

Professor Heather Holder

School of Nursing

**Lesson Plan for Nursing Leadership:
“The Use of Plant Medicine in Today’s Society”**

Objectives:

- Students will gain a better understanding of plant medicine
- Students will identify who uses plant medicine
- Students will discuss the Cultural implications related to plant medicine
- Students will have the opportunity to discuss some of the herbal remedies used by their families to treat every day ailments.

Lesson Plan:

Lecture will begin with an informal presentation of my trip to **Bill Baggs Cape Florida State Park**. I will share my experience and the knowledge gained about the plants that are indigenous to the South Florida area.

Students will be grouped according to their ethnic heritage. Each group will be asked to research the health/medicinal practices of their culture.

There will be class discussion of the various health practices and their usefulness today.

Students will provide samples of the different plant samples used by their cultures.