



OREGON COLLEGE *of* ORIENTAL MEDICINE

Course Number and Title:	IM551 Western Clinical Medicine I (Pain)
Department and Department Chair:	Integrative Medicine Chair, Heidi Clark ND, LAc.
Credits and Hours:	2.00 credits, 24.00 hours
Term:	Fall 2022 (Sept 14, 2022-Dec 9, 2022)
Class Time and Location:	Section 1: Tue 4pm-5:50pm (online) Section 2: Thu 4pm-5:50pm (online)
Faculty:	Erika Sigrist ND, LAc.
Office hours:	By appointment
Contact Information:	erika.sigrist@ocom.edu
Teaching Assistant:	Kapua Samuels kapua.samuels@ocom.edu

Course Description: This course presents the pathology, clinical assessment, and management (including pharmacotherapy) of traumatic, musculoskeletal, neuropathic, rheumatological, visceral, somatic, and other pain. The course will cover many common painful conditions such as headaches, arthritis, neuropathies, chronic pain, carpal tunnel syndrome, fibromyalgia, and sciatica.

Prerequisites: Successful completion of Western Medical Terminology, Anatomy I-III, Physiology I-III, Living Anatomy I-III, and Western Pathology I-III.

MAc, MACM, DACM Program Learning Outcomes:

1. Practice Chinese medicine safely and effectively in a clinical setting
2. Apply biomedical knowledge to better evaluate and manage their patients' conditions (MAc, MACM); Integrate biomedical information to better evaluate and manage their patients' conditions (DACM)

3. Recognize situations requiring referral or emergency interventions and respond appropriately (MAc, MACM); Analyze situations requiring referral or emergency interventions and respond appropriately (DACM)
4. Communicate and collaborate effectively with other healthcare providers and appreciate additional approaches to patient care and treatment
5. Communicate effectively with patients
6. Apply the principles of evidence informed practice to patient care using information from a variety of sources, including texts, research data, continuing education seminars, journals, professional consultations and other medical information sources (MAc, MACM); Integrate the principles of evidence informed practice into original written work and into patient care using information from a variety of sources, including texts, research data, continuing education seminars, journals, professional consultations and other medical information sources (DACM)
7. Demonstrate the necessary skills to establish, manage and grow a private practice
8. Understand the importance of lifelong learning, including developing their awareness of qi in themselves, both professionally and personally, and their patients (MAc, MACM); Understand the importance of lifelong learning, including:
 - a. Appraising areas of professional weakness and formulating plans for their remediation.
 - b. Investigating a variety of resources for ongoing professional development.
 - c. Using available professional development resources to respond to changes in the local, state, regional, and national health care environment.
 - d. Developing their awareness of qi in themselves, both professionally and personally, and their patients. (DACM)

Course Learning Outcomes: Upon completing this course, students will be able to:
 [Numbers in brackets indicate the program learning outcome(s) each course learning outcome supports]

1. Discuss common pathologies and their underlying components that cause pain. [2, 3, 4, 5, 6]
2. Differentiate pharmaceuticals used to treat pain conditions including understanding their indications, mechanisms of action, major adverse effects, red flags, and risks for drug-herb interactions. [2, 3, 4]
3. Demonstrate the physical examinations for pain conditions including internal medical, central neurological, and other exams. [2, 3, 4, 5]
4. Determine appropriate clinical laboratory investigations to diagnose and monitor common pain conditions. [2, 3, 4, 6]
5. Become familiar with imaging reports including X-ray, computerized tomography, and magnetic resonance imaging in relation to common pain conditions. [2, 3, 4, 5]
6. Read and reflect on a topic of interest in western medicine [6, 8]

Course Requirements: Class participation, attendance, completion of assignments, passing quizzes and exams.

Definitions of Credits:

- **Didactic courses:** 12 classroom hours + 24 hours of outside study = 1 credit

Therefore, for this course you are in class 2 hours per week and expected to do 4 hours of outside study.

Required and Recommended Reading:

Required

Porter, R., & Kaplan, J. (eds.). (2016). *The merck manual online*. Retrieved from www.merckmanuals.com/professional

Online articles from syllabus and weekly slides.

Recommended

Sperber, G. (2016). *Integrative Pharmacology*, 2nd ed., Blue Poppy Press.

Kumar, V., Abbas, A., Fausto, N., and Mitchell, R.N. (2018). *Robbins Basic Pathology*, 10th Edition; Philadelphia: Saunders Elsevier

Bickley, L.S., & Szilagyi, P.G. (2016). *Bates' guide to physical examination and history taking* (12th ed.). Philadelphia: Lippincott Williams & Wilkins.

Papadakis, M.A., McPhee, S.J., & Rabow, M. (Eds.). (2021). *Current medical diagnosis and treatment 2021* (60th ed.). New York: McGraw-Hill.

Anzaldua, D. (2010). *An acupuncturist's guide to medical red flags and referrals*. Boulder, Colorado: Blue Poppy Press.

Katzung, Bertram G., Susan B. Masters, and Anthony J. Trevor Basic & Clinical Pharmacology 13th Edition, McGraw Hill Publishing, 2015

Supplies and Equipment: stethoscope, penlight, sphygmomanometer, otoscope (optional)

Methods of Instruction: Lecture, case-based learning, demonstration, and practical application.

Evaluation and Grading: In addition to the criteria below, students must meet the [Technical Skills/Standards for the Practice of Acupuncture and Chinese Medicine](#) in each course (see also Student Handbook):

Grading is based on weekly quizzes, a written final, and three homework assignments and comments. The complete grade is determined as follows:

Weekly Quizzes	40%
Homework Assignments	25%
Homework Comments	5%
Final	30%

The weekly quizzes will cover material from the previous class and may include extra credit based on the previous quiz. They will be timed online quizzes that are to be taken individually and without assistance from notes or texts.

The homework assignments are the surgical sieve/differential diagnosis assignment, outcomes assessment tool assignment, and rabbit hole assignment or book review. In addition, every student must provide thoughtful comments on at least three posts from other students.

The final will be comprehensive and include questions from lectures and quizzes of the entire class.

Requirements to Pass class: 75% total average on quizzes, completion of 3 assignments, comments, passing the final exam as well as satisfactory attendance.

Requirements for Honors: 95% or above on quizzes, the final exam and attendance. As well as completion and 95% or better on the 3 assignments plus a book review.

Grading Policy

- H (Honors) – Final grade of 95 percent or above. Honors is not granted in OCOM clinical courses.
- P (Pass) – Final grade of 75%- 94%.
- F (Fail) – Final grade less than 70%. Failed classes must be repeated and passed to receive credit. Students who fail a course on the second attempt may be subject to dismissal from their program.
- FR (Fail Remediate) – If the final grade is 70-74%, the instructor may give the student the opportunity to demonstrate competency by re-examination or by another assignment deemed appropriate by the instructor and apply an “FR” at the end of the term. Students will have three weeks into the next term to address the remediation requirements. Failure

of such make-up exams or remedial work will result in a grade of “F.” Students who successfully complete the remediation requirements will receive a grade of “P.”

- IP (In Progress) – “In progress” indicates a course for which the student is currently enrolled.
- W (Withdraw) – The “W” designation is assigned when a student withdraws from a course after the normal Add/Drop period.
- I (Incomplete) – An “Incomplete” indicates that further work in a didactic class or clinic shift must be completed before a grade is given (See Incomplete Policy below).

Incomplete policy: A student who cannot complete course work by the published last day of the course for pedagogical or medical reasons may petition for a grade of incomplete by submitting to their instructor. Any student receiving an FR grade may also petition to complete work assigned by the instructor to earn a passing grade. Instructors will not automatically extend the grading period without the submission of an [Incomplete or Fail Remediate Grade Form](#). Failure to submit required coursework for an Incomplete by the specified deadline will result in a Fail “F” grade. A failed Incomplete in a didactic series class in a prior quarter will result in withdrawal of the student in the respective next series course in the current quarter. If the Incomplete was in a clinic, the student will lose all accumulated patient contacts and hours for that shift and will have to repeat the shift. Students are ineligible to graduate with an “I” grade, even for an elective course. Students who receive two or more Incompletes, two or more grades of “FR” or one Incomplete and one “FR” in any one quarter are subject to academic probation..

Attendance policy: In a professional medical program such as OCOM’s, attendance is essential for acquiring knowledge and skills needed for safe and effective practice. As such, students are expected to attend all their classes and clinic shifts.

Faculty may require students who miss instructional time, either due to absenteeism, tardiness, or early departure from class, to do additional work. This may involve additional projects, examinations, meeting with tutors, teaching assistants, or the faculty themselves. Students are responsible for any additional costs associated with these requirements.

Any student who misses more than 25 percent of a class will receive a failing grade for the course (“F”). While faculty have the discretion to consider exceptions to this policy, any student requesting an exception must submit a written petition to the faculty member who will review the petition in consultation with the Vice President of Academic Affairs. The student may be required to submit additional documentation to process the petition, the nature of which will be determined by the faculty member and Dean.

While disability accommodations cannot be given retroactively, any student who has missed more than 25% of the attendance requirement due to a medical condition that will continue to create functional limitations will be referred to the Disability Access Services and Tutoring Programs Coordinator to engage in the interactive process for requesting accommodations under the ADA and Section 504 of the 1973 Rehabilitation Act.

Students who fail a class because of excessive absences will need to repeat the class or clinic shift. In certain circumstances, this may require adding an additional year to the program of study.

Camera Policy: The following policy is in effect for courses taught over Zoom: Students should have their camera ON throughout the entire class as a general rule. We also recognize this can be difficult and not always possible. Students may have, in certain situations and at limited times, very good reasons for needing their camera off. However, as it is a requirement of the Department of Education, as well as all Accrediting Bodies who oversee the college as a whole, each department and each instructor must verify and certify the attendance of every student for the entire class period who is marked present. To this end, it is essential cameras remain on during the entire class time with the exception of breaks. Faculty have discretion to modify this policy within the context of each class meeting.

If students need to have their camera off, due to any number of legitimate reasons, it is important you notify your faculty. The faculty understand that occasionally, for limited amounts of time, cameras may be off. We ask all students to have cameras turned on unless they have a specific need for them to be off and that need has been communicated to the faculty. Most faculty in our departments prefer to teach to actual faces and this helps insure the best education possible.

Americans with Disabilities Act (ADA) Services and ADA Accommodations: *Oregon College of Oriental Medicine will provide reasonable accommodations for students with known disabilities in accordance with the definitions provided by the Americans with Disabilities Act and Section 504 of the 1973 Rehabilitation Act. Individuals with disabilities must formally request accommodation under the ADA in order for OCOM to provide reasonable accommodations. Students shall make their request to the Disability Access Services and Tutoring Programs Coordinator, who will verify the disability and collaborate with the student in identifying reasonable accommodations and ways to implement these accommodations. Please see the current Student Handbook for more information.*

Professionalism Statement: *As OCOM faculty, we commit to modeling professionalism in the classroom, in the clinic, and in the larger community. We ask that OCOM students*

(training to be health care practitioners) also demonstrate professionalism in these same domains.

As classroom and clinic instructors, we will:

1. Come to class and clinic prepared to teach.
2. Share our knowledge freely.
3. Start and end class, class breaks, and clinic shifts on time.
4. Treat all students with impartiality, courtesy and respect.
5. Provide fair, timely and thorough feedback on exams, assignments, and clinic performance.
6. Be available and accessible to students to answer questions or discuss concerns and respond to student emails promptly.
7. Strive to improve the quality of our classroom and clinic instruction and be receptive to constructive input from students.
8. Ensure that opportunities to participate in class and clinic activities and benefit from faculty interaction are provided equitably to all students.

As classroom and clinic instructors, we ask that students:

1. *Come to class and clinic prepared to learn, receptive to information and experiences, and open to feedback.*
2. *Remain attentive and engaged throughout each class period or clinic shift.*
3. *Arrive to class and clinic shifts on time, return from class breaks on time, and remain to the end of the class or clinic shift.*
4. *Submit assignments and paperwork on or before the due date or on a mutually agreed upon date with the faculty member.*
5. *Maintain respectful interactions with instructors, teaching assistants, staff, fellow students, and patients.*
6. *Provide constructive feedback to faculty on course evaluations and to peers as appropriate for class activities.*
7. *Communicate with faculty about issues that are affecting the classroom or clinic.*
8. *Use electronics/technology in the classroom or clinic only for classroom or clinic related activities.*
9. *Communicate with faculty beforehand (when an absence is anticipated) or -in the case of an unanticipated illness or emergency - by the end of the day if they are absent on the day of a scheduled quiz or exam.*
10. *Complete any makeup exams or quizzes within one week of the scheduled quiz or exam date unless other arrangements are made with the instructor.*

Classroom Recording for Personal Use (Lecture-Only Class): Students are not permitted to make visual or audio recordings, including live streaming, of classroom lectures or any class related content, using any type of recording devices (e.g., smart phone,

computer, digital recorder, etc.) unless prior permission from the instructor is obtained, and there are no objections from any of the students, models or teaching assistants in the class. If permission is granted, personal use and sharing of recordings and any electronic copies of course materials (e.g., PowerPoints, lecture notes and any classroom discussions online or otherwise) is limited to the personal use of students registered in the course and for educational purposes only, even after the end of the course. Recordings of class material should avoid capturing faces and names wherever possible.

Exceptions will be made for students who present a signed letter of accommodations from Disability Access Services See the OCOM Master's Student Handbook for details on accommodations and the Disability Access Services process.

To supplement the classroom experience, lectures may be audio or video recorded by faculty and made available to students registered for this class. Faculty may record classroom lectures or discussions for pedagogical use, future student reference, or to meet the accommodation needs of students with a documented disability. These recordings are limited to personal use and may not be distributed, sold, or posted on social media outlets without the written permission of faculty. Unauthorized downloading, file sharing, distribution of any part of a recorded lecture or course materials, or using information for purposes other than the student's own learning may be deemed a violation of OCOM's Code of Professional Conduct and subject to disciplinary action.

COURSE OUTLINE -
Course IM551, Western Clinical Medicine I (Pain)
Sections 1 and 2

Week	Date	Topic	Readings/ Assignment/ Other Studying
1	9/15 9/20	Class overview, Types of Pain, Application of the Surgical Sieve , Musculoskeletal Conditions History, physical exam, labs and imaging Overview of Pain Chronic Pain Neuropathic Pain Somatic Pain	Read articles UC San Diego's Practical Guide to Clinical Medicine -MSK Exam Bates, pp. 625-57
2	9/22 9/27	Musculoskeletal Conditions Neck Pain, Low back pain, TMD (temporomandibular joint disorders) Chronic Low Back Pain , Overview of Temporomandibular Disorders	Quiz #1 Bates, pp. 657-95 Read Articles
3	9/29 10/4	Trauma: Bursitis, Tendinitis, Sprains, Strains, Shoulder Pain	Quiz #2
4	10/6 10/11	Peripheral Nerves: Peripheral Neuropathies (mononeuropathies), Sciatica, Carpal Tunnel, Thoracic Outlet Carpal Tunnel Syndrome. Treatments for Sciatica	Quiz #3 UC San Diego's Practical Guide to Clinical Medicine -Neuro Exam Bates, pp. 711-34 Read Articles
5	10/13 10/18	Peripheral Nerves: Peripheral Neuropathies (mono and polyneuropathies), Guillain Barre Syndrome, Bell's Palsy, Trigeminal Neuralgia Peripheral Neuropathies Hereditary Neuropathies	Quiz #4 Bates, pp. 741-64 Read Articles Assignment 1 due
6	10/20 10/25	Headaches Primary - Tension Headaches, Migraine, Cluster Headaches	Quiz #5 Bates, pp. 215-217, 222-226

		Approach to Acute Headache, Diagnosis of Migraine Headache, Migraine	
7	10/27 11/1	Headaches Secondary - Meningitis, CNS Neoplasm Review articles, not already covered at: Headache Cluster Headache, Tension-Type Headache	Quiz #6 Read Articles
8	11/3 11/8	Central Nervous Causes of Pain: Multiple Sclerosis, Parkinson Disease	Quiz #7 Bates, pp. 735-41, 764-94 Assignment 2 due
9	11/10 11/15	Rheumatology - Arthritides Osteoarthritis, Rheumatoid Arthritis, Gout, Infectious arthritis, Osteomyelitis Read the following articles: RA, spondyloarthropathies, osteoarthritis, neurogenic arthropathy, Crystal-induced arthritis	Quiz #8 Read Articles
10	11/17 11/22	Rheumatology - Autoimmune Systemic Lupus Erythematosus, Systemic Sclerosis, Polymyositis, Dermatomyositis Read articles from: Introduction to Autoimmune Rheumatic Disorders	Quiz #9 Read Articles
11	11/29 (Tue 12/1 (Thu)	Visceral and Other Pain Finish previous topics, Fibromyalgia Visceral Pain Fibromyalgia	Quiz #10 Read Articles Assignment 3 due Book review due
12	12/6 Tue 12/8 Thu	FINAL EXAM	Comments Due