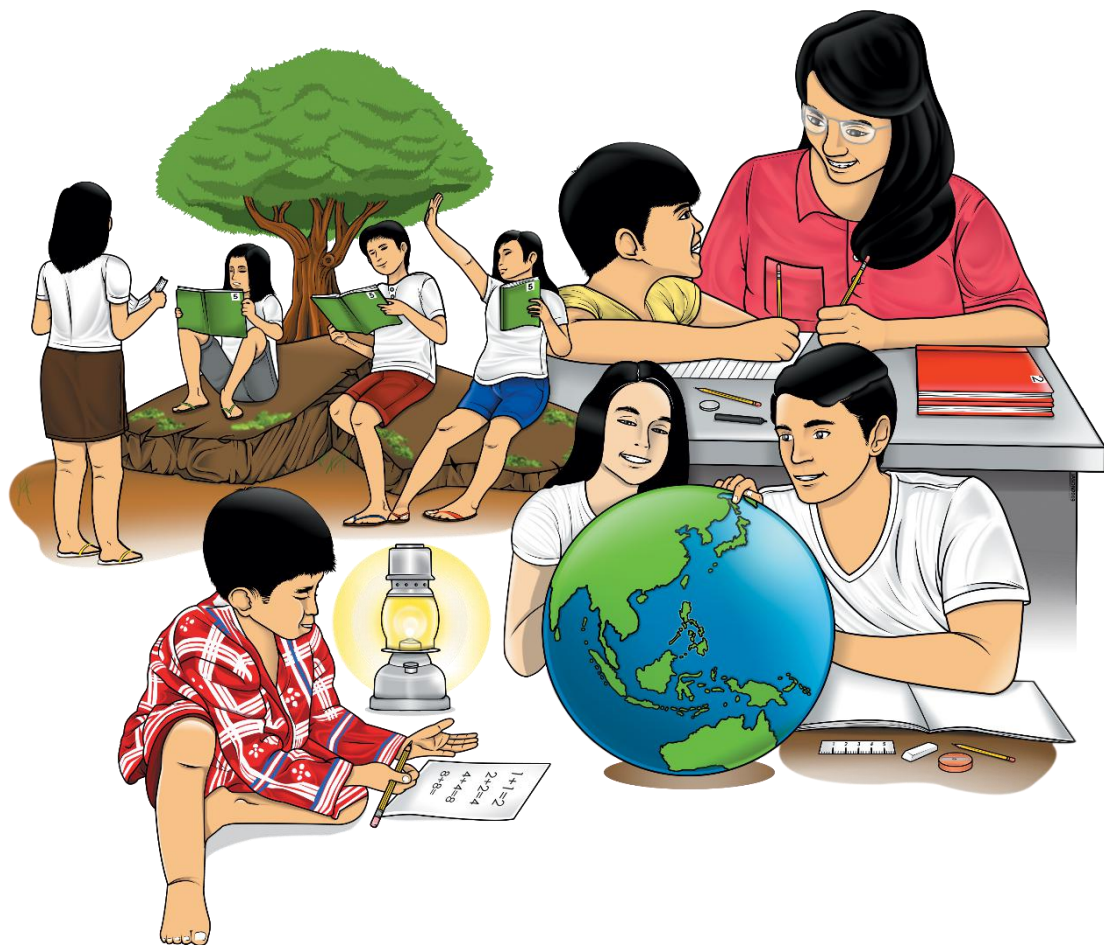


Health

Quarter 1 – Module 3: Complementary and Alternative Healthcare Modalities



Health - Grade 10

Alternative Delivery Mode

Quarter 1 - Module 3: Complementary and Alternative Healthcare Modalities

First Edition, 2020

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Health

Quarter 1 – Module 3: Complementary and Alternative Healthcare Modalities

Introductory Message

For the facilitator:

Welcome to the **Health 10** Alternative Delivery Mode (ADM) Module on **Complementary and Alternative Healthcare Modalities!**

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 10** Alternative Delivery Mode (ADM) Module on **Complementary and Alternative Healthcare Modalities!**

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

In this module, you will learn the different complementary and alternative healthcare modalities approved by the Department of Health (DOH). This will help you find out herbs approved by DOH and examples of alternative medicine.

Let us check what you know about *complementary and alternative health care modalities*. Are you ready? Good luck!



In this module, you are expected to:

1. explain the different kinds of complementary and alternative health care modalities (**H10CH-Id-25**); and
2. explain the importance of consumer laws to protect public health (**H10CH-Id-26**).



What I Know

Pretest

Don't worry because the result of this activity will not be graded; it is just my way of checking your prior knowledge about our lesson. Let's get going!



I. KNOW WHAT I AM!

Directions: Unscramble the letters in column A to form the correct name of the herb. The medicinal value of each herb in column B which will serve as your clue in unscrambling.

COLUMN A <i>HERBS</i>	COLUMN B <i>MEDICINAL VALUE</i>
1. R E B Y A - N U B E A	For relief from body aches and pains
2. A S A T N G B U G A T	For mouthwash
3. B M N G O A S	For urinary stones
4. Y A S A B A B	For use as antiseptic to disinfect wounds for mouthwash or tooth decay and gum infection
5. G U A L I N D	For cough and asthma
6. I Y N O G - A I N Y G O N	For intestinal worms, particularly ascaris and trichina
7. N A B W A G	For blood pressure control
8. M A P A L A Y A	For non-insulin dependent diabetic patients
9. A P N I S T - N A S I T N P A	For arthritis and gout
10. K A O C P L A U	For ringworm and other skin (fungal) infections

II. MY ALTERNATIVE MEDICINE

Directions: Identify the alternative medicine being described in each sentence. Choose your answer from the word box below.

Acupressure	Reflexology	Ventosa cupping massage
Acupuncture	Nutrition Therapy	

1. It is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow.
2. It is an alternative medicine which focuses on treating specific disorders through massaging of the soles of the feet.
3. It is a treatment of a medical condition by providing a tailored diet for the patient.
4. It uses hands instead of needles to apply pressure on certain points of the body.
5. It is a therapy done by placing inverted glasses that have flames from burning cotton, in specific points on the body.

III. VIOLATION OR NOT?

Directions: Identify whether the following situations describe a consumer right violation or not. Put an (x) mark if it is a violation and (/) mark if it is not. Use your activity notebook.

1. Jenny went to buy a television but she was not issued a receipt.
2. Johnny bought a bulb. He tried it at home but it did not function. The hardware replaced the defective item.
3. Jefferson bought a laptop with the condition of unit replacement when found defective in 24 hours. After 20 hours, the laptop naturally shut down. He presented it to the computer shop but denied of the replacement warranty.
4. Jonathan went to a supermarket and he saw a buy-one-take-one milk product. Because of advertising, he bought six (6) bottles. Upon returning home, he noticed that some bottles have already exceeded the expiration date.

- Fidel was attracted to the advertisement in an online shop. He purchased a t-shirt as seen in the picture. When the order arrived, the product received was exactly the same as the one advertised.

IV. MY CONSUMER RIGHT!

- Pick any situation in activity III (Violation or not?). If you are in the same situation, what law and government agency can help protect you as a consumer?

- How important are the laws to a consumer like you?

Module 3	Complementary and Alternative Healthcare Modalities
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What's In

In the previous lesson, you have learned about quackery as a form of a health fraud. Quackery is any advertisement, promotion, or sale of products and services that have not been scientifically proven safe and effective.

The three forms of quackery are: medical quackery, nutrition quackery, and device quackery.

Consumers today face an amazing array of choices when they consider taking action to improve their health for a health problem. There are other forms of healthcare that offer alternatives. These are generally called complementary and alternative medicines.

Complementary and alternative medicines are treatments that are used along with standard medical treatments but are not considered as standard treatment. For example, acupuncture, medical massage, etc.

Republic Act No. 8423 or the Traditional and Alternative Medicine Act of 1997 provided the creation of the Philippine Institute of Traditional and Alternative Health Care (PITAHC), which works closely with the Department of Health.

There are four major domains of complementary and alternative medicine: biology-based practices, energy medicine, manipulative and body-based practices, and mind-body medicine.



What's New

The next activity contains terms and concepts about complementary and alternative healthcare modalities. It aims to introduce the different ideas concerning the lesson you are going to learn. Now that you are done, you may proceed to learn more.

Are you ready? Go ahead! Read and learn more. **ENJOY!**



Activity 1: Find Me!

Directions: Identify and encircle the words or terms related to complementary and alternative healthcare modalities in the box.

Y	A	M	P	A	L	A	Y	A	U	R
E	C	T	S	A	B	A	Y	A	B	E
R	U	H	S	A	N	B	O	N	G	F
B	P	E	L	A	G	U	N	D	I	L
A	U	R	U	P	A	D	I	E	T	E
B	N	A	R	U	S	W	Y	T	A	X
U	C	K	E	L	S	H	O	O	T	O
E	T	H	A	C	T	O	G	O	A	L
N	U	Y	N	O	R	M	A	L	D	O
A	R	U	T	S	A	M	B	O	N	G
A	E	V	B	A	W	A	N	G	U	Y
E	R	U	S	S	E	R	P	U	C	A



What is it

Complementary and alternative medicines are treatments that are applied along with typical and accepted medical treatments but are not considered standard. These include herbal medicine, magnetic fields, nutrition therapy, acupressure, movement therapy, mental exercises, etc.

There are four major domains of complementary and alternative medicine: biology-based practices, energy medicine, manipulative and body-based practices, and mind-body medicine. Examples of biologically-based practices are taking herbal medicine. Energy medicine uses magnetic fields of biofields. Manipulative and body-based practices are body-kinesthetic are concerned with movement therapy. Mind body medicine uses mental exercises in belief that the brain is central to the health.

HERBAL MEDICINE

There are ten herbs that are proven and tested to have medicinal value and approved by the Department of Health (DOH).



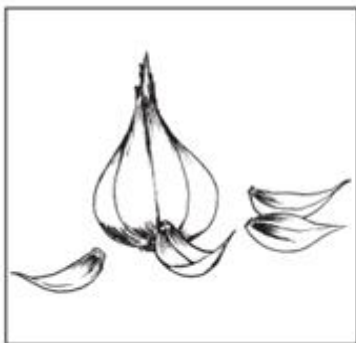
AKAPULCO

- ✓ For ringworm and other skin (fungal) infections



AMPALAYA

- ✓ For non-insulin dependent diabetic patients



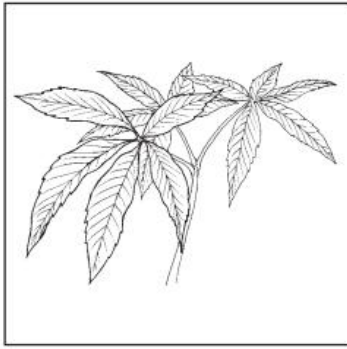
BAWANG

- ✓ For blood pressure control



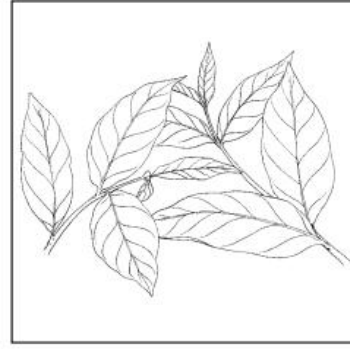
BAYABAS

- ✓ For use as antiseptic to disinfect wounds
- ✓ For mouthwash or tooth decay and gum infection



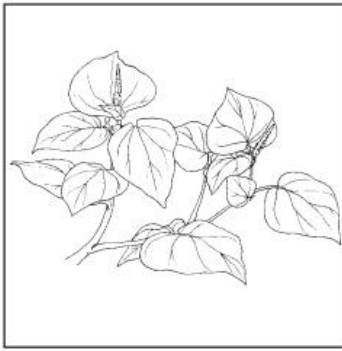
LAGUNDI

✓ For cough and asthma



NIYOG-NIYOGAN

✓ For intestinal worms, particularly ascaris and trichina



PANSIT-PANSITAN

✓ For arthritis and gout



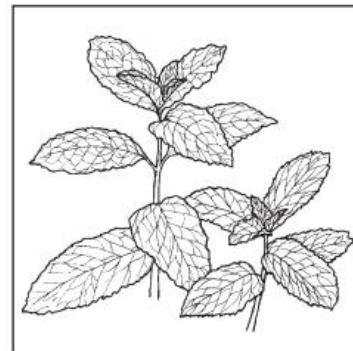
SAMBONG

✓ For urinary stones



TSAANG GUBAT

✓ For mouthwash



YERBA BUENA

✓ For relief from body aches and pains

ALTERNATIVE MEDICINE



ACUPUNCTURE. It is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow. Acupuncture is believed to treat musculoskeletal dysfunctions.



REFLEXOLOGY. Similar to acupuncture, reflexology focuses on treating specific disorders through massaging the palms of the hand and soles of the feet.



NUTRITION THERAPY. Nutrition therapy approaches treatment of a medical condition by providing a tailored diet for the patient.



ACUPRESSURE. Acupressure uses the same technique as that of acupuncture. The only difference is that acupressure does not use needles but hands to apply pressure on certain points of the body.



VENTOSA CUPPING MASSAGE THERAPY. This procedure is done by placing inverted glasses that have flames from burning cotton, on specific points in the body. It is believed to relieve muscle and joint pains.

Also, as wise consumer you need to know the different laws that can protect you and help you in your speedy recovery if you are ill. Some of these are the Traditional and Alternative Medicines Act, Consumer Act of the Philippines, Cheaper Medicines Act, etc.

Some of these laws are discussed briefly below, in the form of a matrix.

Laws	Decription
Traditional and Alternative Medicines Act (TAMA)	It provides for the improvement of quality and delivery of health care services in the country through the development of traditional and alternative health care and its integration into the health care system.
Consumer Act of the Philippines or RA 7394	It protects the interest of consumers and promotes their general welfare. It also establishes standards of conduct for business and industry.
Cheaper Medicines Act or RA 9502	It is intended to achieve universally accessible and cheaper and quality medicines by pursuing and effective competition policy in the pharmaceutical sector.



What's More

Good job! Now that you have understood the complementary and alternative healthcare modalities, let's check how much you have absorbed about it. Do the activities and assessments work for you? **Let's see.**



Activity 1: MY GARDEN OF HERBS

Directions: Draw ☺ if you use the following herbs at home and ★ if not. Write your answers in your activity notebook.

- ____ 1. akapulco
- ____ 2. ampalaya
- ____ 3. bawang
- ____ 4. bayabas
- ____ 5. lagundi

- ____ 6. niyog-niyogan
- ____ 7. sambong
- ____ 8. pansit-pansitan
- ____ 9. tsaang gubat
- ____ 10. yerba buena.

Activity 2: TRUE OR FALSE

Directions: Write **TRUE** if the statement is correct or **FALSE** if it is incorrect. Use your activity notebook.

1. Acupuncture is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow.
2. Ventosa cupping massage therapy is done by placing inverted glasses that have flames from burning cotton, on specific points in the body.
3. Acupressure focuses on treating specific disorders through massaging of the soles of the feet.
4. Reflexology uses needles to apply pressure on certain points of the body.
5. Nutrition Therapy approaches treatment of a medical condition by providing a tailored diet for the patient.

Activity 3: IMPORTANCE OF THE LAWS

Directions: Below are the laws described in the earlier part of this module. Based on the written description of each, write the importance of each law to you as a consumer.

Laws	Importance
Traditional and Alternative Medicines Act (TAMA)	
Consumer Act of the Philippines or RA 7394	
Cheaper Medicines Act or RA 9502	



What I Have Learned

- The two healthcare modalities are **alternative and complementary medicine**. The four major domains of complementary and alternative medicine are biology-based practices; energy medicine; manipulative and body-based practices and mind-body medicine. The five examples of Alternative Medicine are Acupuncture, Ventosa Cupping Massage Therapy, Reflexology, Acupressure, and Nutrition Therapy.
- Some of the consumer laws are TAMA, Consumer Act of the Philippines and Cheaper Medicines Act. These laws help protect the interest of the consumer. They also promote their general welfare and provide for alternate, cheaper but quality treatment.



What I Can Do

LET'S EXPLORE MORE!

Visit your Barangay Herbarium. Write down all the medicinal plants that you can find there and give their medicinal values. Use your activity notebook.



Assessment

Posttest

I. KNOW WHAT I AM!

Directions: Unscramble the letters in column A to form the correct name of the herb. The medicinal value of each herb in column B which will serve as your clue in unscrambling.

COLUMN A <i>HERBS</i>	COLUMN B <i>MEDICINAL VALUE</i>
11. R E B Y A – N U B E A	For relief from body aches and pains
12. A S A T N G B U G A T	For mouthwash
13. B M N G O A S	For urinary stones
14. Y A S A B A B	For use as antiseptic to disinfect wounds for mouthwash or tooth decay and gum infection
15. G U A L I N D	For cough and asthma
16. I Y N O G – A I N Y G O N	For intestinal worms, particularly ascaris and trichina
17. N A B W A G	For blood pressure control
18. M A P A L A Y A	For non-insulin dependent diabetic patients
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Directions: Identify the alternative medicine being described in each sentence. Choose your answer from the word box below.

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Acupuncture	Nutrition Therapy	

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5. It is a therapy done by placing inverted glasses that have flames from burning cotton, in specific points on the body.

III. VIOLATION OR NOT?

Directions: Identify whether the following situations describe a consumer right violation or not. Put an (x) mark if it is a violation and (/) mark if it is not. Use your activity notebook.

1. Jenny went to buy a television but she was not issued a receipt.
2. Johnny bought a bulb. He tried it at home but it did not function. The hardware replaced the defective item.
3. Jefferson bought a laptop with the condition of unit replacement when found defective in 24 hours. After 20 hours, the laptop naturally shut down. He presented it to the computer shop but denied of the replacement warranty.
4. Jonathan went to a supermarket and he saw a buy-one-take-one milk product. Because of advertising, he bought six (6) bottles. Upon returning home, he noticed that some bottles have already exceeded the expiration date.
5. Fidel was attracted to the advertisement in an online shop. He purchased a t-shirt as seen in the picture. When the order arrived, the product received was exactly the same as the one advertised.

IV. MY CONSUMER RIGHT!

1. Pick any situation in activity III (Violation or not?). If you are in the same situation, what law and government agency can help protect you as a consumer?

2. How important are the laws to a consumer like you?



Additional Activity

In two to three paragraphs, write your judgement about the question, "Why are health professionals, whether those offer traditional, alternative or complementary, not present in a lot of rural municipalities in the country?"

Congratulations! You're done.

Module 3	Complementary and Alternative Healthcare Modalities
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Answer Key

What I Know

PRETEST

KNOW WHAT I AM

MY ALTERNATIVE MEDICINE

1. YERBA-BUENA
2. TSAANG GUBAT
3. SAMBONG
4. BAYABAS
5. LAGUNDI
6. NIYOG-NIYOGAN
7. BAWANG
8. AMPALAYA
9. PANSIT-PANSITAN
10. AKAPULCO

III. VIOLATION OR NOT?

1. Acupuncture
2. Reflexology
3. Nutrition therapy
4. Acupressure
5. Ventosa cupping massage therapy

IV. MY CONSUMER RIGHT!

1. X
2. /
3. X
4. X
5. /

Note: Answers may vary

What I Know

POSTTEST

KNOW WHAT I AM

1. YERBA-BUENA
2. TSAANG GUBAT
3. SAMBONG
4. BAYABAS
5. LAGUNDI
6. NIYOG-NIYOGAN
7. BAWANG
8. AMPALAYA
9. PANSIT-PANSITAN
10. AKAPULCO

MY ALTERNATIVE MEDICINE

1. Acupuncture
2. Reflexology
3. Nutrition therapy
4. Acupressure
5. Ventosa cupping massage therapy

III. VIOLATION OR NOT?

1. X
2. /
3. X
4. X
5. /

IV. MY CONSUMER RIGHT!

Note: Answers may vary

What's New

Find Me

Note: In any order

1. AMPALAYA
2. SAMBONG
3. BAWANG
4. REFLEXOLOGY
5. AKAPULKO
6. LAGUNDI
7. ACUPUNCTURE
8. BAYABAS
9. YERBA BUENA
10. ACUPRESSURE

What I Can Do

LET'S DIG MORE

Answers may vary

Additional Activity

ESSAY

Answers may vary

What's More

MY GARDEN OF HERBS

Answers may vary

TRUE OR FALSE

1. TRUE
2. TRUE
3. FALSE
4. FALSE

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