COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 203, HERBS, DRUGS AND MASSAGE

COURSE TITLE: Herbs, Drugs and Massage
COURSE NUMBER: TMAS 203
PREREQUISITES: HLHS 101 Medical Terminology and TMAS 120 Massage Technician Training I and APHY 102 Anatomy and Physiology II
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 3
CONTACT HOURS: Lecture: 3
DATE OF LAST REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2012

CATALOG DESCRIPTION: This course will cover common medical conditions, the most common medications and the herbal remedies used to supplement healthcare. The most common medications and herbal remedies will be discussed according to body systems with emphasis on classifications, uses, routes of administration, calculations, dosages, interactions, incompatibilities, and side effects. The student will learn how to research medical conditions, medications, and herbal remedies. Also addressed are special precautions, FDA legal aspects, and patient education.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student will be expected to:

1. Identify sources of reputable information regarding herbal remedies and medications.
2. Have a working knowledge of the most widely used herbal remedies and medications.
3. Understand the limits and the role of herbal remedies in Western Medicine in the US.
4. Understand the role which cultural diversity and herbal remedies may play.
5. Demonstrate an ability to use a PDR.
6. Identify drug classifications, drug forms, drug actions, side effects, drug interactions and emergency procedures for common drugs and herbs.
7. Identify applicable state and federal regulations.
8. Explain the relationship of various medications and herbs to massage for indications and contraindications.
9. Discuss how massage affects drug disbursement from injections and patches.
10. Understand the principles of preparation and administration of medications as directed by a physician.

COURSE CONTENT: Topical areas of study include –

Drug classifications
Types of drug administration
Drug and herb actions and interactions
State and federal drug regulations
Side effects of drugs and herbs
Effects of massage on drugs and herbs
Massage indications/contraindications due to medications
Common drugs and herbs used for disease conditions of each body system

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The Ivy Tech Library is available to students’ on- and off-campus, offering full text journals and books and other resources essential for course assignments. Go to http://www.ivytech.edu/library/ and choose the link for your campus.

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