Lapa’au (Healing) Project

A. Family Health Survey

1. Completed family health survey with family (biological, adopted or foster):  
2. yes_______ no _________

3. What disease or illness from your family survey will you research? 

4. Research on illness or disease:

a) What is it: ____________________________________________________________
                                                                                   ____________________________________________________________

b) Can it be prevented? ___________________________________________________


c) What are the causes? ___________________________________________________
                                                                                   ____________________________________________________________


d) What are some of the common signs and symptoms?  
                                                                                   ____________________________________________________________
                                                                                   ____________________________________________________________


e) How can it be treated?   
                                                                                   ____________________________________________________________
                                                                                   ____________________________________________________________

f) What are the side effects of treatment?   
                                                                                   ____________________________________________________________
                                                                                   ____________________________________________________________


g) Does the ailment cause pain? Why or why not?  
                                                                                   ____________________________________________________________
                                                                                   ____________________________________________________________

h) Does the treatment cause additional pain? Why or why not?  
                                                                                   ____________________________________________________________
                                                                                   ____________________________________________________________

  i) Is the ailment genetic? ________________________________________________

  j) Is there a cure? ______________________________________________________
B. Alternative Methods of Healing

(Hint: Answers at: http://www.mayoclinic.com/health/alternative-medicine/SA00078)

5. What is the definition of Western Medicine?
   ___________________________________________________________________
   ___________________________________________________________________

6. What is the definition of Cultural/Traditional Medicine?
   ___________________________________________________________________
   ___________________________________________________________________

7. What is the definition of Alternative Medicine?
   ___________________________________________________________________

Research the topics below and decipher if these treatments are western, cultural, or alternative. Decide which method of treatment you would choose & add your explanation.

<table>
<thead>
<tr>
<th>Treatment Name</th>
<th>Western</th>
<th>Cultural</th>
<th>Alternative</th>
<th>Treatment of choice? (Yes or No)</th>
<th>Why would/wouldn’t you choose this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herbal Supplements</td>
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<tr>
<td>Acupuncture</td>
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<tr>
<td>Acupressure</td>
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<td>Tai Chi</td>
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<td>Massage</td>
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<tr>
<td>Mediation</td>
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<tr>
<td>Yoga</td>
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<tr>
<td>Biofeedback</td>
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<tr>
<td>Exercise</td>
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<tr>
<td>Meditation</td>
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<tr>
<td>Aromatherapy</td>
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<tr>
<td>Prescription Medicine</td>
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</tbody>
</table>

C. Native Hawaiian Plants

8. Look up Native Hawaiian Plants and research what plant was used for the specific ailment you are researching. Write this information here:

________________________________________________________________

________________________________________________________________

9. What other ailments is this plant used for?

________________________________________________________________

________________________________________________________________

10. What parts of the plant are used?

________________________________________________________________

________________________________________________________________

11. How is it prepared?

________________________________________________________________

________________________________________________________________

12. How is it administered?

________________________________________________________________

________________________________________________________________

13. Complete the la‘au lapa‘au (healing plants) worksheet.

D. Lapa‘au Project Presentation

After you have completed the research in Parts A, B & C above, present your information to the class. If you and your ‘ohana do not want to share personal health information, simply focus on interesting and useful information you found related to a health problem and its treatment options. Choose from these presentation options:

- Lecture &/or Powerpoint with handout or brochure
- Guest speaker interview (you ask questions & direct class discussion)
- Lesson (you teach & grade the class) with worksheet &/or pre-/post-test
- Activity or lab (you teach & grade the class) with handout
- Video with essay (class takes notes, you grade them)
- Create your own video (class takes notes, you grade them)
Teacher’s Notes: Lapa‘au Project
(Unit 3, Part A)

This part of Unit 3 includes:  So teachers can:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre- &amp; Post-Test/Knowledge Survey: Nā Mea La‘au</td>
<td>Assess what students do &amp; do not know related to Healers &amp; Health, then evaluate student learning after studying</td>
</tr>
<tr>
<td>Heart Rate Mini-Lab</td>
<td>Engage students’ interest in their own level of physical health</td>
</tr>
<tr>
<td>Family Health Survey</td>
<td>Help students see the relevance of this learning to their home life &amp; future health</td>
</tr>
<tr>
<td>Nā Kāhuna Lapa‘au video &amp; handouts with meditation activity</td>
<td>Help students see connections among traditional Hawaiian healing, alternative healing methods, healing careers &amp; everyone’s unique responsibilities &amp; path</td>
</tr>
<tr>
<td>Guest Speaker (recommend local healer, meditation instructor, medical worker, homeopath, masseuse, et al.)</td>
<td>Let students meet a role model &amp;/or local expert who can inspire student by showing their interest in healing sciences</td>
</tr>
<tr>
<td>Lapa‘au Project (Alternative Methods of Healing, Native Hawaiian Plants &amp; Project Presentation &amp; Grading Rubric)</td>
<td>Encourage students to explore health problems &amp; various possible solutions for themselves and their family members, &amp; to share what they learn with others</td>
</tr>
</tbody>
</table>

These materials are best offered early in the course to help you get to know your students and their families better, and perhaps educate students to positively influence their own and their family’s habits which effect their health, happiness and ability to learn. These materials also offer an opportunity to increase family involvement in class activities &/or increase communication between yourself and students’ families. This can be done publicly or privately, with the teacher sharing information student assignments provide with the class anonymously, or by inviting family members in to talk about health issues or experiences they are willing to share with the class.

Field trip option: It would be ideal to take a trip to Oahu’s Waimea Falls (see Unit 5) or another botanical garden (major islands have one) that grows plants students can see, touch, make written and drawn observations, as well as use media like photography or video to document plant information. Such student resources can then be used to create a class medicinal booklet to give presentation attendees such as family members.

Guest speaker option: A la‘au lapa‘au cultural practitioner can show students many plants and the right way to use them. Your community’s Hawaiian Civics Club, ALU LIKE Inc. office, or school Hawaiian Studies & Language teacher may be able to help you get contact information for possible guests to invite.

Resource: Kahuna La‘au Lapa‘au: Hawaiian Herbal Medicine (Paperback) by June Gutmanis & Susan G. Monden. Published by Island Heritage Available at: www.Amazon.com (used $7 and new $13 approx.)
ALTERNATIVE HEALING ANSWER KEY

Answers to sections A & C of this handout will vary. Students should cite their sources so you can verify the accuracy of their responses.

Answers to section B questions 4-6, on page 2 above are:
Western medicine is an eclectic mix of what herbs heal and have survived the test of time. Part of the healing plant is used. Prescriptions are made with the use of active ingredients from the plant that aids the illness. There are usually side affects from the prescribed medication.

What is the definition of Cultural/Traditional Medicine?
Cultural/Traditional medicine usually uses all parts of the plant for healing accompanied by prayer or meditation.

What is the definition of Alternative Medicine?
All approaches to health, which are not conventional - generally accepted by the medical establishment - to health and disease.

A Grading Rubric for section D, Lapa'au Project Presentation is provided below (copy below dotted line to give students when introducing the project):

<table>
<thead>
<tr>
<th>Grading Rubric for Lapa'au Project</th>
<th>Exceeds expectations 100% to 90%</th>
<th>Meets expectations 89% to 80%</th>
<th>Approaching expectations 79% to 60%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 illness/disease is researched (see pg. 1, project handout) &amp; sources cited</td>
<td>thorough research notes of 1 or more illness/disease w/ 3+ sources given</td>
<td>research notes of 1 illness/disease w/ 3 sources are given</td>
<td>research notes have less than 3 sources &amp;/or do not give sufficient info</td>
</tr>
<tr>
<td>western/cultural &amp; alternative treatments are compared</td>
<td>3+ treatments are compared, pros/ cons for illness/disease given</td>
<td>2 treatments are compared, pros/ cons for illness/disease given</td>
<td>1 or no treatments are compared &amp;/or pros/cons for illness not sufficient</td>
</tr>
<tr>
<td>1 native plant used to treat the disease/illness is explained</td>
<td>1 or more native plants to treat the illness/disease is explained fully</td>
<td>1 native plant to treat the illness/disease is explained</td>
<td>native plant treatment for the illness/disease is not given or explained fully</td>
</tr>
<tr>
<td>proj. presentation or other approved shared learning activity is done</td>
<td>shared learning is engaging, on topic &amp; easily understood by audience</td>
<td>shared learning is on topic &amp; easily understood by audience</td>
<td>shared learning is not on topic &amp;/or not easily understood by audience</td>
</tr>
</tbody>
</table>

Total Points = 30 pts

| 27-30 pts | 24-26 pts | 18-23 pts |