Health Related Professions (HRPR)

Courses

HRPR 1001. Public Health: The Way We Live, Work and Play. 3 Credit Hours.
Public Health: The Way We Live, Work and Play is designed to help students think about contemporary health issues from an interdisciplinary perspective. The course includes an introduction to the five core areas of public health - biostatistics, epidemiology, environmental health, health services administration, and social and behavioral sciences - and how these areas relate to various health, health care, and human service professions. Public health helps inform decisions that shape the behavior of individuals and communities. Students will analyze health issues such as health promotion, disease prevention, and health care policy from a variety of perspectives. As part of the course, students will work in small interdisciplinary teams to access and evaluate information about a particular individual or population-level health issue, and learn to argue persuasively, both orally and in writing, for interdisciplinary approaches to that health issue. The focus of the course is to engage students’ curiosity about how the discipline of public health and interdisciplinary approaches apply to issues students may confront in their future professional work.

Repeatability: This course may not be repeated for additional credits.

HRPR 1005. Introduction to Mindfulness. 3 Credit Hours.
This 3-credit course is designed for undergraduate students in the College of Public Health. The course will review the history of mindfulness and then move to modern approaches and applications of mindfulness. A personalized mindfulness practice will be explored for relevance to a student's life. The course will focus on the neuro-biological influence of stress, the gut-brain axis, and the epigenetic nature of the human experience. It will explore issues such as conflict, approach versus withdrawing behaviors, and resilience. Students will deepen their understanding of concepts such as compassion fatigue, burnout, cognitive empathy, and vulnerability. The course serves as a springboard for future learning and deeper exploration into specific areas of mindfulness application, at a personal or population level.

Repeatability: This course may not be repeated for additional credits.

HRPR 1101. Contemporary Aspects of Disability. 3 Credit Hours.
An examination of psychological and social issues related to individual and social-cultural perspectives of disability, including social stigma and discrimination, portrayal by media, self-advocacy, family and other social relationship issues that impact the culture of disability and an individual's quality of life. NOTE: This course can be used to satisfy the university Core Individual and Society (IN) requirement. Although it may be usable towards graduation as a major requirement or university elective, it cannot be used to satisfy any of the university GenEd requirements. See your advisor for further information.

Course Attributes: IN

Repeatability: This course may not be repeated for additional credits.

HRPR 2104. Cultural Competency in Health and Healthcare. 3 Credit Hours.
This course is reflective of the needs expressed by the NIH. It is important to raise our students’ awareness of varying cultural differences, and the ways those differences present in the healthcare realm. Cultural competence goes beyond language, ethnicity, race and sex. This course will examine those components in the context of cultural traditions, gender issues, aging, and (dis)ability. There is a need for such background knowledge to develop the skills to effectively interact with diverse groups of people to improve the patient experience in healthcare, eliminate cultural and linguistic barriers during clinical encounters, develop sensitivity to gender/age/ability bias, ensure compliance with all care requirements and protocols, and improve the overall quality of care. This interaction includes (but is not limited to) patients, patients’ families, and the health care team.

Repeatability: This course may not be repeated for additional credits.

HRPR 2105. Introduction to the Narrative in Patient-Centered Health Care. 3 Credit Hours.
This is a multidisciplinary course that uses a variety of ways to help students understand the human experience in the context of health and illness and explore the linkage between the story and the body. In order to help develop narrative competence, students will learn how a narrative approach to health and disease is different from the conventional biomedical approach. The focus of narrative medicine is on the individual patient, a person with a past, a person with pain, and a person with agency. Students will learn about the ways in which the patient's story and physiology are related, how the story can be used in a clinical setting, and how to improve their ability to interpret narratives. It will provide students with the skills of respecting multiple perspectives. It will help them hear and mediate competing voices (e.g. those of authority, the patient, the patient's family), and it will help them engage in the dynamics of movement between empathy and emotional detachment. The goal for this course is interprofessional, patient-centered, and humanistic; and it is intended to promote compassionate clinical care through valuing the patient's, and the practitioner's, own unique experiences.

Repeatability: This course may not be repeated for additional credits.
HRPR 2106. An Introduction to Holistic Practices and Integrative Medicine. 3 Credit Hours.
The purpose of this course is to explore the use of Complementary and Alternative Medicine (CAM) and health practices, and integrative medicine within a holistic framework of care. The holistic/integrative approach incorporates traditional (Western Medicine) and CAM practices into the mental, emotional, physical, social, and spiritual dimensions of a person's functioning. The integrative approach uses standard treatments in combination with such adjuncts as nutrition, herbal therapy, and healing touch, among modalities.

**Repeatability:** This course may not be repeated for additional credits.