSE OBJECTIVES:

- To understand the unique practice environment of an integrative healthcare clinic in Iceland and role it plays in providing rehabilitation and wellness services for the population.
- To become familiar with the treatment techniques offered at Iceland’s NLFI Holistic Health Clinic and when they might be beneficial for specific populations.
- To understand the roles of the interdisciplinary medical team and how they contribute to patient care.
- To become familiar with balneology practice and research.
- To Participate in daily wellness program including exercise, mindfulness, nutrition and treatments.
- To increase awareness of how health and health care practices vary between the United States and Icelandic cultures.

*Additional objectives may be required for graduate students taking this course.*

EVALUATION METHODS: SUBJECT TO CHANGE

<table>
<thead>
<tr>
<th>Evaluation Method</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cultural Exchange preparation and presentation</td>
<td>15%</td>
</tr>
<tr>
<td>Integrated Health Written paper OR Cultural Comparison paper (pre departure)</td>
<td>20%</td>
</tr>
<tr>
<td>Oral Presentation of written paper topic (pre departure or in country)</td>
<td>5%</td>
</tr>
<tr>
<td>Participation in labs and discussions</td>
<td>50%</td>
</tr>
<tr>
<td>Completion of journaling (in country)</td>
<td>10%</td>
</tr>
</tbody>
</table>
An additional assignment of a post reflection paper will be required for graduate students taking this course.

**GRADING POLICY FOR WRITTEN ASSIGNMENTS**

Written assignments will be graded on the quality of the content and references and the written composition. There will be no opportunities for re-submitting written assignments. Written assignment will focus on gaining understanding of the underlying science of the treatment modalities and treatment approaches we will observe and or participate in while abroad.

**GRADING POLICY FOR ASSIGNMENT PRESENTATIONS**

There are no re-takes on the presentations. Each presentation will be graded on the material presented to the group. Students will work with teaching faculty to present anticipatory questions before the practical demonstration led by the teaching staff. Following the teaching demonstration the student will present an oral presentation of the science behind the treatment and lead an interactive discussion with the group.

**GRADING POLICY FOR PARTICIPATION IN LABS AND DISCUSSIONS**

Students will be graded on daily participation in labs and discussions with a possible 8 grade points a day for ‘in country’ class time, 8 points a day x 6 days = 48 points with 2 points for participation in pre participation meetings. Total = 50 points. Full daily points will be allotted for attendance, volunteering to model, volunteering to demonstrate techniques, participating in discussion, responding to questions from instructors, interacting with other members of the class, commitment to learning and demonstration of safe professional behavior and respectful cultural awareness at all times. Instructors will evaluate the students daily. They will provide immediate, constructive verbal feedback to students regarding their clinical, interpersonal, and presentation skills.

**GRADING POLICY FOR JOURNALING**

10 % of your grade is based on completion of journaling entries during the time we are in country. Prompts will be given for journal entries based on the daily activity to promote reflection on the experiences of the day. Journals must be completed and handed in while abroad.
GRADING CRITERIA:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>97 – 100</td>
</tr>
<tr>
<td>B+</td>
<td>87 – 89</td>
</tr>
<tr>
<td>C+</td>
<td>77 – 79</td>
</tr>
<tr>
<td>A</td>
<td>93 – 96</td>
</tr>
<tr>
<td>B</td>
<td>83 – 86</td>
</tr>
<tr>
<td>C</td>
<td>73 – 76</td>
</tr>
<tr>
<td>A-</td>
<td>90 – 92</td>
</tr>
<tr>
<td>B-</td>
<td>82 – 80</td>
</tr>
<tr>
<td>C-</td>
<td>70 – 72</td>
</tr>
<tr>
<td>F</td>
<td>less than 70</td>
</tr>
</tbody>
</table>

UNIVERSITY POLICIES

Classroom Code of Conduct

Faculty and students will at all times conduct themselves in a manner that serves to maintain, promote, and enhance the high quality academic environment befitting the University of Vermont. Details of the code of conduct are outlined on the UVM website.

Laboratory and Classroom Safety

Students must follow the rules and regulations of the NLFI clinic at all times. NLFI is a smoke and alcohol free campus. Students should only participate in activities that are within each student’s comfort and physical ability level. Students may excuse themselves at any point from an activity that they are uncomfortable performing. Students will be encouraged to share any known allergies prior to participating to help ensure their safety. Students are required to follow NLFI’s policy regarding showering and washing hair prior to entering any pool. If a student prefers not to wash his or her hair then a bathing cap must be worn. Students are asked not to travel off the NLFI campus alone.

Students may use the aquatic and fitness facilities when there are no classes scheduled (generally after 4 pm M-F); however, students take full responsibility for their actions and safety.

Students have full responsibility for accepting or refusing to model for an instructor who is demonstrating techniques. Students are required to be fully aware of their own health and to inform others if they are unable to model or participate.

Students are responsible to follow all instructions for safe and proper use of equipment and water. Students agree that they will consult with faculty if they are unsure of how to proceed safely. Students
agree to report immediately any unsafe condition or injury that occurs. Faculty will review with the student any incident or injury, but are not treating professionals to students. All students and faculty will be given SOS cards, membership numbers and written instructions on how to use the SOS system should the need arise. Faculty will work with students who are injured or sick to seek independent medical advice. High quality medical services exist in the town of Hveragerdi and Reykjavik. If students are injured they agree to notify a faculty member who will assist and complete an incident report form and return it to UVM Risk Management (x63242 or risk.management@uvm.edu). All injuries must be reported to Risk Management.

**Attendance Policy**

Students are expected to attend all regularly scheduled classes and not schedule outside activities during the scheduled time in the country. Students who arrive early or stay after the 7 day course will be entirely responsible for themselves and any costs associated with this. It is the responsibility of the student to inform the instructor regarding the reason for absence or tardiness from class, and to discuss these with the instructor in advance whenever possible. Due to the short duration of this travel course, there will not be opportunity for make-up work or extensions of due dates. Details of the UVM attendance policy are outlined on the website.

**Religious Holidays**

Students have the right to practice the religion of their choice. Each semester students should submit in writing to their instructors by the end of the second full week of classes their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

**Academic Integrity**

The University of Vermont, College of Nursing and Health Sciences, is a learning/discovery community. Consistent with its mission and purpose, and the values the College seeks to foster within its community, it is expected that academic integrity guide the actions of all its members. It is the responsibility of every person in the academic community to ensure that dishonesty is not tolerated. Academic dishonesty (cheating and/or plagiarism) violates the Academic Integrity Policy and may result in 1) an F on the work involved; 2) an F in the course; and/or 3) dismissal. Specifically, cheating not only violates the Academic Integrity Policy, but also may be grounds for probation, suspension,
and/or expulsion. The full text of UVM’s *Code of Academic Integrity* is located on the UVM Policies, Procedures and Guidelines webpage at [http://www.uvm.edu/~dledford/academicintegrity.pdf](http://www.uvm.edu/~dledford/academicintegrity.pdf)

**Grade Appeals**

If you would like to contest a grade, please follow the procedures outlined in this policy: [www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf](http://www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf)

**Student learning accommodations**

In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact Student Accessibility Services (SAS). SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations via an accommodation letter to faculty with approved accommodations as early as possible each semester. Students are strongly encouraged to meet with faculty to discuss the accommodations they plan to use in each course. Contact SAS: A170 Living/Learning Center; 802-656-7753; [access@uvm.edu](mailto:access@uvm.edu); [www.uvm.edu/access](http://www.uvm.edu/access)

UVM’s policy on disability certification: [www.uvm.edu/~uvmppg/ppg/student/disability.pdf](http://www.uvm.edu/~uvmppg/ppg/student/disability.pdf)

**Student Course Evaluation**

As a matter of professional responsibility, all students are expected to complete a course and instructor evaluation at the end of the semester. Evaluations will be anonymous and confidential.