

Indiana University-Purdue University Fort Wayne
Women and Health
WOST 240-1 Fall 2009
Thursday 6:00 – 8:45pm CM 40

Course Credits and Hours: 3 credits

Faculty: Sally Hartman MSN, RNC, IBCLC, WHNP-BC

Required Textbooks:

Boston Women's Health Collective (2005) *Our Bodies, Ourselves: A New Edition for a New Era*, Simon & Schuster

Course Description: This course examines the health of women and the many influences upon their understanding, accessibility, experience and concerns from personal and political perspectives. Through exploration of the biomedical, socio-cultural and holistic health care models, participants will identify these various offerings in the health care system and analyze how these representations meet the needs of women from diverse backgrounds with varying health care needs. Course topics include historical viewpoints of women's health, the intersection of gender, race, class and age on women's health care, female reproductive system, women's sexuality, medicalization of women's health, nutritional and lifestyle trends. Patient and health care provider relationships, violence against women and advocacy for women's health.

Course Goals and Objectives :

1. To analyze academic disciplines from a feminist and antiracist perspective.
2. To encourage original scholarship and research about women that takes into consideration gender, race, class and sexual identity.
3. To integrate self-exploration with academic skills.
4. To provide a non-authoritarian learning environment which values students' ideas and encourages an open exchange of information and opinion?
5. To promote an individual and critical approach to learning
6. To promote knowledge of the diversity of women's experiences

At the end of this course you will be able to:

- Define and give examples of the bio-medical, socio-cultural and holistic healthcare models as they relate to risk and prevention.
- Discuss and interpret current health issues and the status of women's health as dependent upon integrated systems and cultural influences.
- Analyze health information and costs, medical marketing and provider treatment proposals to help in personal and family health care decision-making.
- Demonstrate ability to be a proactive health consumer and identify health providers who will form partnerships.
- To engage in the sharing of women's health information derived from various media and apply critical analysis of the data.
- Have comfort, awareness and appreciation for the female body

Topical Outline: See course schedule.

Methods of Instruction: Group discussions and written projects. Throughout the course there will be additional required readings, which will be available online from the library as REX (Reserves Express). You will be required to copy them and read them before the class in which they will be discussed. Films and events relevant to the topics covered will also be a part of this curriculum. They will be announced in class based on scheduling and availability.

Course Requirements and Evaluation Methods:

1. Attendance and Participation. The course is interactive and our success requires the full participation of every class member. Everyone will need to come to class having read the material. Regular class attendance, completing required reading assignments prior to class, and discussion participation is expected. Poor attendance and participation will adversely affect your grade. A text reading assignment list is included in the syllabus. Points can be earned through regular class attendance and discussion (up to 5 points per week) for a maximum total of
..... **80 points**

2. Reaction Papers. Six papers (2-3 pages) are due on the weeks indicated with a *, on the course outline. Weeks with a ** indicate papers for required topics. On those with the *, topics can be about issues that affect or are a concern to you in regard to your personal health, the health of someone you care about, or topics covered within the past weeks that interested you the most—our readings, audiovisuals, discussions, etc. **Number each paper according to the week it is due.** See “Paper Pointers” for tips. Six reaction papers can earn up to 20 points each for a maximum of **120 points**

3. Personal Health Analysis. This is an opportunity for you to examine your life based on the principles learned from the course material and evaluate your health status. You are to submit a holistic health profile (you will be given forms and recommendations for completion) to help view your level of wellbeing and fitness and design a personal plan for improving or maintaining your condition based on a holistic model **25 points**

4. Health information Analysis/ Research Papers. Women’s health issues are addressed through medical journals, pharmaceutical ads, magazines/newspaper articles, movies, TV shows, radio talk shows, brochures, pamphlets, internet websites, billboards, bumper stickers, etc. The proliferation of materials can be contradictory, confusing, and inaccurate. This project goal is to critically evaluate information available to the public on these issues and do further research into the subject matter you select to investigate the reliability, usefulness and relevance to women from diverse physical/cultural backgrounds (class, race, sexual orientation, ethnicity, age, disability, etc.) You are expected to identify your topic (s) no later than the third week of class.

Research paper #1 total of **100 points**

Research paper #2 total of **100 points**

5. Final Exam. An open book exam will be given the assigned day of finals week scheduled class day. Not all questions will be taken from the textbook. Class discussion, handouts and additional readings will also be included on the test **100 points**

Thursday, December 17, 2009 6:15pm-8:15p

Final	100
Reaction Papers	120
Analysis/Research	200
Health Analysis	25
<u>Participation</u>	<u>80</u>
Total	525

Grading Scale:

483-525	A	92-100
441-482	B	84-91
393-440	C	75-83
346-392	D	66-74
< 345	F	65 & Below

Ground Rules for Discussion

Class participants come from diverse backgrounds and experiences, bringing different viewpoints. Students are expected to be respectful of each individual’s opinion even when disagreement may occur. You will be encouraged to enter into a dialogue, which requires an open mind in order to advance understanding, allow a “free flow of meaning,” (David Bohm) and seek perspectives that differ from your own. Through this type of interaction we can all learn without having to necessarily agree.

Anti-harassment Policy (quoted from the IPFW Student Handbook):

This policy addresses harassment in all forms, covering those with legally protected status for reasons of race, gender, religion, color, age, national origin, ancestry, or disability, as well as those who are harassed for other reasons such as sexual orientation.

Special Needs:

If you have a disability, or acquire one, contact Services for Students with Disabilities (Walb 113, 481-6657) for services and accommodations available at IPFW. <http://www.ipfw.edu/ssd>

Resources and services available to students

- CASA (Center for Academic Support and Advancement), KT G23
- Writing Center, KT G19
- Dean of Students Office, Walb 111
- Multicultural Services, Walb 118
- Academic Counseling and Careers Services (ACCS) KT 109

Writing Tips

1. Face sheet
Title of paper
Student Name
Week number
2. Double space
3. Proper Grammar
4. Current references from professional articles (within last 5 years)
5. Complete sentences
6. Paragraphs at least 3 sentences in length
7. Flow of language is smooth and continuity is evident
8. Conclusions are more than just rehash of the body of the paper
9. Quotes or paraphrasing is cited in body of paper when appropriate

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Week	Date	Topic	Required Reading and Activities	Projects Due and To Do
Week 1	Thursday August 27	Women's Health Overview Syllabus review, tools, resources, expectations Create working definition for HEALTH	Our Bodies , Ourselves (OBO) Introduction ix-xiv Ruzek: "What is Women's Health?" Critical thinking class exercise	
Week 2*	Thursday Sept 3	Healthy Living Models	OBO -Chapters 2-8 Black Women's Health Book (BWHB): "Notes from a Non-western Healer"	*Reaction paper: Personal definition of Women's Health
Week 3	Thursday Sept 10	Women's Health History	Read articles For Women Only, per Null: "Witches, Midwives and Nurses" "Childbirth in America" "Medicine and Morality in the 19 th Century" "Women's Health and Government Regulations 1950-1980" BWHB: "Breathing Life into Ourselves"	Personal Health Analysis Due Submit topic(s) for information Analysis Paper Film <i>Iron Jawed Angels</i>
Week 4*	Thursday Sept 17	Health and Disease for Sale Deconstructing ads	Articles from the archives of: www.plosmedicine.org "Pharmaceutical Marketing and the Invention of the Medical Consumer" "Combating Disease Mongering: Daunting But Nonetheless Essential" "Giving Legs to Restless Legs: A Case Study of How the	*Reaction paper 2

Week	Date	Topic	Required Reading and Activities	Projects Due and To Do
		Discovering your FEAR factor	Media Helps Make People Sick” “Disease Mongering in Drug Promotion: Do Governments Have A Regulatory Role?” Worcester: “The Selling of Premenstrual Syndrome”	
Week 5	Thursday Sept 24	The Healthcare System Public and Private	OBO: Chapter 30 Worcester: “Sexism in Women’s Medical Care”	Bring pamphlets, brochures, website downloads, etc about community providers
Week 6*	Thursday October 1	Healthcare: Access, Plans and Costs	OBO: Chapter 31 NPR Morning Edition 8/80/07: “Employers Cut Back on Health Insurance” Ruzek: “Access, Cost and Quality of Medical Care”	*Reaction Paper 3
Week 7	Thursday October 8	Healthcare Disparities and Beyond Reproductive Years	OBO: Chapter 26-29 Ruzek: “The Last Sisters: Health Issues of Women with Disabilities Responses to Stigma and Marginality . . .” Worcester: “Exploring the Biological contributions to Human Health” BWHB: “Moving Targets”	Information Analysis Paper #1
Week 8	Thursday October 15	Healthcare Provider and Patient Relationships	Worcester: “How to Tell Your Dr. A Thing or Two”	Reaction Paper 4
Week 9	Thursday October 22	The Female Anatomy	OBO: Chapter 13 Worcester: Blood and Milk. . .”	October 23 Last Day to Withdraw
Week 10	Thursday October 29	Sexual Health	OBO: Chapters 14-16	Reaction Paper 5
Week 11	Thursday Nov. 5	Sexuality and Body Image Reproductive Choices	OBO : Chapters 1,9, 12 Worcester: “I’m Not Fat: I’m Latina” BWHB: “Beauty: When the Other Dancer is Self” OBO: Chapters 17-20 BWHB: “Abortion: A Matter of Choice”	Submit topic for Information Analysis Paper #2 (if not already done)
Week 12	Thursday Nov. 12	Continuation of Child Bearing Choices Child Bearing	OBO: Chapters 21,22,24,25 Null: “On Motherhood” Worcester: “Routine Midwifery Care”	Reaction Paper 6

Week	Date	Topic	Required Reading and Activities	Projects Due and To Do
Week 13	Thursday Nov. 19	Continuation of Child Bearing Choices		
Week 14	Nov 26		NO SCHOOL - THANKSGIVING HOLIDAY	
Week 15	Dec 3	Healthy Relationships	OBO: Chapter 10-11 Ruzek: "Who Cares"	Information Analysis Paper #2
Week 16	Dec 10	Personal Safety	OBO: Chapter 8 BWHB: "Love Don't Always Make it Right" Wrap - Up	
	Dec 17	Final Exam 6:15-8:15	Wrap - Up Evaluations	