



SUBJECT OUTLINE

Subject Name:

Clinical Herbal Medicine

Subject Code:

WHMC311

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	3 rd Year
Duration:	1 Semester	
Subject Coordinator: Ian Breakspear & Nichole Jess (Sydney Campus)		
Subject is:	Subject Credit Points:	6
Core		

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
9	6	15

Delivery Mode:

Blended Learning (Online and Live Streaming) 2 x 3 hour lectures via live streaming 3 x 1 hour tutorial activities / workshops online as indicated

Full Time

Part Time

Pre-requisites: WHMF221, BIOS222

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject integrates previous knowledge in materia medica and herbal pharmacology, with pathology and clinical science, in the management of a range of health conditions. Herbal treatment strategies are presented, discussed and critically evaluated from the perspective of naturopathic and traditional herbal principles, combined with modern scientific evidence. The scope, limitations and opportunities for client-centred herbal care are explored through case studies featuring multiple comorbidities and concurrent pharmaceutical prescriptions.

Learning Outcomes

1. Discuss the strengths and limitations of herbal medicine in the management of a range of health conditions.
2. Develop person-centred treatment plans through the analysis of case information and application of holistic herbal treatment strategies.



3. Formulate and provide rationale for individualised herbal prescriptions appropriate to specific case examples.
4. Appraise traditional and scientific evidence, and provide integrative long term herbal client care.
5. Discuss opportunities and limitations of multidisciplinary client care, including predicting positive and negative interactions between herbal and pharmaceutical medicines.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Mid-semester Online Exam (1hour)	1-3	1-10	Week 6	20%
Case Study Report 1 (1500 words)	1-5	1-14	Week 8	20%
Case Study Report 2 (2000 words)	1-5	15-22	Week 12	30%
Final Written Exam (1.5 hours)	1-3	1-26	Final Examination Period	30%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

1. Merck Sharp & Dohme Corp. (2018). *Merck manual professional version*.
<https://www.merckmanuals.com/professional>
2. Mills, S., & Bone, K. (2013). *Principles and practice of phytotherapy: Modern herbal medicine* (2nd ed.). Churchill Livingstone Elsevier. [ebook available]
3. Weiss, R. F., & Fintelmann V. (2000). *Herbal medicine*. (2nd ed.). Georg Thieme Verlag.

Recommended Readings:

1. American Botanical Council. (2013). *Herbal medicine: Expanded commission E online*.
<http://cms.herbalgram.org/herbstream/library/HerbalMedicine/index.html>
2. Barnes, J., Veitch, N. C., & Smith, M. (Eds.). (2013). *Herbal medicines* (4th ed.). Pharmaceutical Press. [ebook available]
3. Bradley, P. (Ed.). (1992). *British herbal compendium* (Vol. 1). British Herbal Medicine Association.
4. Bradley, P. (Ed.). (2006). *British herbal compendium* (Vol. 2). British Herbal Medicine Association.



5. Braun, L., & Cohen, M. (2014). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 1). Churchill Livingstone Elsevier. [ebook available]
6. Braun, L., & Cohen, M. (2014). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 2). Churchill Livingstone Elsevier. [ebook available]
7. Brinker, F. (2011). *Herbal contraindications and drug interactions: Plus herbal adjuncts with medicine* (4th ed.). Eclectic Medicine Publications.
8. *British Herbal Pharmacopoeia*. (1983). British Herbal Medicine Association.
9. Culbreth, D. M. R. (1906). *A manual of materia medica and pharmacology* (4th ed.). <https://archive.org/details/amanualmateriam00culbgoog/page/n3>
10. European Scientific Cooperative on Phytotherapy. (2003). *ESCOP monographs: The scientific foundation for herbal medicinal products* (2nd ed.). European Scientific Cooperative on Phytotherapy.
11. European Scientific Cooperative on Phytotherapy. (2009). *ESCOP monographs: The scientific foundation for herbal medicinal products* (2nd ed. Supplement). European Scientific Cooperative on Phytotherapy.
12. Ellingwood F. (1919). *American materia medica, therapeutics and pharmacognosy*. <http://www.swsbm.com/Ellingwoods/Ellingwoods.html>
13. Felter, H. W. (1922). *The eclectic materia medica, pharmacology and therapeutics*. Eclectic Medical Publications.
14. Harkness, R., & Bratman, S. (2003). *Mosby's handbook of drug-herb and drug-supplement interactions*. Mosby.
15. Hechtman, L. (2019). *Clinical naturopathic medicine* (2nd ed.). Churchill Livingstone Elsevier. [ebook available for rev. ed.]
16. Pickrell, C. (2016). *Textbook of advanced botanical prescribing*. CCNM Press Incorporated.
17. Priest, A. W., & Priest, L. R. (1982). *Herbal medication: A clinical and dispensary handbook*. L. N. Fowler & Co Ltd.
18. Trickey, R. (2011). *Women, hormones and the menstrual cycle* (3rd ed.). Trickey Enterprises.
19. Yarnell E., Abascal K., Rountree R. (2009). *Clinical botanical medicine* (2nd ed.). Mary Ann Liebert Inc.

Journals:

1. Advances in Integrative Medicine
2. Australian Journal of Herbal & Naturopathic Medicine
3. BMC Complementary & Alternative Medicine
4. BMJ Open Complementary Medicine
5. Complementary Therapies in Medicine
6. Herbalgram
7. Journal of Alternative & Complementary Medicine



Subject Content

Week	Lectures	Tutorials / Practicals / Workshops
1.	Session 1 Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) Principles of Herbal Therapeutics & Clinical Decision Making Approach to the Client with Multi-system Disorders & Comorbidities	Post lectures <ul style="list-style-type: none"> ➤ Evidence-Based Practice in Clinical Herbal Medicine: interactive video, readings, discussion board ➤ Combined Herbal & Modern Medical Care: interactive video, self-reflection journal ➤ Approach to Client with Pain: interactive video
	Session 2 Herbal Prescribing Strategies, Formulation & Posology	
2.	Session 3 Gastrointestinal Therapeutics 1	Pre lectures <ul style="list-style-type: none"> ➤ Review of Gastrointestinal Disease Patterns: interactive video, readings, self-test quiz Post lectures <ul style="list-style-type: none"> ➤ Gastrointestinal Therapeutics 3: interactive video, comparison & contrast tables, formulation reverse engineering
	Session 4 Gastrointestinal Therapeutics 3	
3.	Session 5 Hepatobiliary Therapeutics	Pre lectures <ul style="list-style-type: none"> ➤ Review of Hepatobiliary Disease Patterns: Interactive video, readings, self-test quiz Post lectures <ul style="list-style-type: none"> ➤ Immunological Therapeutics 2: Interactive video, comparison & contrast tables, case study
	Session 6 Immunological Therapeutics 1	
4.	Session 7 Integumentary Therapeutics 1	Pre lectures <ul style="list-style-type: none"> ➤ Review of Integumentary Disease Patterns: Interactive video, readings, self-test quiz Post lectures <ul style="list-style-type: none"> ➤ Eyelid & Conjunctival Therapeutics: Interactive comparison & contrast tables, case study
	Session 8 Integumentary Therapeutics 2	
5.	Session 9 Ear, Nose & Throat Therapeutics	Pre lectures <ul style="list-style-type: none"> ➤ Review of ENT & Pulmonary Disease Patterns: Interactive video, readings, self-test quiz Post lectures <ul style="list-style-type: none"> ➤ Combined Respiratory Therapeutics: Interactive video, self-test quiz, case study
	Session 10 Pulmonary Therapeutics	
6.	Session 11 Psychological Therapeutics	Pre lectures <ul style="list-style-type: none"> ➤ Review of Psychological Disease Patterns: Interactive video, self-test quiz, case study
	Session 12	



	Fatigue & Post-viral Syndromes	Post lectures <ul style="list-style-type: none"> Client-Centred Combined Care in Psychological Therapeutics: Interactive video, self-test quiz, case study
7.	Session 13 Neurological Therapeutics	Pre lectures <ul style="list-style-type: none"> Review of Neurological Disease Patterns: Interactive video, self-test quiz, case study
	Session 14 Paediatric Therapeutics	Post lectures <ul style="list-style-type: none"> Neurological Therapeutics 2: Interactive video, self-test quiz, comparison & contrast tables, comparison & contrast product specifications
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8 Semester 2 & Online students – The non-teaching week falls between Weeks 7 and 8</p>		
8.	Session 15 Cardiovascular Disease Risk Reduction	Pre lectures <ul style="list-style-type: none"> Review of Cardiovascular & Haematological Disease Patterns: Interactive video, readings, self-test quiz
	Session 16 Cardiovascular Therapeutics	Post lectures <ul style="list-style-type: none"> Haematological Therapeutics: Interactive video Cerebrovascular & Peripheral Vascular Therapeutics: Interactive video, self-test quiz, comparison & contrast tables, case study
9.	Session 17 Musculoskeletal & Connective Tissue Therapeutics 1	Pre lectures <ul style="list-style-type: none"> Review of Musculoskeletal & Connective Tissue Disease Patterns: Interactive video, readings, self-test quiz
	Session 18 Musculoskeletal & Connective Tissue Therapeutics 2	Post lectures <ul style="list-style-type: none"> Genitourinary Therapeutics: Interactive video, readings, self-test quiz, case study
10.	Session 19 Endocrine & Metabolic Therapeutics 1	Pre lectures Review of Endocrine & Metabolic Disease Patterns: Interactive video, readings, self-test quiz
	Session 20 Endocrine & Metabolic Disease Therapeutics 2	Post lectures <ul style="list-style-type: none"> Ocular Therapeutics: Interactive video, rapid PICO review, comparison & contrast tables, case study
11.	Session 21 Female Reproductive Therapeutics 1	Pre lectures <ul style="list-style-type: none"> Review of Female Reproductive Disease Patterns: Interactive video, readings, self-test quiz
	Session 22 Female Reproductive Therapeutics 2	Post lectures



		<ul style="list-style-type: none"> Male Reproductive Therapeutics: Interactive video, new product formulation activity
12.	<p>Session 23</p> <p>Special Populations: Couples Planning to Conceive</p>	<p>Post lectures</p> <ul style="list-style-type: none"> Application of Medicinal Teas: Interactive video, readings, formulation reverse engineering, case study, self-test quiz
	<p>Session 24</p> <p>Special Populations: Pregnant & Lactating Women</p>	
13.	<p>Session 25</p> <p>Special Populations: The Elderly</p>	<p>Post lectures</p> <ul style="list-style-type: none"> Special Populations: Care of the Seriously Ill Client: Interactive video, readings, comparison & contrast tables, case studies, self-test quiz Subject Conclusion: Interactive video, self-reflection journal
	<p>Session 26</p> <p>Special Populations: Clients with Cancer</p>	
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p>	
17.	<p>Final Examination Week 2</p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p>	