



Nature Care College

Herbal Medicine 5 DISTANCE LEARNING

DESCRIPTION

Herbal Medicine 5 is a year-long distance learning unit. Topics include advanced materia medica, antioxidants and phytoestrogens. The unit of study is part of the Bachelor of Herbal Medicine and Advanced Diploma of Western Herbal Medicine programs, but is also offered as a continuing education subject to qualified practitioners.

DURATION

Herbal Medicine 5 consists of three subjects to be studied over three terms.

LEARNING OUTCOMES

By the conclusion of the unit of study, students should be able to:

1. Demonstrate an ability to summarise the key points from the selected readings that are of direct clinical relevance to herbal medicine
2. Conduct research and literature searches on each of the subjects
3. Examine and evaluate the current scientific literature, clinical trials and original research and its application to herbal medicine
4. Manage work within the western herbal medicine framework.
5. Provide specialised western herbal medicine treatment.

TEACHING METHOD

This subject will be studied by the method known as "Self Directed Learning". This form of study involves your completion of all learning outcomes without formal attendance at lectures.

The benefits of this system are considerable as it contributes significant flexibility to your study programme. It also encourages students to take responsibility for their own learning, enhancing those mandatory skills of self-education. There will be considerable support from the College to aid you in your studies.

A tutor will be available to answer any academic questions students may have. Details regarding this will be in the information and instruction sheet that will be sent to you upon enrolment.

ASSESSMENT

Assignments x 2 Term 1, Term 2 100%
Assignment x 1 Term 3 100%

Pass mark : 60%

All components must be passed at 60% each in order to pass the subject satisfactorily

NOTE: students are required to take photocopies before submitting assignments to the College. Assignments will be posted back to you once marked.

ENROLMENT	<p>Enrolment for Herbal Medicine 5A – Term 1 only, 5B – Term 2 only, 5C – Term 3 only. Unit of study fees must be paid in full when you enrol. All fees are <i>non-transferrable and non-refundable</i>. You can enrol in person, over the telephone using a credit card, or by mail.</p> <p>Once you have enrolled you will be sent the Distance Learning workbook together with a detailed instruction and information sheet.</p>
PRE-REQUISITES	Herbs 1A, 1B, 1C, 1D, 2A, 2B, 2C & 3, Anatomy & Physiology 1 & 2, Chemistry, Biochemistry, Symptomatology, Diagnosis & Pathology 1, Communication Skills 1
CO-REQUISITES	Symptomatology, Pathology & Diagnosis 2 Herbs 4 may be studied concurrently
MATERIALS REQUIRED	Distance Learning Workbook and compulsory textbook
TEXTBOOKS	<p>(a) Compulsory: Trickey R. Women, Hormones and the Menstrual Cycle. Herbal and medical solutions from adolescence to menopause. 2nd ed. Sydney: Allen & Unwin; 2003</p> <p>(b) Recommended Reading / References: Beckham N. Menopause and Osteoporosis – A Guide to Wellbeing for Australian Women. Camberwell Victoria: Penguin Books; 2002 Braithwaite D. How to learn faster and easier. Sydney: Self Published; 1996 Casarett's & Doull's Toxicology: The Basic Science of Poisons. 6th ed; 2001 Casarett's & Doull's Essential Toxicology. 1st ed; 2003 Ernst E. The Desktop Guide to Complementary Medicine & Alternative Medicine: An evidence – based approach. Mosby; 2001 Mills S, Bone K. Principles & Practice of Phytotherapy. South Africa: Churchill Livingstone; 1999 Murray, M, Pizzorno, J. Encyclopedia of Natural Medicine, 2nd ed. Little, Brown; 1998 Rotblatt M, Ziment I. Evidence Based Herbal Medicine. Lippincott, Williams & Wilkins; 2001 Van Wyk E & Wink M. Medicinal Plants of the World. Timber Press; 2004 Access to a MERK MANUAL and MIMS Compendium is recommended</p> <p>Journals & Websites British Medical Journal (BMJ) – available full text free online at http://www.bmj.com New England Journal of Medicine (NEJM) – available through subscription online at http://www.nejm.org Botanical Pathways – available full text free online at http://www.botanicalpathways.com WholMed Website, Education Section – available through subscription online at</p>

<http://www.wholmed.com.au>

Australian Journal of Medical Herbalism (AJMH) – available through student membership of the National Herbalists Association of Australia (NHAA),

<http://www.nhaa.org.au>

Planta Media – available to NHAA members only at the NHAA Library

Phytomedicine – available to NHAA members only at the NHAA Library

Fitoterapia – available to NHAA members only at the NHAA Library

International Journal of Pharmacognosy – available to NHAA members only at the NHAA Library

Phytomedicine Focus Newsletter – available through Phytomedicine Pty Ltd.

Email: cust.serv@phytomedicine.com.au

CONTENT OUTLINE

TERM 1	Module 1 – Evidence Based Medicine, Toxicology
TERM 2	Module 2 – Antioxidants Phytoestrogens
TERM 3	Module 3 – Literature Review

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au