**Course Number:** HLTH 93  
**Course Title:** Cuba: Complementary Therapies in Cuban Health Care and Cultural Immersion  
**Level:** Undergraduate, graduate or CDE student  
**Credits:** 3 credits  
**Prerequisite:** Interest in integrative health and wellness promotion. Instructor Permission.

**Number of Students:** 10  
**Costs:** Three credit course tuition, program fees which include most meals; lodging; in country travel/bus, entrance fees; educational programs, professional translator and guide in country, plus air fare to Cuba and personal spending money. Program fee TBD each year.

**Instructor:** Kathleen Scacciaferro, RN, MSA, Lecturer III, College of Nursing and Health Sciences.  
**Email:** kscaccia@uvm.edu; **PH:** 802-363-0259

**Class Meeting Times:**  
Lecture/discussions/labs: Three 3 hour classes prior to departure 5pm-8 pm for direct faculty instruction and interactive experiences and one 3 hour class after return to UVM

**Program Dates:** March 9 – 17, 2019

**Catalog Description:**  
Introduction to the culturally appropriate, sustainable, complementary therapies and health promotion in Cuban Health Care.

**Course Description**  
This faculty-led learning opportunity in Havana, Cuba and surrounding country side will introduce students to Complementary (CAM) Therapies in the Cuban Health Care System. Students will be immersed in the life and culture of Cuba. Students will attend lectures and have an opportunity to learn from healers, doctors & nurses of CAM. Didactic content will include an introduction CAM in Cuban Health Care; examine historical, environmental, social, and political forces that impact the health of Cubans. Students will visit the hospital, clinics, nursing school and rural health clinics. Students will observe the integration of CAM and western medicine.

While we are in Vinales, Havana and Veradero, students will augment the rich depth and cultural exploration with Cuban food & music, visits to the Catedral de San Cristóbal, the Plaza de la Catedral, Monumento Ernesto Che Guevara, Museo de la Revolucion, Partagas Cigar Factory, Old Havana, and beaches. By discovering the ideologies, policies, and practices of culture and health care in a cross-cultural context, students will develop optimal health care practices for themselves.

**Course Objectives**  
Upon completion of this course the student will be able to:

- Analyze the complexity of the Cuban Health Care system and integration with western medicine.
- Give examples complex interactions among social, medical, environmental, economic and political forces as they affect health care in Cuba.
- Examine the physical/psychosocial/spiritual impact of health, illness, and health care in Cuba.
- Identify common health problems and access issues for people living in Cuba.
- Demonstrate professional, culturally conscious communication with populations, multi-disciplinary professionals and stakeholders.
• Complete a holistic self-care assessment; create and implement a holistic self-care plan; and critique the use of Complementary Therapies for health promotion in their personal and professional practice.

**Required Course Materials:** Access to Blackboard platform.

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

**Attendance Policy and Classroom Environment Expectations:**
Students are expected to attend all regularly scheduled classes and not schedule outside activities during the scheduled time in the country. Students are welcome to arrive early or stay after the course dates but will be entirely responsible for themselves and any costs associated with this.

**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 Cuba and participating in a cultural presentation
- **Patient/client cases** – supervised observation of patients working with health care providers followed by discussion
- **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 impressions during time abroad.
- **Blackboard Technology** – for access to course materials, student-student and student-faculty discussions. 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.

**Undergraduate & Continuing Education**
Final course letter grades translate from the course work percentage of points earned – See table below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Letter</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>98.0% - 100%</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>94.0% - 97.9%</td>
<td>B- 80.0% - 83.9%</td>
</tr>
<tr>
<td>A-</td>
<td>90.0% - 93.9%</td>
<td>C+ 77.0% - 79.9%</td>
</tr>
<tr>
<td>B+</td>
<td>87.0% - 89.9%</td>
<td>C 74.0% - 76.9%</td>
</tr>
<tr>
<td>B</td>
<td>84.0% - 86.9%</td>
<td>C- 70.0% - 73.9%</td>
</tr>
<tr>
<td></td>
<td>59.9%</td>
<td>F below</td>
</tr>
</tbody>
</table>

Incompletes may be approved for the following reasons: medical, personal tragedy or academic.
### Graduate:

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

Incomplete may be approved for the following reasons: medical, personal tragedy or academic.

**Note:** Graduate students do not earn D grades. A grade below B- may require this course to be repeated. See below for UVM Graduate College policy.

Students whose academic progress is deemed unsatisfactory at any time may be dismissed from the Graduate College by the dean upon consultation with the student's department or program. In addition, students may be dismissed if they receive two grades or more below a B (3.00), or they receive a U (Unsatisfactory) or UP (Unsatisfactory Progress) in Thesis or Dissertation Research, Seminar or Clinical Practicum (Graduate Catalogue 2016-2017, Enrollment and Progression Policies).

### Assessments (Graded Work):

<table>
<thead>
<tr>
<th>Due</th>
<th>Assignment</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan-March</td>
<td>Course readings, participation in class discussion and Integrated Health paper &amp; presentation pre-departure.</td>
<td>25</td>
</tr>
<tr>
<td>March</td>
<td>Daily journal to answer prompts regarding course objectives</td>
<td>15</td>
</tr>
<tr>
<td>Jan-April</td>
<td>Holistic student assessment, self-care plan and daily journal to report progress on self-care and post-travel reflective paper</td>
<td>20</td>
</tr>
<tr>
<td>March</td>
<td>Participation in labs and discussion.</td>
<td>40</td>
</tr>
</tbody>
</table>

### GRADING POLICY FOR WRITTEN ASSIGNMENTS

Written assignments will be graded on the quality of the content, references and the written composition. Written assignment will focus on gaining understanding of the underlying science of the treatment modalities we will observe and or participate in while abroad.

### GRADING POLICY FOR ASSIGNMENT PRESENTATIONS

Students will be graded on participation in 3 pre departure meetings with written and an oral presentation of the science behind a modality used in Cuban Health Care and lead an interactive discussion with the group = 25 points

### GRADING POLICY FOR JOURNALING

15% of your grade is based on completion of journaling entries during the time we are in country. Prompt will be given for journal entries based on the daily activity and course objectives to promote reflection on the experiences of the day. Journals must be completed and handed in while abroad.

### GRADING POLICY FOR PARTICIPATION IN LABS AND DISCUSSIONS

Students will complete a holistic health assessment, self-care plan and daily report of progress on self-care and post-travel reflective paper = 20 point; daily participation in labs and discussions
for ‘in country’ class time, 5 points a day x 8 days = 40 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 skill.

**Course Evaluation:**
All students are expected to complete an evaluation of the course at its conclusion. The evaluation will be on blackboard. The evaluation is anonymous and confidential, the information gained, including constructive criticisms, will be used to improve the course.

<table>
<thead>
<tr>
<th>Week, Topics</th>
<th>Readings due this week on blackboard:</th>
<th>Assignments Due this Week</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting 5-8pm</td>
<td>Cuban History</td>
<td>Integrated Health paper &amp; presentation pre-departure.</td>
</tr>
<tr>
<td><strong>February</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting 5-8pm</td>
<td>Cuban Health Care &amp; Complementary Therapies</td>
<td>Integrated Health paper &amp; presentation pre-departure.</td>
</tr>
<tr>
<td><strong>March</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting 5-8pm</td>
<td>Cuban Culture</td>
<td>Integrated Health paper &amp; presentation pre-departure.</td>
</tr>
</tbody>
</table>
| **March 9-11 - Vinales, Cuba** | Morning meeting/ yoga, meditation, visits to rural Neighborhood Clinic and Poly clinics of Complementary Therapies, tour through valley of organic gardens. | Daily Journal prompts to:  
  - Give examples complex interactions among social, medical, environmental, economic and political forces as they affect health care in rural Cuba.  
  - Demonstrate professional, culturally conscious communication with populations, multi-disciplinary professionals and stakeholders. Complete a holistic self-care assessment; create and implement a holistic self-care plan; and critique the use of Complementary Therapies for health promotion in their personal and professional practice. |
| **March 11 - 14 Havana** | Morning meeting/ yoga, meditation, lectures, visits to museums, urban organic gardens and herbal medicine preparation, clinics of Complementary Therapies, music, dance, yoga, service learning at Casa De | Daily Journal prompts to:  
  - Give examples complex interactions among social, medical, environmental, economic and political forces as they affect health care in urban Cuba.  
  - Identify common health problems and access issues for people living in urban Cuba.  
  - Examine the physical/psychosocial/spiritual
| Abuelos. | impact of health, illness, and health care in Cuba.  
| | • Critique self-care and critique the use of Complementary Therapies for health promotion in their personal and professional practice. |
| March 15-16 Veradero | Morning meeting/yoga, meditation, lectures, organic gardens and herbal medicine preparation, rural Neighborhood Clinic and Poly clinics of Complementay Therapies | Daily Journal prompts to:  
| | • Analyze the complexity of the Cuban Health Care system and integration with western medicine.  
| | • Identify common health problems and access issues for people living in rural Cuba.  
| | • Critique self-care and critique the use of Complementary Therapies for health promotion in their personal and professional practice. |
| April Meeting 5-8 pm | Post-travel reflective paper |

**Student Learning Accommodations:**
In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact SAS, the office of Disability Services on campus. SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations, which are communicated to faculty in an accommodation letter. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course. A student's accommodation letter lists those accommodations that will not be implemented until the student meets with their faculty to create a plan.

Contact SAS:
A170 Living/Learning Center;
802-656-7753;
access@uvm.edu
www.uvm.edu/access

**Religious Holidays:**
Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time. https://www.uvm.edu/registrar/religious-holidays

**Academic Integrity:**
The policy addresses plagiarism, fabrication, collusion, and cheating.
https://www.uvm.edu/policies/student/acadintegrity.pdf

**Grade Appeals:**
If you would like to contest a grade, please follow the procedures outlined in this policy:
https://www.uvm.edu/policies/student/gradeappeals.pdf

**Grading:**
For information on grading and GPA calculation, go to https://www.uvm.edu/registrar/grades

**Code of Student Rights and Responsibilities:**
http://catalogue.uvm.edu/undergraduate/academicinfo/rightsandresponsibilities/

II. Travel Study Behavior Expectations
1. Smoking is strictly prohibited at all times.
2. Students are expected to attend all classes and travel program activities.
The only exceptions are approved by the instructor.
3. Guidelines for appearance. Discretion should be used in the selection of clothing to ensure that safety and professional appearance are not compromised when standing, sitting, bending or stretching. To respect cultural expectations, clothing must cover torso (chest, back and abdomen). Bras straps should not be visible from front or back. Clothing should not be tight fitting and should be appropriate to perform work. Shorts, skorts should be in a length not shorter than 4” above the knee.
4. Curfew: Students are expected to be in the residence by 10 pm every night. Additionally, students are expected to check in with the Instructor or Teaching Assistant prior to or at 10 pm every night to inform them of their presence in the residence.
5. Free time: Students are allowed to leave the residence during their free time. However, students are not permitted to leave by themselves. They will always be accompanied by another student. They will notify the Instructor or Teaching Assistant about their destination and expected time of return before leaving. Students must return before any scheduled activity and no later than curfew. Failure to follow these guidelines may result in discipline and possible removal from the program.
6. No illicit drugs are allowed in the residence and they may not be consumed during the duration of the program. Students found in possession of, under the influence of, in the presence of, and/or suspected of consuming these prohibited items will risk being removed from the program immediately. There are no exceptions.

**Disciplinary Process and Sanctions.**
Travel Study participants are expected to comply with UVM policies in general, including but not limited to those listed above. For violations, the Travel Program Instructor is responsible for and has the sole authority to make decisions regarding the level of an offense and corresponding appropriate sanctions. Sanctions may include:
- Dismissal from the Travel Study program without refund.
- The parent or guardian will be responsible for removing the student within 24 hours of this sanction including arrangements for the travel back (airfare etc).

**Laboratory and Classroom Safety**
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. Students will be encouraged to share any known allergies prior to participating to help ensure their safety.
Students agree to report immediately any unsafe condition or injury that occurs. Faculty will review with the student any incident or injury, and the faculty will notify International SOS and UVM Risk Management if health care beyond first aid is required.

**FERPA Rights Disclosure:**
The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974.
http://catalogue.uvm.edu/undergraduate/academicinfo/ferparightsdisclosure/

**Promoting Health & Safety:**
The University of Vermont’s number one priority is to support a healthy and safe community:

**Center for Health and Wellbeing:**
https://www.uvm.edu/health

**Counseling & Psychiatry Services (CAPS)**
Phone: (802) 656-3340
C.A.R.E.
If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at https://www.uvm.edu/studentaffairs

Final Exam Policy:
The University final exam policy outlines expectations during final exams and explains timing and process of examination period. https://www.uvm.edu/registrar/final-exams

Alcohol and Cannabis Statement:
The Division of Student Affairs has offered the following statement on alcohol and cannabis use that faculty may choose to include, or modify for inclusion, in their syllabus or Blackboard site:

Statement on Alcohol and Cannabis in the Academic Environment
As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored
- Affect sleep patterns, which interferes with long-term memory formation

It is my expectation that you will do everything you can to optimize your learning and to fully participate in this course.

Complementary Therapies in Cuban Health Care and Cultural Immersion
March 9 -17, 2019

March 9 Bien Venidos a Cuba (D)
Am Departure from USA and arrival into Jose Marti International Airport. Transfer to Viñales. Along the way we will stop at the Los Jazmines hotel for a photo op of the amazing vistas.
Check in to the San Vicente Hotel.
Group Circle Meeting
Then we will enjoy our welcome dinner.

March 10 Pinar del Rio (B, L, D)
8:00am Breakfast at our hotel.
9:00am Enjoy a Day Excursion to Pinar del Rio and the Vinales Valley, a UNESCO World Heritage Site that was designated in 1999. The Viñales valley is encircled by mountains and its landscape is interspersed with dramatic rocky outcrops. Traditional techniques are still in use for agricultural production, particularly of tobacco. The quality of this cultural landscape is enhanced by the vernacular architecture of its farms and villages, where a rich multi-ethnic society survives, illustrating the cultural development of the islands of the Caribbean, and of Cuba. In Vinales we will enjoy the beautiful sites and enjoy a walking farm tour, including a visit to a tobacco farm, an excursion to the Indian Cave and horse ride through valley.
1:00pm Tour and lunch at Finca Paraiso (Marilyn requested).
3:00pm Visit to a family doctor and polyclinic (as available).
5:00pm Group Circle Meeting
Free time to enjoy a walk in the valley & town.

7:30 pm    Dinner

---

**March 11     Havana  (B, L, D)**

7:00am Group Circle Meeting

8:00am    Check out of the hotel and return to la Havana.

11:00 am    Overview Briefing on Havana Past, Present and Future by Cuban Architect and Urban Planner Miguel Coyula. Learn about the historic development of the Capitol, and about the Master Plan for Restoration of Old Havana through the salvaging of neglected buildings, tourism for restoration investment, and the accompanying social services for local residents [http://www.american.edu/americantoday/campus-news/20101123-cuba-scholar-Miguel-Coyula.cfm](http://www.american.edu/americantoday/campus-news/20101123-cuba-scholar-Miguel-Coyula.cfm)

Lunch    at the Bodequita del Medio

2:00pm    Our day in Cuba begins with a City Tour of Havana. Our guided tour includes a brief history of the city’s important sites with a focus on the diverse architecture of the city. Walk takes us through Havana’s oldest neighborhood to learn about the historic, architectural, and cultural significance of this area which was declared a World Heritage Site in 1982 by UNESCO. Explore the four main plazas of the 18th-century colony: Plaza de Armas, which originally housed the main administrative buildings of the colony; Plaza Vieja, the oldest of the plazas; Plaza de la Cathedral, site of the baroque cathedral of Havana, and Plaza de San Francisco, site of the basilica of San Francisco and the old Havana stock exchange. Visit to local artist studios.

4:00pm    Exchange with the CFN (National Folkloric Conjunto). We will enjoy a dance demonstration. Then Enjoy a Afro-Cuban dance lesson and percussion Lesson.

6:00pm    Return to the Copacabana.

8:00pm    Dinner at el Melen.

---

**March 12     Havana  (B, L, D)**

8:00am Group Circle Meeting

11:00am    Exchange with an organic urban farm in Alamar, on the outskirts of Havana and exchange with local gardeners. At the Organopónico Vivero Alamar we will engage with one of Havana's largest and most successful urban garden, a Unidad Básica de Producción Cooperativa (Basic Unit of Cooperative Production). Covering 11 hectares in Alamar, a residential suburb, the allotment's rows of vegetables are overshadowed by grey Soviet-style blocks of flats. Though small, the garden (really more of an urban farm) is incredibly productive. As well as fresh vegetables, fruits, ornamental plants, seedlings, timber and medicinal and spiritual plants, the cooperative also produces dried herbs, condiments, garlic paste, tomato sauce and pickles; vermicompost, compost and substrates; goat and rabbit meat and mycorrhizal fungi. The Organopónico also welcomes tourists and holds workshops and courses in organic agriculture. Products are sold to local restaurants and directly to community members from the farm shop. (request to meet with Isis Salcines).

1:20pm    Lunch at Ajiaco in Cojimar.

3:00pm    Visit to the community of Regla for an overview of Santeria.

5:30pm    Time to rest.

7:30pm    Dinner at VIP Havana

9:00pm    Cultural Activity to the Jazz Café for live Cuban Jazz (drop off only)
March 13
8:00am Group Circle Meeting
9:00am Morning Yoga Exchange with the Cuba Yoga Coopertiva (by Altruvistas)
10:30am Exchange at a local Casa de Abuelos – service learning.
1pm Lunch and visit to Finca El Divino (an ecological farm and restaurant in the city). Learn about their social program.
3:00pm Cooking class to prepare your Dinner (by Altruvistas) with invited guest to share about his experience with general medicine, geriatric care and the work of CENESEX in Cuba today.
Group Circle Meeting

March 14  Matanzas Excursion  (B, L, D)
8:30am Check out of hotel.
9:30am Meeting with ICAP – the Cuban Institute of Friendship with the Peoples to discuss US/Cuban relations and the role of the embargo on healthcare in Cuba.
11:00am Depart for Varadero and check into our hotel.
1:00pm Visit and exchange at a Policlinic and family doctor’s house.
4pm Group Circle Meeting
Dinner at hotel.

March 15  Matanzas Excursion  (B, L, D)
9:30am Exchange with a Natural and Traditional Medicine Clinic, followed by a visit to the flower essence farm.
1:00pm Lunch in a local paladar.
3:00pm Swimming with the dolphins with the Doctor from the Natural and Traditional Medicine Clinic in the afternoon.
Dinner is at the hotel.
Evening Group Circle Meeting and beach time at Varadero.

March 16  Havana  (B, L, D)
11:00am Check out of Hotel.
Lunch In Matanas then we will return to Havana with a stop at San Severino.
4:30pm Check in to Hotel Copacabana
7:00pm Farewell Dinner at el Aljibe (transfer by classic cars).
10:00pm Cultural Activity- we will transport to the independent community art space, the Fabrica de Arte.

March 17  Havana  (B)
Am Breakfast and Check out of hotel
Check in for return flight to Miami

Inclusions

- All confirmations in the program.
- Lodging in 3 star hotels.
• On-ground transportation by air conditioned motor coach, some evening cultural activities are drop off only (FAC and Jazz Café Club)
• Airport transfers or pick up and drop off on arrival and departure days only.
• One full time leader/translator Havana.
• Preparatory reading and orientation materials.
• Admission to all programed activities on the itinerary
• Entrance fees to the FAC (2cuc per person) and to the Jazz Café
• Shared Classic Car rides for 1 hour 3 or 4 to a car.
• Funds for group donations
• Honoraria to all speakers.
• Water supplementation on bus 1$ a day is budgeted.
• Three meals per day, breakfast and either lunch or dinner and as indicated on the itinerary (except at the Varadero hotel which is all inclusive). There are 7 dinners included.