

Herbal Medicine: Intermediate course

This course is designed to be a more detailed programme of study into important concepts of western herbal medicine and covers aspects of clinical diagnosis, the preparation of herbal remedies, and the dispensing of herbal prescriptions. This 10 week intensive/intermediate programme is intended to follow on from the Introductory course and will be assessed via a final exam at the end of the course enabling students to gain a Level 2 qualification accredited by a professional body subject to approval.

Assessment:	Final Exam (100%) <i>tbc</i>
Taught Hours:	5 hours x 10 weeks
Level:	2
Accreditation:	NIMH, BHMA, BCMA, CPP <i>(tbc)</i>
Teaching Body:	<i>tbc</i>
Awarding Body:	<i>tbc</i>

Aims:

- To build on current or existing knowledge on herbal medicine and the context of its practice within the UK
- To explore the treatment and management strategies within herbal medicine and holistic medicine for a range of common health disorders within general practice
- To gain a more detailed knowledge and understanding of material medica; selected herb profiles and their medicinal value within modern healthcare
- To examine the fundamental principles of herbal medicine practice, clinical diagnosis, treatment and management of illness/disease
- To examine nutrition fundamentals within herbal medicine & lifestyle choices
- To examine the purpose, context and importance of the consultation process and the need to establish a good therapeutic relationship

Learning Objectives - by the end of the course, students should be able to:

- Gain a valuable understanding of the holistic approach to diagnosis and treatment
- To appreciate the value of herbal medicines in the maintenance of good health and optimising key physiological functions in the prevention of illness
- To gain detailed knowledge and understanding of selected medicinal plants though examining herb profiles/monographs: phytochemistry, AC, herb action and medicinal use
- To gain a basic understanding of herbal pharmacology; AC and how they exert their action within the body

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- To gain an understanding of the Consultation Process and the importance of the Therapeutic Relationship within clinical practice
- To gain a basic knowledge and understanding of clinical skills that form the basis of diagnosis: signs & symptoms
- To gain a basic knowledge and understanding of nutrition fundamentals and lifestyle changes that constitute key principles within herbal medicine
- To consolidate knowledge and understanding of the professional practice of herbal medicine through examination and discussion of case studies of clinical conditions

Course Outline:

- Week 1: Holistic Healthcare & HM: Exploring the holistic approach to diagnosis & treatment
- Week 2: Herbal Action & the Maintenance of Good Health
- Week 3: Materia Medica: Selected Herb Profiles
- Week 4: Materia Medica: Selected Herb Profiles
- Week 5: Herbal Pharmacology: AC & the medicinal value of plants
- Week 6: The Consultation Process & the Therapeutic Relationship
- Week 7: Introduction to Clinical Skills & Diagnosis (*practical element tbc*)
- Week 8: The Importance of Nutrition & Lifestyle Changes in HM
- Week 9: Case Studies (group work & discussion)
- Week 10: Case Studies & Revision

Assessment: Final Exam MCQ (100%) *tbc*