

OST 594 – Spirituality and Osteopathic Medicine

Fall Semester - 2023

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Notice to Students: Although Elective syllabi at MSUCOM have a consistent format; vitally important details differ by Elective. For this reason, you must read the syllabus thoroughly at the onset of each elective to understand what educational activities will be provided and what is expected of you.

Section 1 – Course Information

Elective Description

OST 594-Spirituality in Medicine is a 1 credit hour course that provides students with an opportunity to examine multiple aspects of spirit and spirituality, a vital component of well-being for both physician and patient. The elective is administered in a round-table format that is designed to promote student participation and exposure to different life experiences. Various topics in spirituality relevant to all health care providers, with a special emphasis on the role of spirit in the osteopathic philosophy, will be covered. A non-biased, balanced, and safe forum will be provided for the presentation and discussion of ancient, traditional, modern, evidence- and non-evidence-based perspectives.

The creator of this course, Dr. William Pinal, believed that a physician had to understand who they were, where they were from, and what they believed about interacting with others in order to practice medicine to the full extent of their ability/abilities. This course is a stepping-off point for beginning that learning journey. Building off Dr. Andrew Taylor Still's mind-body-spirit conception of Osteopathic care, and the newer Mental-Emotional-Physical-Spiritual model used in many contemporary health care fields, this course utilizes experiential learning, discussion, careful listening, and selected guest moderators to help members of the class along their own paths of spiritual development.

The course is 10 weeks long and may be taken multiple times, as each term's areas of focus may change based on student participants, faculty/facility availability and timeliness of topics. Students will be expected to participate in field trips to places that are relatively near the East Lansing campus, but which allow for experiencing different varieties of individual spiritual exploration with minimal cost. Example trips may include botanical gardens or an outdoor labyrinth. If students are coming from Macomb and DMC, we may choose locations that are more central to all three campuses. Efforts will be made to accommodate examination schedules with bad weather backup plans. While we value the group experience as part of the learning process, alternative options may be available on a case-by-case basis to account for extraordinary circumstances.

Course Goals

Instructional Objectives

By the end of the course, students will:

1. Verbalize what spirituality means to them personally.
2. Explain how spirituality can be expressed in both religious and non-religious ways.
3. Have been exposed to and developed an appreciation and respect for the legitimacy of "non-western" medical philosophies.
4. Demonstrate an open, understanding attitude toward the philosophies of others.

5. Work with patients, their families, and colleagues in the medical profession that may have philosophies differing from their own.
6. Develop an appreciation for the philosophy of the power of intent and positive attitude in attaining human wellness.
7. Maintain patient and colleague confidentiality.
8. Make reasoned, well-informed decisions that fit into their personal spirituality.

Course Coordinator

(Note - Preferred method of contact is shown in italics)

Name: Reddog Sina, D.O., Ph.D.

Phone: 517-214-8157 (cell)

Email: reddog@msu.edu (preferred method)

Address: A-439 East Fee Hall, East Lansing, MI 48824 (office A436-D E. Fee)

Staff or Student Coordinator

Name: Patty Roberts, Curriculum Assistant

Phone: 517-204-4803 (cell)

Email: robe1204@msu.edu

Address: A331 Fee Hall, East Lansing, MI 48824

Instructors

Name	Email	Phone	Site
Reddog Sina, D.O., Ph.D.	reddog@msu.edu	517-214-8157	EL
J'Aimee Lippert, D.O	boseljai@msu.edu		EL
Travis Gordon, D.O.	gordont7@msu.edu		Merida

Lines of Communication

- For administrative aspects of the Course: contact the course coordinator.
- For content questions relating to a specific lecture or topic: contact the faculty presenter for that specific portion of the course or your SE MI on-site instructor.
- For absences/missed exams (see excused absence information below)

Office Hours

Questions concerning may be discussed individually by making an appointment with the Course Coordinator, *Reddog Sina, DO, A436-D East Fee Hall*, via e-mail: reddog@msu.edu . The course coordinator is generally available *via email or* by appointment.

Textbooks and Reference Materials

Required

- Fulford, Robert C. D.O. Dr. Fulford's Touch of Life. Gallery Books; Reprint edition (September 1, 1997). ISBN-10: 0671556010; ISBN-13: 978-0671556013
- Still, Andrew T. Autobiography of Andrew T. Still (available as an ebook for free or \$0.99)

Recommended

- Still, AT. The Philosophy and Mechanical Principles of Osteopathy
- Alvord, Lori and Elizabeth Cohen Van Pelt. The Scalpel and the Silver Bear: The First Navajo Woman Surgeon Combines Western Medicine and Traditional Healing. Bantam; Reprint edition (June 6, 2000) ISBN-10: 9780553378009; ISBN-13: 978-0553378009
- The Book of Joy by Desmond Tutu and the Dalai Lama
- Being Mortal by Atul Gawande
- Love Thy Neighbor: A Muslim Doctor's Struggle for Home in Rural America
- Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying. Maggie Calahan
- Lewis, John. AT Still: From the Dry Bone to the Living Man.
- Lee, R. Paul. Interface: Mechanisms of Spirit in Osteopathy

Optional

- Artress, Lauren. The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform. Riverhead Books, 2006. ISBN-10: 1594481822; ISBN-13: 978-1594481826
- Calahan, Maggie. Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying. New York: Simon & Schuster, 2012. ISBN-10: 1451667256; ISBN-13: 978-1451667257
- Citro, Massimo. The Basic Code of the Universe. Park Street Press, 2011. ISBN-10: 1594773912; ISBN-13: 978-1594773914
- Dalai Lama, Desmond Tutu, Douglas Abrams. The Book of Joy: Lasting Happiness in a Changing World. New York: Avery, 2016. ISBN-10: 9780399185045, ISBN-13: 978-0399185045
- Gawande, Atul. Being Mortal: Medicine and What Matters in the End. New York: Picador, 2014. ISBN: 978-1-250-07622-9
- Nestor, James. Breath: The New Science of a Lost Art. New York: Riverhead Books, 2020. ISBN 978-0-7352-1361-6.
- Kenny G. The healer's journey: a literature review. *Complement Ther Clin Pract*. 2012 Feb;18(1):31-6. doi: 10.1016/j.ctcp.2011.08.002. Epub 2011 Aug 30. PMID: 22196571 Review.
- Mehl-Medrona, LE. Coyote Medicine. New York: Simon & Schuster, 1998. ISBN-10: 0684839970; ISBN-13: 978-0684839974
- Page, Ben. Healing Trees: A Pocket Guide to Forest Bathing. Mandala Press, 2021. ISBN-10: 1647224187; ISBN-13: 978-1647224189
- Virji, Ayaz and Eisenstock, Alan. Love Thy Neighbor: A Muslim Doctor's Struggle for Home in Rural America. Convergent Books, 2021.

Elective Schedule

This elective runs from 9/5/23 to 11/14/23. The specific meeting schedule will be provided on

the first day of the elective. General possible topics covered are listed below. The sequence of topics will be determined by the end of the first meeting based on presenter availability and student interest.

Other topics may additionally be covered based on student interest.

Topics:

- Relationship of Energy and Spirit
- Relationship of Spirit and Matter
- Nature of Consciousness
- Nature of Mind
- Meaning of Mind, Matter and Motion
- Topics in Energy Medicine
- Death and Dying
- Role of Ritual in Medicine/Healing
- Non-Western Medical Theories and Practices
- Role of Physician as a Healer
- Nature of Placebo
- Role of Religion in Medicine
- Meaning of Spirit in Spirituality
- Role of Intention in Healing
- Self-Care and Spirit Nurturing: Music, Art, Dance and other activities
- Nature and Spirit
- What's Love Got to Do with It
- What is Your Center

Required Exams/Assessments

There are no exams planned for this course.

Students are expected to participate in all sessions, which will be demonstrated by completing in-class journal assignments.

Required Proctoring Arrangements

Not applicable

Elective Grades

A student's course grade is determined by the following:

P-Pass—means that credit is granted and that the student achieved a level of performance judged to be satisfactory by the instructor. To obtain a "P" grade for this Elective, a student must actively participate in at least 7 sessions of this elective.

N-No Grade—means that no credit is granted, and that the student did not achieve a level of

performance judged to be satisfactory by the instructor. A student that does not demonstrate active participation in at least 7 sessions of this elective by completing journal assignments will receive an “N” grade.

Remediation - Since all of the Electives in the MSUCOM curriculum are optional, students are not required to remediate the elective if an “N” grade is received. However, if the student requests this as an option, an appropriate project can be agreed upon if it appears to address the topics missed by the student or an appropriate alternative. The Course Director reserves the right to not offer an option if the student has demonstrated disregard for classmates, instructor(s), and/or the Instructional Goals of the course.

Student Evaluation of the Course

We want your feedback on how to make this Elective better for the students who come after you. Informal Feedback: feel free to approach Dr. Sina or Dr. Lippert with your reactions and suggestions. You may also write out your comments and email them to the staff coordinator, who will provide them to Dr. Sina.

- Informal Feedback: Feel free to approach the Course Coordinator, Dr. Sina, or any of the other course faculty with your reactions and suggestions. Or write out your comments and email them to the Course Coordinator or Faculty. From time to time, we may also convene focus groups of students, as an additional way to elicit your opinions and suggestions.
- Formal Evaluation: In addition to the above, we ask every student in the class to complete formal on-line Elective evaluation upon conclusion of the Elective. Student Elective evaluations are required to achieve a passing grade. Student feedback provides Elective Coordinators with valuable information regarding their performance, the performance of their instructors and the quality of the Elective. The information gained from these evaluations is used to continuously improve future offerings of this Elective.

Section 2 – Policies

Please refer to the <https://com.msu.edu/current-students/student-handbook-course-catalog> for these and other policies.

Academic Honesty and Professionalism

Every student is responsible for their behavior and is expected to adhere to all MSU and MSUCOM policies of academic honesty and professionalism, as outlined in the MSUCOM Student Handbook and the MSU Medical Student Rights and Responsibilities. These documents may be found on the MSUCOM website. Additional guidance on academic integrity may be found on the MSU Ombudsperson's website at <https://ombud.msu.edu/resources-self-help/academic-integrity>.

Incidents of academic dishonesty or professional misconduct will be addressed by the faculty, administration, or staff; such action may include, but is not limited to: giving a failing grade, referring a student for judicial review, directing the student to the Associate Dean of Medical Education, evaluation by the Committee on Student Evaluation, and other actions outlined in the Medical Student Rights and Responsibilities document.

Types of Class Sessions

MSUCOM designates lectures and other class sessions by their delivery method. While additional terms may be used in a specific course, the following will provide general guidance to the type of session:

- Live or livestream lecture: broadcast at a designated time; intended to be viewed synchronously
- Online Lecture: recorded content, may be viewed asynchronously
- Webinar: more interactive session where student participation is expected
- Lab: may refer to on-site clinical skills training or online lab session; see details

Changes to Course Schedule or Requirements

Due to external circumstances, the course requirements published in the course syllabus and/or course schedule may be subject to change. Timely notification Communication regarding changes will be provided to enrolled students via the course D2L site and/or email. Any changes made will consider the MSU Code of Teaching Responsibility and the MSU Medical Students Rights and Responsibilities.

Mandatory and Optional Class Sessions

All lectures and other class sessions are considered to be integral to the course, and students are expected to attend, view, or participate in each session. Some sessions are designated as "mandatory" in that attendance at the session on the scheduled date and time is required. Depending on the course, a student may earn points for attending or participating in a mandatory session or may lose points for failing to attend or participate. Availability of make-up points for missed sessions is at the discretion of the course coordinator. Optional class sessions are offered by faculty to assist students in learning or reviewing course content.

Absences from Mandatory and Examinations/Assessments

It is the responsibility of the student to know which class sessions are deemed as mandatory and comply with the MSUCOM policy regarding absences from mandatory sessions and examinations. This policy may be found in the MSUCOM Student Handbook on the MSUCOM website. Requests for an excused absence must be submitted via the [student portal](#).

Computer-Based Testing

It is the responsibility of each student to know and comply with the MSUCOM policy on computer-based testing. This policy may be found in the MSUCOM Student Handbook on the MSUCOM website.

Administration of quizzes, examinations, and other assessments may be self-proctored, virtual proctored, or classroom proctored. Regardless of the proctoring method, you are expected to take the exam in a quiet, private setting. Just like in a proctored exam, you are not to access notes, textbooks, references, your phone, or other materials, and you are not to interact with fellow students or others. Remember that integrity is defined as what you do when no one is looking.

You are also expected to not record, photograph, take screen shots, make notes of, or otherwise attempt to make a copy of any exam item for any purpose, including your personal use. A student who is discovered to have cheated or breached exam security will be subject to formal disciplinary action, up to and including dismissal from MSUCOM.

If you have concerns or evidence of an exam security breach on this or any exam, you may report that to an MSUCOM administrator or through the online concern form.

Medical Student Rights and Responsibilities

If problems arise between instructor and student, both should attempt to resolve them by informal, direct discussions. If the problems remain unsolved, the Associate Dean for Medical Education and/or the MSU Ombudsperson may be consulted. The MSU Medical Student Rights and Responsibilities (MSRR) document defines processes for additional steps, including submission of a formal grievance. The MSSR may be found in the MSUCOM Student Handbook and online at splife.studentlife.msu.edu.

iClicker Reef/(iClicker Student) Policy

It is your responsibility to know and comply with the iClicker Reef (iClicker Student) Policy. This policy may be found in the MSUCOM Student Handbook. If you forget your device or if it does not work, for whatever reason, no make-up experiences will be provided, and no points will be given.

If iClicker Reef/Iclicker Student is used to take attendance for an on-campus event, you will be expected to arrive to the physical location on time and to stay for the duration of the assigned activity. If iClicker Polling is used to take attendance for an online event, you will be expected to start the session at the scheduled time and participate for the duration of the assigned activity.

As a matter of professionalism, please note that under no circumstances should you provide access to your iClicker Reef/Student account to another student by sharing your device and/or account login, nor should you accept another student's device or login credentials to access iClicker Polling on their behalf. Answering questions or checking in for attendance on behalf of another student by using their device or account is considered to be academic dishonesty and may result in disciplinary action up to and including dismissal from the college.

Remediation

The MSUCOM Policy for Retention, Promotion and Graduation requires successful completion of each required course to progress in the curriculum. Remediation is not available for preclerkship electives.

Student Safety and Well-being

The MSUCOM website and Student Handbook provide information on student safety, campus security, access to medical care and counseling services, and to policies on injuries and exposures. If you have an injury or acute illness on campus, an incident report should be completed. The form is available on the MSUCOM intranet or from Academic Programs.

Academic Support Resources at MSUCOM

As a way to acclimate you to the curriculum at MSUCOM, we have created a program called On Target: <https://michiganstate.sharepoint.com/sites/OnTargetforAcademicSuccess>

On this site you will find semester roadmaps which gives a general overview of each semester, tools needed to be successful in the curriculum and targeted resources for your unique learning situation. In each semester's road map, you will also find course expectations, tips for success, potential trouble spots, longitudinal course integration, and specific course study guides.

Requests for Accommodations

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities (RCPD) at 517-884-7273 or online at rcpd.msu.edu. Once eligibility for an accommodation has been determined, you may be issued a Verified Individualized Services and Accommodation (VISA) form. Each VISA includes an expiration date; to request an accommodation, you must have an active VISA. You may work with RCPD to renew a VISA.

During the preclerkship curriculum, the college will help to coordinate accommodations for additional testing time. Provide your VISA to Nancy Thoma, thoman@msu.edu, A333 East Fee Hall at the start of the term and/or at least two weeks prior to the assessment event (test, project, labs, etc.). Requests for accommodations received with less notice will be honored whenever possible. You may choose whether or not you wish to use accommodations for a particular event. For other accommodations, you may also review your VISA with the course coordinator and curriculum assistant assigned to that course.

Title IX Notifications

Michigan State University is committed to fostering a culture of caring and respect that is free of relationship violence and sexual misconduct, and to ensuring that all affected individuals have access to services. For information on reporting options, confidential advocacy and support resources, university policies and procedures, or how to make a difference on campus, visit the Title IX website at titleix.msu.edu.

Limits to confidentiality. Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, you should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. Instructors must report the following information to other University offices (including the Department of Police and Public Safety):

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child;
- Allegations of sexual assault, relationship violence, stalking, or sexual harassment; and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with the MSU Counseling and Psychiatric Services.

Addendum: Course Schedule

The course schedule for the current semester will be posted to D2L. Changes to the course schedule will be noted on the class academic calendar (“Google calendar”) and communicated to students via D2L and/or email. The schedule for the most recent offering of this course will be posted on the MSUCOM website under Current Students/Preclerkship Curriculum.