



Training Program

COMPLEMENTARITY ON NURSING

Provider :

I.M.T. – Instituto de Medicina Tradicional

Partners:

AESEnV – Students Association of the Viseu's College of Nursing

FNAEEnf – National Federation of Nursing Students Associations

GFMER - Geneva Foundation for Medical Education and Research

RUCN – Rush University College of Nursing, Chicago, USA



What is I.M.T.

- Exists since 1997
- It's based in Lisbon – Portugal and has a delegation in Porto
- Develops training and teaching programs on CAM – Complementary and Alternative Medicine



Why develop training on CAM?

- Nurses are the national health service professionals that can contribute most effectively to the improvement of the patient life quality;
- The CAM approaches proposed represent a powerful tool to achieve this goal



The proposal – 1st Stage

- Manipulative Acupressure Based Techniques
- Therapeutic Holistic Relationship

Manipulative Acupressure Based Techniques

- Shiatsu Massage
- Do-In Massage
- Reflexology





Therapeutic Holistic Relationship

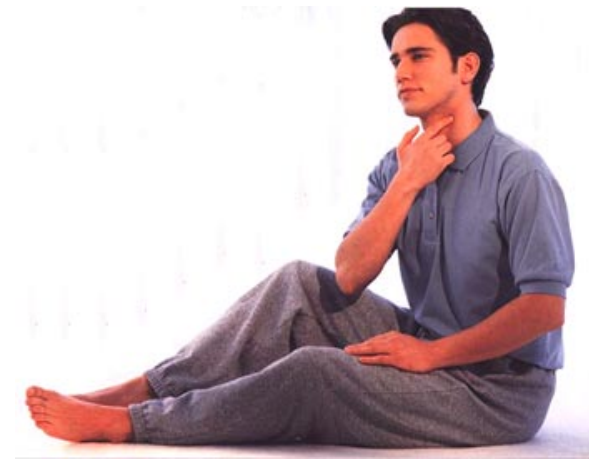
- Emotional Intelligence applied to nurse-patient-family interaction as a Therapeutic Tool
- Natural Stress Management

Shiatsu Massage



- It's a Therapeutically Oriental Acupressure Massage
- Training in three levels/stages – Total : 168h in 14 months (2 Sat./month)
- Level I – Basic Shiatsu – 8 Sat./48h
- Level II – Shiatsu Therapy Acupressure, Moxa and Thailand's Massage – 12 Sat./72h
- Level III – Advanced Shiatsu : Holistic integrated Massage - 8 Sat./48h
 - Shiatsu; Acupressure, Moxa, Thailand's Massage; Energy based Massage – based on Ayurvedic Medicine; Quiromassage e Lymphatic Massage

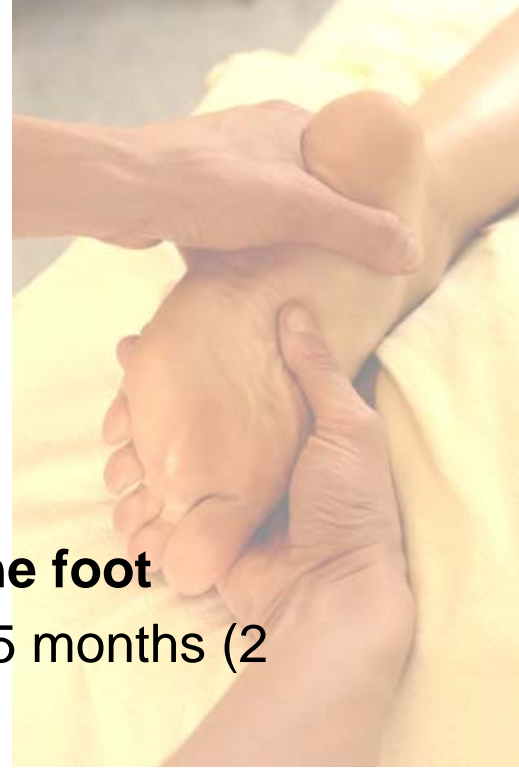
Do-In Massage



- It's a oriental auto-massage system
- Training in three levels/stages – 72h in 6 months (2 Sat./month)
- Level I – Localization of Acupoints and Brief Traditional Chinese Medicine Theory– 4 Sat. – 24h
- Level II – Localization (by palpation) and massage techniques – 4 Sat. – 24h
- Level III – Applied Therapeutic Massage – 4 Sat. – 24h

Foot Reflexology

- **Stimulation of reflex points and areas on the foot**
- Training in three levels/stages – Total: 60h in 5 months (2 Sat./month)
- Level I – General Theory and Foot Massage Techniques – 2 Sat. – 12h
- Level II – Treatment and Applied Reflexology – 6 Sat. – 36h
- Level III – Helpful Complementary Techniques – 2 Sat. – 12h



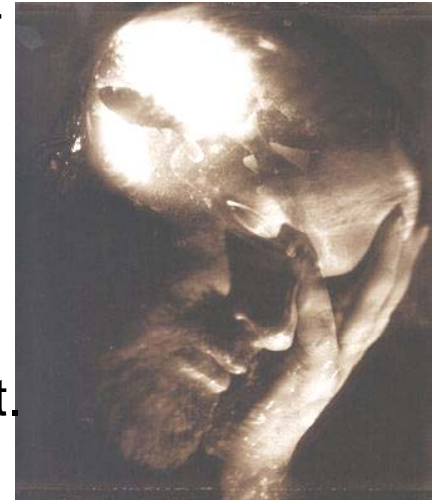
Emotional Intelligence applied to nurse-patient-family interaction as a Therapeutic Tool

- Personal Relationships as a Therapy Instrument
- Training in three Seminars – Total : 24h in 2 months (2 Sat./month)
- Seminar I – Evidence-Based Data – 1 Sat. – 6h
- Seminar II – Guidelines on Team Work (nurse-patient-family) – 1 Sat. – 6h
- Seminar III – Visualization Techniques – 2 Sat. – 12h



Natural Stress Management

- Stress Reduction Naturopathic Techniques
- Training in three Seminars – Total : 24h in 2 months (2 Sat./month)
- Seminar I – Evidence-Based Data – 1 Sat. – 6h
- Seminar II – Naturopathic therapies – 2 Sat. – 12h
- Seminar III – Methods and Applied Techniques – 1 Sat. – 6h





More Info

- I.M.T. – Instituto de Medicina Tradicional
 - www.imt.pt
- Associação de Estudantes de Enfermagem da Escola Superior de Enfermagem de Viseu
 - www.aeesenvv.pt
- Geneva Foundation for Medical Education and Research
 - http://www.gfmer.ch/International_activities_En/IMT.htm
- RUSH University College of Nursing
 - <http://www.rushu.rush.edu/nursing/CAM/>