



Nature Care College

Naturopathic Diagnosis

DESCRIPTION A fascinating and relevant unit of study designed specifically for holistic practitioners who wish to upgrade and integrate their diagnostic skills. Practical topics include face, pulse and tongue diagnosis, as well as advanced iridology skills and other naturopathic techniques

DURATION 36 hours

LEARNING OUTCOMES

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

1. Outline the principles and philosophies of naturopathic medicine and naturopathic diagnosis
2. Explain the concept of functional medicine/diagnosis and the relationship with the various modalities and elective programs
3. State the differences between functional and conventional diagnostic principles
4. Explain the use of a wide range of different diagnostic test/methods – conventional and functional
5. Evaluate and summarise the results of various diagnostic testing methods
6. Evaluate the limitations of conventional and functional diagnostic testing methods
7. Assess the need for different testing methods in clinical situations
8. Integrate naturopathic diagnostic knowledge and techniques into a clinical practice
9. Explain the limitations and requirements for integrating diagnostic testing into a clinical practice
10. Outline and compare different questionnaires as tools for symptomatic diagnosis

Explain the legal and ethical issues related to naturopathic diagnosis

TEACHING METHOD Lectures and research projects

ASSESSMENT Written report on two case studies (due Week 8) 50%
 Class presentation of a functional diagnostic testing method (Weeks 8-11) 50%

Pass mark: 60%

All components must be passed at 60% in order to pass this subject.

Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.

COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Health Training Package HLT07 Units of Competency HLTNAT606B - Perform naturopathic health assessment HLTNAT608B - Apply naturopathic diagnostic framework
ATTENDANCE	80% minimum.
PRE-REQUISITES	Symptomatology, Diagnosis & Pathology 1
CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Compulsory: Weatherby D. and Ferguson S. 2002. <i>Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective.</i> Pagana K.D. and Pagana T.J. 2007. <i>Mosby's diagnostic and laboratory test reference.</i> 8th edition.</p> <p>Recommended Reading / References: Hughes J. et al. <i>Case studies in clinical practice: Use of laboratory test data: Process guide and reference for pharmacists.</i> 2004. Order form available at: http://www.psa.org.au/media/Use_ofLab_Test_Data.pdf Pizzorno JE and Murray MT. 1999. <i>Textbook of natural medicine.</i> 2nd edition. The Royal College of Pathologists of Australasia. <i>Manual of use and interpretation of pathology tests.</i> http://www.rcpamanual.edu.au/</p>

WEEK-BY-WEEK OUTLINE

- WEEK 1**
- Philosophy and principles of naturopathic medicine and diagnosis
 - Basic concepts in laboratory evaluations (i.e. ranges etc)
-
- WEEK 2**
- Introduction to conventional laboratory testing
- BLOOD CHEMISTRY - DETAIL:**
- Blood sugar control – blood glucose and HA1c; glucose tolerance test
 - Blood lipids – triglycerides, cholesterol, LDL & HDL, ApoA & ApoB, Lipoprotein (a)
 - Synergy
 - TCM organ times
 - Muscle testing
-
- WEEK 3**
- BLOOD CHEMISTRY – DETAIL (continued):**
- Renal function tests - BUN, creatinine, BUN:creatinine ratio, uric acid
 - Acid-base balance - potassium, chloride, sodium, bicarbonate, anion gap
 - Proteins - total protein, albumin, total globulin, albumin/globulin ratio
 - Minerals - serum calcium, serum phosphorus, serum magnesium, tissue salts
 - Earlobe creases
 - Tongue
 - Pupil, iris
 - Nail signs
-
- WEEK 4**
- BLOOD CHEMISTRY – DETAIL (continued):**
- Liver function tests – Alkaline phosphatase & Alk. Phos. isoenzymes, AST, ALT, GGT, bilirubin, gilberts, liver diseases
 - Thyroid function tests – free thyroxine (T4), free triiodothyronine (T3), TSH
 - Pulse diagnosis
-
- WEEK 5**
- Full blood picture (complete blood count)
 - Iron studies – serum iron, ferritin, total iron binding capacity, % transferrin saturation
 - Face diagnosis
 - Vata / Pitta, Kapha
-
- WEEK 6**
- CLINICAL LABORATORY TESTS - MISCELLANEOUS**
- Fertility testing – regular and ARL saliva test
 - Allergen tests – Australian Biologics
 - Urinalysis
 - Vitamin deficiencies
 - Allergy elimination
-

WEEK 7	CLINICAL LABORATORY TESTS – MISCELLANEOUS <ul style="list-style-type: none"> • Osteoporosis risk assessment • Prostate specific antigen • Coeliac disease • Body shapes • Looking at your patient • Further TCM
WEEK 8	CLASS PRESENTATIONS - FUNCTIONAL TESTS: <ul style="list-style-type: none"> • Liver, digestive and detoxification function (phase 1 & 2) • Intestinal permeability assessment • Comprehensive digestive stool analysis • Urine indicans test & Candida antibody testing NOTE: CASE HISTORIES DUE
WEEK 9	CLASS PRESENTATIONS - FUNCTIONAL TESTS: <ul style="list-style-type: none"> • Mineral and toxic element status • Hair mineral analysis • Heavy metal assessments • Evaluating body language
WEEK 10	CLASS PRESENTATIONS - FUNCTIONAL TESTS: <ul style="list-style-type: none"> • Menopausal profiling • Adrenal profile (e.g. cortisol, melatonin) • Oestrogen 2 & 16 metabolites • Revising thyroid conditions • tongue
WEEK 11	CLASS PRESENTATIONS - FUNCTIONAL TESTS: <ul style="list-style-type: none"> • Amino acid and fatty acid profiling • Urinary organic acids profiling • Vega testing (and similar, e.g. Listen, BEST) • Live blood analysis
WEEK 12	Ethics - legal aspects of diagnostic testing within a naturopathic practice Review tests.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.