

## SUBJECT OUTLINE



Subject Name:

**Naturopathic Hydrotherapy**

Subject Code:

**NATH421**

### SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	Bachelor of Health Science (Naturopathy)	<b>Total Course Credit Points:</b>	128	<b>Level:</b>	4 <sup>th</sup> Year
<b>Duration:</b>	1 Semester				
<b>Subject Coordinator:</b>	Lindy Smithies (Melbourne campus)				
<b>Subject is:</b>	Elective	<b>Subject Credit Points:</b>	2		

#### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
<b>3</b>	<b>2</b>	<b>5</b>

#### Delivery Mode:

e-Learning (Online)	Narrated PowerPoint presentations Tutorials: Asynchronous tutor moderated discussion forum and activities Student handouts, web-based resources
	Full Time
	Part Time

**Pre-requisites:** SOCH111, NATP121, BIOE221, SOCI221, BIOS222, HMCL312

**Co-requisites:** Nil

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject introduces the treatment modality of naturopathic hydrotherapy, with an overview of the wide array of therapeutic strategies for treating clients by the application of water and the clinical rationale for such treatments. Students gain an understanding of the historical background as well as an appreciation of the pioneers of hydrotherapy, and a philosophical and theoretical framework for inclusion of hydrotherapy in naturopathic practice. Treatments are presented with a complete exploration of their impacts on normal and dysregulated physiological processes, as well as anticipated treatment outcomes and timeframes. Students also receive a practical understanding of how to set up and manage a naturopathic practice that includes hydrotherapy, with a focus on equipment and facilities required for different treatments, and treatments that can be prescribed to clients for at-home practice in the absence of specialised facilities.

#### Learning Outcomes

1. Discuss the physiological and related anatomical and biochemical mechanisms that are implicated in the use of water as a therapeutic agent.
2. Discuss the use of hydrotherapy within the framework of naturopathic clinical theory and the Therapeutic Order, including anticipated treatment outcomes and timeframes.
3. Understand the potential influence that hydrotherapeutic treatments can have on the psycho-emotional state of clients.
4. Describe the processes for application of a wide variety of hydrotherapeutic treatments and the indications and contraindications of each.
5. Apply knowledge of hydrotherapy treatments to development of specific treatment plans within a case study format.

6. Understand the equipment and facilities required for in-office hydrotherapy practice and considerations for instruction of clients in at-home practice.

### Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>3 x Reflective Reports</b> three reports on personal experience with use of three hydrotherapy treatments at home (500 words, each)	1-4	3,5,6,8,9	Weeks 5, 8 & 11	30% (3 x 10%)
<b>2 x Online Quizzes</b> multiple choice and short answer questions (30 minutes, each)	1-4	Quiz 1: 1-3 Quiz 2: 4-9	Weeks 4 & 10	30% (2 x 15%)
<b>Final Written Exam</b> multiple choice, short and extended response questions, including case analysis (2 hours)	1-6	1-13	Final Examination Period	40%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### Prescribed Readings:

- Boyle, W., & Saine, A. (1988). *Lectures in naturopathic hydrotherapy*. Sandy, OR: Eclectic Medical Publications.
- Kneipp, S. (1893). *My water cure: described for the healing of diseases and the preservation of health*. Edinburgh, London, UK: Blackwood and Sons. Free e-book link: <https://archive.org/details/b2041657x/page/n7>

#### Recommended Readings:

- Cayleff, S. (1991). *Wash and be healed: the water-cure movement and women's health*. Philadelphia: PA: Temple University Press.
- Chaitow, L. (Ed.). (2008). *Naturopathic physical medicine*. Philadelphia, PA: Churchill Livingstone. [ebook available]
- Lindlahr, H. (2010). *Nature cure*. Miami, FL: Hardpress Publishing. [ebook available]
- Kirchfeld, F., & Boyle, W. (2005). *Nature doctors: pioneers in naturopathic medicine* (2nd ed.). Portland, OR: NCNM Press.
- Pizzorno, J.E., & Murray, M.T. (2012) *Textbook of natural medicine* (4th ed.). St Louis, Missouri: Churchill Livingstone.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>Hydrotherapy: Past and Present</b></p> <ul style="list-style-type: none"> <li>• History of the use of water therapeutically, pioneers of hydrotherapy               <ul style="list-style-type: none"> <li>○ Early Greco-Roman</li> <li>○ Late European</li> <li>○ Asia</li> <li>○ America</li> <li>○ Australia</li> </ul> </li> <li>• Hydrotherapy as a foundational modality in Naturopathy (Father Kneipp, Benedict Lust)</li> <li>• Present day practice of hydrotherapy worldwide</li> </ul>	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback</p> <ul style="list-style-type: none"> <li>• Video: Narrated photo-journal of hydrotherapy in present day Germany</li> </ul>
2.	<p><b>Review of Relevant Physiological, Anatomical and Biochemical Systems</b></p> <ul style="list-style-type: none"> <li>• Homeostasis / disturbance</li> <li>• Autonomic and sensory nervous systems</li> <li>• Body temperature regulation</li> <li>• Cardiovascular and lymphatic circulation</li> </ul> <p><b>Review of Naturopathic Clinical Theory in the Hydrotherapy Context</b></p> <ul style="list-style-type: none"> <li>• Naturopathic principles</li> <li>• Process of disease and healing</li> <li>• Hering's Law of Cure and healing reactions / discharge</li> <li>• The Therapeutic Order</li> <li>• Suppression, palliation and cure / elimination</li> <li>• Vitality</li> <li>• Determinants of health</li> <li>• Routes of elimination</li> </ul>	<ul style="list-style-type: none"> <li>• Formative (self-marked) assessment: revision worksheet on relevant A&amp;P and clinical theory</li> </ul>
3.	<p><b>How Does Hydrotherapy Work?</b></p> <ul style="list-style-type: none"> <li>• Stimulus-reaction-regulation</li> <li>• Thermal, mechanical and chemical effects of water</li> <li>• Normal physiological responses</li> </ul> <p><b>Daily Practices for Health Preservation</b></p> <ul style="list-style-type: none"> <li>• Increase to stress tolerance and immune function via inurement</li> <li>• Water treading</li> <li>• Wet T-shirt / short wrap</li> <li>• Dew walking ("Kneipping")</li> </ul>	<ul style="list-style-type: none"> <li>• Video demonstration of techniques from lecture</li> <li>• Choose one daily practice and personally practice it for two weeks as the basis for your <b>Reflective Report #1</b></li> </ul>

<p><b>4.</b></p>	<p><b>Hydrotherapy and Contemporary Research</b></p> <p><b>General Guidelines for Hydrotherapy</b></p> <ul style="list-style-type: none"> <li>• Basic rules</li> <li>• Individualised approach</li> <li>• Client vitality</li> <li>• Parameters for intensity of stimulus</li> <li>• Monitoring of response</li> <li>• Post-treatment care / advice</li> <li>• General cautions and contraindications, dysfunctional reactions</li> <li>• Overview of major categories of hydrotherapy treatments</li> </ul>	<ul style="list-style-type: none"> <li>• Webinar: Case study discussion</li> <li>• Discussion: Contemporary hydrotherapy research literature</li> <li>• <b>Online Quiz #1</b> due this week</li> </ul>
<p><b>5.</b></p>	<p><b>Rinses/Douches</b></p> <ul style="list-style-type: none"> <li>• Basic types and characteristics of rinses / douches</li> <li>• Equipment needed (practitioner office or at home)</li> <li>• Basic techniques for application</li> <li>• Parameters for administration of treatment (knee, thigh, lower body, back, arm, chest, upper body, full body, face, hot lumbar, hot neck)</li> <li>• Indications and contraindications / cautions</li> </ul>	<ul style="list-style-type: none"> <li>• Video demonstration of techniques from lecture</li> <li>• <b>Reflective Report #1</b> due this week</li> </ul>
<p><b>6.</b></p>	<p><b>Wraps</b></p> <ul style="list-style-type: none"> <li>• Basic types and characteristics of wraps</li> <li>• Equipment needed (practitioner office or at home)</li> <li>• Basic techniques for application</li> <li>• Parameters for administration of treatment (arm / leg wrap, short wrap, full body / wet sheet wrap, neck wrap, chest wrap, lumbar wrap)</li> <li>• Indications and contraindications / cautions</li> </ul>	<ul style="list-style-type: none"> <li>• Video demonstration of techniques from lecture</li> <li>• Choose one technique from Session 5 or 6 and personally practice it at least four times over two weeks as the basis for your <b>Reflective Report #2</b></li> </ul>
<p><b>7.</b></p>	<p><b>Constitutional Hydrotherapy</b></p> <ul style="list-style-type: none"> <li>• History and influential naturopathic pioneers in the US</li> <li>• Rationale for treatment strategy</li> <li>• Equipment needed (practitioner office)</li> <li>• Parameters for administration</li> <li>• Indications and contraindications / cautions</li> </ul>	<ul style="list-style-type: none"> <li>• Video demonstration of techniques from lecture</li> </ul>
<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p><b>Semester 2 &amp; Online students</b> - The non-teaching week falls between Weeks 7 and 8</p>		
<p><b>8.</b></p>	<p><b>Lavations, Compresses and Poultices</b></p> <ul style="list-style-type: none"> <li>• Basic types and characteristics of lavations, compresses and poultices</li> <li>• Equipment needed (practitioner office or at home)</li> <li>• Basic techniques for application</li> <li>• Parameters for administration of treatment (lavations to upper, lower or full body, torso, limbs; warming / heating / cooling compresses; common poultices)</li> <li>• Indications and contraindications / cautions</li> </ul>	<ul style="list-style-type: none"> <li>• Video demonstration of techniques from lecture</li> <li>• <b>Reflective Report #2</b> due this week</li> </ul>

9.	<b>Baths</b> <ul style="list-style-type: none"> <li>Basic types and characteristics of baths</li> <li>Equipment needed (practitioner office or at home)</li> <li>Basic techniques for application</li> <li>Parameters for administration of treatment (foot / hand baths, half baths, sitz baths, arm baths, full body, hyperthermia and neutral, bath additives, added mechanical stimuli)</li> <li>Indications and contraindications / cautions</li> </ul>	<ul style="list-style-type: none"> <li>Video demonstration of techniques from lecture</li> <li>Choose one technique from Session 8 or 9 and personally practice it at least four times over two weeks as the basis for your <b>Reflective Report #3</b></li> </ul>
10.	<b>Other Hydrotherapeutic Applications</b> <ul style="list-style-type: none"> <li>Steam sauna / Russian steam bath</li> <li>Fomentations</li> <li>Use of ice therapeutically</li> <li>Cold friction rub</li> </ul>	<ul style="list-style-type: none"> <li><b>Online Quiz #2</b> due this week</li> </ul>
11.	<b>Internal Application of Water</b> <ul style="list-style-type: none"> <li>General hydration</li> <li>Steam inhalation</li> <li>Enemas</li> <li>Colonic hydrotherapy</li> </ul>	<ul style="list-style-type: none"> <li><b>Reflective Report #3</b> due this week</li> </ul>
12.	<b>Adjunctive Therapeutics</b> <ul style="list-style-type: none"> <li>Kneipp's Five Pillars of Health</li> <li>Sauna (infrared, traditional Finnish)</li> <li>Dry skin brushing</li> <li>Salt glow</li> </ul>	<ul style="list-style-type: none"> <li>Formative (self-marked) assessment: Synthesis of the study period, i.e., putting it all together to prepare for the final written exam</li> </ul>
13.	<b>Setting up for Hydrotherapy in Naturopathic Practice</b> <ul style="list-style-type: none"> <li>Business models and marketing</li> <li>The modern medical "spa"</li> <li>Equipment, water sources, chemicals and plumbing</li> <li>Training staff</li> </ul>	<ul style="list-style-type: none"> <li>Forum discussion: Sharing ideas about future practice</li> </ul>
14.	<b>Non-Teaching Week / Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
15.	<b>Non-Teaching Week / Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
16.	<b>Final Examination Week 1</b> <b>Online enrolled students:</b> You are required to sit examinations on campus per the <a href="#">Examination Policy - Higher Education</a> . The Examination Weeks for subjects offered online are identified in the Online Calendar	
17.	<b>Final Examination Week 2</b> <b>Online enrolled students:</b> You are required to sit examinations on campus per the <a href="#">Examination Policy - Higher Education</a> . The Examination Weeks for subjects offered online are identified in the Online Calendar	