

Pain management is one of the most researched areas of acupuncture. One area that this could help is hospice care. While you may not be able to find a specific place hiring for this, it is something you can add into your own practice. You will not be able to cure these patients, but you can help them have an easier time with symptom control and, hopefully, assist in improving their end-of-life quality. It takes a strong person to help hospice clients.

[Home Hospice Acupuncture \(nih.gov\)](#)

Another area to mention for acupuncturists – Acupuncturists Without Borders. These acupuncturists provide go to communities around the world to assist with disaster relief, recovery and support. They set up Ear Acupuncture field tents for prevention and treatment of trauma, so it does require training through their program before you can go treat patients.

[Acupuncturists Without Borders](#)

Massage Therapy

Like our acupuncture graduates, many of our massage graduates open their own practice or join other practitioners in holistic wellness centers or spas. But, have you ever thought of working in the spa on a cruise ship? While it may not be where you would want to permanently set up your practice, it could be fun a season or two! The pay may sound low, but you'll have no living expenses like food, rent, or supplies.

[AMTA: massage and cruise lines](#)



Massage therapy is becoming more common for hospice care. Eighty percent is provided in the client's residence, but it is performed in hospitals as well. Hospice care massage is different from the techniques you are taught. It is more about sensitive massage or arms, legs, feet and hands, or slow stroke back massage. It becomes more about touch or helping positional adjustments. As mentioned with the acupuncture, it takes a strong person to assist with hospice clientele.

[AMTA: massage and hospice](#)

Nursing

Nursing has a plethora of choices when it comes to non-traditional nursing. Insurance call center nurses, school nurses, and nurses in dementia units for patients with agitation are a few areas that can be overlooked while you're in school, but they are areas that benefit greatly from the care nurses provide.

Some others, with more details in the link below, are: Camp Nurse, NASCAR Nurse, Medical Script Nurse (help Hollywood get the nursing profession right!), Hyperbaric Nurse, Disney Nurse, Yacht Nurse, Flight Nurse, Parish Nurse, Transgender Youth Nurse, Health Policy Nurse, Nurse Health Coach, or Cannabis Nurse. Obviously, some of these options are not available in Ohio, so you would have to check licensing requirements, but there are some fun options listed!

[Non-traditional Nursing Jobs](#)



SPECIAL EVENT AT AIAM

I am so pleased to announce that Dr. Gail Whitelaw, PhD. will be on campus on Thursday May 19th, 2022, at 6pm to deliver information regarding tinnitus and hearing loss. Dr. Whitelaw will also be bringing several audiology students with her to give free hearing tests to all who want one. This event is open to the public, so please bring a friend.

Gail M. Whitelaw, PhD. is an audiologist and Director of the Speech-Language-Hearing Clinic at OSU. She serves as the audiology faculty member on the Leadership Education in Neurodevelopmental and other Disorders housed at the Nisonger Center at Ohio State. Her clinical interests are in pediatric and educational audiology, auditory processing disorders in children and adults, and tinnitus assessment and management.

This is a rare opportunity to hear a renowned expert on hearing loss and tinnitus, and to get your questions answered. Please plan to attend this event and invite others for whom this may be of interest!



MESSAGE FROM THE DEAN

Mental Health Awareness Month

May is Mental Health Awareness Month in the U.S. (It is October for 2022 for World Mental Health with World Mental Health Day being October 10, 2022.) Each May various groups and agencies focus on raising awareness about the importance of mental health and its impact, as well as recognizing the valuable service of mental health providers.

The past two years of the pandemic have caused many to experience increased stress, anxiety, and depression. Many people do not receive needed treatment for many reasons from not enough providers to issues in our mental healthcare system.



I wanted to take this opportunity to point out the ways in which massage therapy, acupuncture, and nursing provide care that addresses many mental health issues within their respective scope of practice including stress management, assisting in dealing with anxiety, to mood disorders.

According to the American Massage Therapy Association (www.amtamassage.org/resources/massage-and/health/mental-health), massage therapy has been shown to reduce stress both physically and psychologically. Research supports massage can relieve stress in psychiatric patients, help with chronic pain, generalized anxiety disorder, acute fatigue during chemotherapy, and reduce anxiety and depression.

Christine Grisham, a Doctor of Acupuncture and Chinese Medicine discusses in her blog (<https://www.ymcanorth.org/blog/2019/04/23/256201/may-is-mental-health-awareness-month>) how acupuncture can also be used in treatment for anxiety, depression, bipolar disorder, and schizophrenia. As she explains, “TCM considers the mind, body and spirit to be connected. It doesn’t see the body and brain as separate—we consider the whole person.”

Both massage therapy and acupuncture can be experienced in the AIAM Clinic with student appointments or with professionals.

The nursing profession encompasses multiple ways to help their patients cope with mental illness from teaching self-care activities, administering and monitoring psychobiological treatment regimens, to practicing crisis intervention and stabilization. (Read more here about Psychiatric-Mental Health Nursing <https://www.apna.org/about-psychiatric-nursing/> .) There are also nurses with additional education and credentialing in this area such as Advanced Nurse Practitioner which allows the nurse work autonomously to assess, diagnose and treat mental health illness.

Our nursing programs at AIAM have a holistic nursing foundational philosophy which has at its core the holistic caring process recognizing the human domains of the psychological, as well as physiological, sociological, spiritual, and lifespan development. Understanding that health includes all these aspects of a person, as well as family, cultural diversity, community, and promoting, maintaining, and restoring health to the whole person allows for a dynamic and healing relationship between the nurse and their patients. Mental health nursing theory and clinical experiences are included in the curricula of the PN and the RN programs.

Self-care is an important part of mental health, as well as physical health. Consider ways you can improve your own self-care this month. Being a student is intrinsically stressful, as well as the other roles and responsibilities you may have as adult learners. Remember to take care of yourself – you are the only “you” that you have!

DEAN'S LIST FROM WINTER 2022

To make the Dean's List one must achieve a 3.7 or higher GPA for the quarter.
Congratulations to everyone on all their hard work!

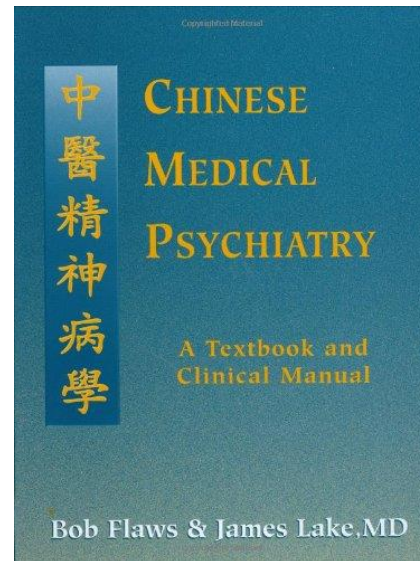
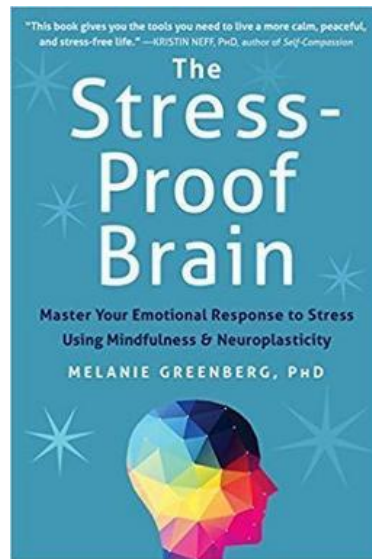
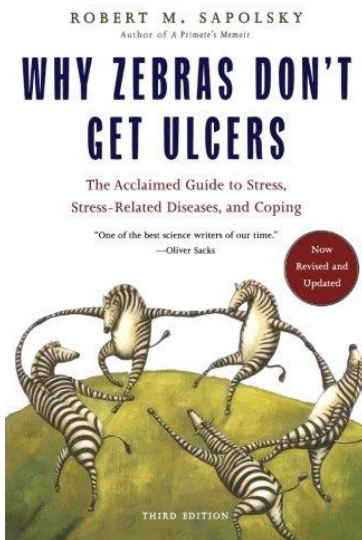
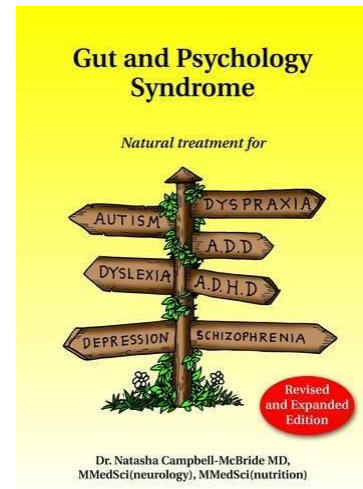
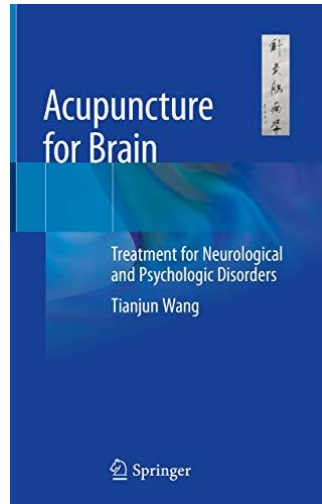
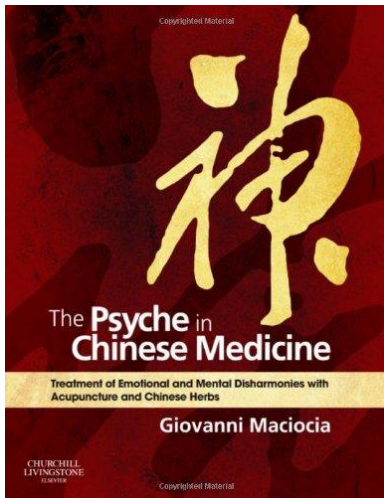
Winter 2022 Dean's List (3.7 or Higher GPA for Winter Term)

Eunice Acheampong	Rita Cudjoe	Pauline Kamau	Jessica Scott
Aimee Adams	Randrea Dean-Scott	Salamata Kane	Brooke Snow
Dorothy Addison	Nicholas Devol	Deborah Kargbo	Mareme Sy
Tejumade Adeyeye	Adama Dozon	Elbetel Kebede	Emmanuel Tabi
Koffi Adjessode	Eric Dwumaa	Haja Koroma	Precious Taku
Hagar Adu Appiah	Briand Ekola	Mamusu Kosseh	Gladys Thomas
Solange Afantenah	Christiana Emessong	Olajide Kuteyi	Ebere Udeani
Akua Agyemang-Badu	Sarah Emioma	Felicia Kwarteng	Christina Valente
Dalton Akers	Tecla Eriyo	Juliet Kyere	Maseray Vandt
Iklan Ali	Tina Eyong	Mavis Larbi	Elizabeth Wallace
Prince Aning	Jennifer Farr	Rebecca Manga	Amanda Williams
Dominique Anoh	Jen Fox	Ciera Meeks	Brittany Wilson
Emmanuela Anyiacha	Zeinab Gele	Leslie Meinert	Victor Yeboah-Adzimah
Irene Asare-Bediako	Emily Gilson	Marion Morris	Nafiso Yusuf
Felicia Asiedu	Khadan Goth	Patience Muankang	
Jodi Ault	Dazian Harding	Hawa Mubarik	
Seth Awuah	Claudius Harding	Eric Namaky	
Mohamed Bah	Yasmine Harmon	Daniel Netry	
Matthew Barber	Kawsar Harun	Eveline Njenwie	
Ophelia Bienni	Lisa Hopps	Roseline Nkempi	
Jacqueline Boateng	Reginald Ibe	Nadege Nkengafac	
Fatu Bolay	Alexis Jackson	Joyce Nyanor	
Mackenzie Brown	Isata Jah	Esinam Odoi	
Hidee Brown	Sahra Jamale	Martha Odrumsky	
Obed Buabeng	Dorance Jenkins	Elizabeth Ogundeinde	
Prisco Chapajong	Veronica Johnson	Agartha Opoku Mensah	
Mabel Collins	Miatta Johnson	Cindy Oxilas	
Kimberly Craig	Vivian Kalango	Allison Sargent	
Trequan Crockett	Mariama Kamara	Mabinty Saysay	





Library Spotlight: Holistic Mental Health



You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area.

Databases, journals, nursing ebooks, and more are available at <https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at mfischer@aiam.edu

Questions about library resources? Email Ms. Fischer at mfischer@aiam.edu

AIAM IMPORTANT DATES AND OTHER INFO

*** AIAM IMPORTANT REMINDERS ***

- Masks are no longer required in administrative areas and classrooms. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.



Just show up, no need to sign-up or email.
Make sure you click the zoom for the exact day and time you will attend.

--Tuesdays from April 12 through June 14th, 3:00-4:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88459906747?pwd=THJ1cEtsYXJQTjNoZlBzbjZST3BDZz09>

--Wednesdays from April 13 through June 15, 12:00-1:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85853948815?pwd=dm9ZbEM1N1dKNS9ieU5PZ1pJblBGdz09>

--Friday May 6 and May 20, 5:00-6:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88942666795?pwd=Y0hIZnV1TEhmMnhBODQ0T3kwaWpLZz09>