**COMPLEMENTARY & INTEGRATIVE HERBAL MEDICINE LEARNING ACTVITY**

Activity objectives

1. Describe the background, history and indication of a selected herbal medicine.
2. Discuss the principles of pharmaceutics, pharmacokinetics, and pharmacodynamics as they apply to your selected herbal medicine
3. Describe major adverse effects and drug interactions associated with the herbal medicine.
4. Apply knowledge of drug interactions and adverse effects and discuss nursing implications and patient education areas for selected herbal medicine.
5. Apply research and evidence to nursing practice and patient education

**INSTRUCTIONS**

Students will work in with their preassigned groups to develop a Voice Thread presentation about an alternative drug therapy.

**Step 1**: Each group will **select one complementary/integrative herbal medicine** from the ones listed below. ***Please note that this is not an exhaustive list, and you choose to study another alternative therapy that is not on this list.***

|  |  |  |  |
| --- | --- | --- | --- |
| **ALTERNATIVE THERAPIES LIST** | | | |
| Arnica | Echinacea | Ginseng | Saw Palmetto |
| Bitter Melon | Evening Primrose | Grape Seed Extract | Starflower/Borage |
| Black Cohosh | Garlic | Hawthorn | St. John’s Wort |
| Cannabis | Ginger root | Kava | Valerian |
| Cinchona | Gingko Biloba | Red rice yeast | Yohimbe |
|  |  |  |  |

**Step 2 :** Complete a Voice Thread® presentation with power-point slides and **address the following:**

1. Discuss the historical background, mechanism of action and indication for your chosen herbal medicine
   1. Is the alternative therapy approved by the FDA?
      * 1. If yes, discuss parameters for approval
        2. If no, discuss barriers to FDA approval.
2. Describe the adverse effects and drug/food interactions associated with this therapy
3. Based your review of the adverse effects and drug interactions, what are the nursing implications associated with this therapy?
   * 1. How would you educate a patient using this medication?
4. Cite at least 4 articles from academic journals in your presentation. Please note that articles should be less than 5 years old.

*\*If you need to use older references, do not use more than 2 and the older references. Please note that older references do not count towards your research article requirement\**

**Step 3:** Complete a self and peer evaluation for each of your group members. Please **review the “Teamwork rubric”** by the American Association of College and University for guidelines on scoring.

Step 4: Submit the power-point slides from the voice thread presentation and your peer evaluations by **date**