

Subject Outline

Subject Name:	Western Herbal Medicine Clinical Practicum 1
Subject Code:	WHMC312
Award(s):	Bachelor of Health Science (Western Herbal Medicine)
Core/ Elective:	Core – 8 credit point subject
Pre/co-requisites:	WHMC222, BIOE221, BIOT221, WHMF221; Current Apply First Aid Certificate, Working with Children Check (Perth: National Police Certificate)
Student Workload:	156 hours of face to face 144 hours of self-directed study
Delivery Mode:	Face to face <ul style="list-style-type: none"> • 3 x 3 hours clinic practicum • 1 x 3 hour tutorial / workshop Full Time Part Time
Subject Coordinator:	David Stelfox
Subject Rationale:	<ul style="list-style-type: none"> • Students practise and reflect on the level of professional practice necessary to manage each client presenting at the Endeavour Clinic successfully and appropriately. • The subject teaches evidence-based practice in the context of complementary herbal medicine. It provides students with the practice necessary to obtain, evaluate, apply and integrate new knowledge and develop the ability to adapt to ever changing situations during their professional life. • Knowledge and skills gained throughout the course are demonstrated consistently during the clinic and assessed by each health assessment, naturopathic diagnosis, critical research and reflection, therapeutic strategy and treatment plan. • The Western Herbal Medicine Clinical Practicum supervisor provides constant feedback on the totality of clinical performance and supports the student's development towards clinical reasoning. • Students practice debriefing after each session to discuss individual and team-level performance, identify errors made, and develop a plan to improve their next performance. • Students are assessed regularly for the professional interaction and communication skills that underpin their clinical performance with clients, supervisors, clinic assistants and student peers. • The subject provides the ongoing opportunity for students to develop deeper self-reflection of their skills as a Western Herbal Medicine Practitioner. • The subject requires 100% attendance.

Learning Outcomes:

1.	Apply western herbal complementary medicine philosophy, principles and ethical and professional values to the management of the clinical client and critically evaluate their own performance in this application.
2.	Conduct and observe western herbal complementary medicine consultations to elicit clinical data essential for the management of clients. Recognise and apply necessary knowledge, skills and attitudes of evidence-based practice.
3.	Experience and gain competence to consult clients, obtain necessary data, critically appraise evidence and integrate current best evidence in their clinical decision making. Critically appraise evidence as it relates to an individual client and integrate cultural, religious, gender, linguistic and social individualities of clients in decision making. Counsel clients with regard to treatment options and expected outcomes.
4.	Practice debriefing of all clinical and tutorial sessions to discuss individual problems, individual and team-level performance, identify errors made, and develop a plan to improve the next performance. Identify debrief as part of the self-development as a reflective practitioner.
5.	Acquire decisive knowledge of complementary medicine practice management and Occupational Health and Safety standards, herbal medicine dispensing and safe practices.

Content:

Week	Clinic Practicum (3 x 3 hr. Sessions)	Tutorial/Workshop Activities (1 x 3 hr. Session)
1.	<p>Introduction to Clinical Practicum (1 x 3 hr. Session):</p> <ul style="list-style-type: none"> OHS Orientation – Safety, Evacuation, Incident reporting, Legalities, Adverse reactions, Risk management Introduction to the subject. Subject outline, subject rationale, assessment, and student resources. Orientation of the clinic and dispensary. Familiarise students with Endeavour Clinic Handbook and Professional Requirements. <p>Completion of on-line Clinic Orientation quiz</p> <p>Clinic Practicum (2 x 3 hr. Sessions):</p> <ul style="list-style-type: none"> Participation in clinical consultations and observations, patient and practitioner 	<p>Revision of Evidence Based Practice (EBP):</p> <ul style="list-style-type: none"> Presenting clinical case and demonstrating elements of EBP: Forming a clinical question Identifying and accessing evidence for answering clinical question Conducting critical appraisal of scientific evidence, both contemporary and traditional Integrating current best evidence with clinical experience and client values Evaluating self as an evidence-based practitioner Discussion of EBP and its application in clinic decisions Debrief with tutor and peers <p>PLEASE NOTE FOR ANY WORKSHOP THE CASE CAN BE EITHER THE ONE PROVIDED ON LMS OR ONE PROVIDED BY THE LECTURER</p>



	<p>communication and interaction, case taking, diagnosis and treatment regimes.</p> <ul style="list-style-type: none"> Regular practise of clinical examination skills, interpretation of biomedical tests and functional test results. Practise of clinical management skills including reception and dispensary duty. <p>Debrief:</p> <p>15 minute debrief at conclusion of each clinic practicum session to identify any important issues raised during the consultation process.</p>	
2 - 4.	<p>Clinic Practicum (3 x 3 hr. Sessions per week):</p> <ul style="list-style-type: none"> Students participate in clinical consultations and observations, patient and practitioner communication and interaction, case taking, diagnosis and treatment regimes. This includes regular practice of clinical examination skills, interpretation of biomedical tests and functional test results. It also includes the practice of naturopathic diagnostic techniques Clinical practice includes clinical management skills, dispensing and reception duties Debrief 	<p>Case presentation and EBP Treatment protocol:</p> <ul style="list-style-type: none"> One student presents a case diagnosis of a gastrointestinal condition Groups analyze the case by working through EBP steps Groups review and contrast alternative treatment options Compare and contrast group results Discuss results in class Debrief
5 - 6.	<p>Clinic Practicum (3 x 3 hr. Sessions per week):</p> <ul style="list-style-type: none"> Students participate in clinical consultations and observations, patient and practitioner communication and interaction, case taking, diagnosis and treatment regimes. This includes regular practice of clinical examination skills, interpretation of biomedical tests and functional test results. It also includes the practice of naturopathic diagnostic techniques 	<p>Case presentation and EBP Treatment protocol:</p> <ul style="list-style-type: none"> One student presents a case diagnosis of a nervous system condition Groups analyze the case by working through EBP steps Groups review and contrast alternative treatment options Compare and contrast group results Peer review of group results Compare and contrast results in class Debrief



	<ul style="list-style-type: none"> Clinical practice includes clinical management skills, dispensing and reception duties Debrief 	
7.	Clinic Practicum (3 x 3 hr. Sessions): <ul style="list-style-type: none"> Students participate in clinical consultations and observations, patient and practitioner communication and interaction, case taking, diagnosis and treatment regimes. When and how to refer This includes regular practice of clinical examination skills, interpretation of biomedical tests and functional test results. It also includes the practice of naturopathic diagnostic techniques Clinical practice includes clinical management skills, dispensing and reception duties Debrief 	Case presentation and EBP Treatment protocol: <ul style="list-style-type: none"> One student presents a case diagnosis of a integumentary condition Student individually analyze the case by working through EBP steps Results are presented in groups Groups review and contrast alternative treatment options Compare and contrast group results Discuss results in class Debrief
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 – This break aligns with Easter so it may fall between weeks 6 to 8. Semester 2 – This break falls between Weeks 7 & 8.		
8.	Clinic Practicum (3 x 3 hr. Sessions): <ul style="list-style-type: none"> Students participate in clinical consultations and observations, patient and practitioner communication and interaction, case taking, diagnosis and treatment regimes. This includes regular practice of clinical examination skills, interpretation of biomedical tests and functional test results. It also includes the practice of naturopathic diagnostic techniques Clinical practice includes clinical management skills, dispensing and reception duties Debrief 	Case presentation and EBP Treatment protocol: <ul style="list-style-type: none"> One student presents a case diagnosis of a integumentary condition Students individually analyze the case by working through EBP steps Results are presented to groups Groups review and contrast alternative treatment options Compare and contrast group results Discuss results in class Debrief
9-11.	Clinic Practicum (3 x 3 hr. Sessions per week): <ul style="list-style-type: none"> Students participate in clinical 	Case presentation and EBP Treatment protocol: <ul style="list-style-type: none"> One student presents a case diagnosis of a



	<p>consultations and observations, patient and practitioner communication and interaction, case taking, diagnosis and treatment regimes.</p> <ul style="list-style-type: none"> This includes regular practice of clinical examination skills, interpretation of biomedical tests and functional test results. It also includes the practice of naturopathic diagnostic techniques Clinical practice includes clinical management skills, dispensing and reception duties Debrief 	<p>gynecological condition</p> <ul style="list-style-type: none"> Groups analyze the case by working through EBP steps Discussion of referral guidelines and techniques Groups peer review and contrast alternative treatment options Compare and contrast group results Discuss results in class Debrief
12-13.	<p>Clinic Practicum (3 x 3 hr. Sessions per week):</p> <ul style="list-style-type: none"> Students to participate in clinical consultations and observations, patient and practitioner communication and interaction, case taking, diagnosis and treatment regimes. This includes regular practice of clinical examination skills, interpretation of biomedical tests and functional test results. It also includes the practice of naturopathic diagnostic techniques Clinical practice includes clinical management skills, dispensing and reception duties Debrief 	<p>Case presentation and EBP Treatment protocol:</p> <ul style="list-style-type: none"> One student presents a case diagnosis of a case of a urinary condition Groups analyze the case by working through EBP steps Groups review and contrast alternative treatment options under specific consideration of the clients personal circumstances Compare and contrast group results Discuss results in class Debrief
14.	<p>Non-Teaching week / Practical Exam week. Note that make-up classes may be scheduled in this week.</p>	
15-16.	<p>Final Exam Period (there is no final exam for this subject)</p>	

Set Text Requirements:

1. Hechtman, L. (2012). <i>Clinical naturopathic medicine</i> . Chatswood, NSW: Churchill Livingstone Elsevier. [ebook available]
2. Sarris, J., & Wardle, J. (Eds.). (2014). <i>Clinical naturopathy: An evidence-based guide to practice</i> (2nd ed.). Sydney, NSW: Churchill Livingstone Elsevier. [ebook available]
3. Endeavour College of Natural Health White Coat with embroidered logo (available from College Bookshop).
4. Equipment: Thermometer, Sphygmomanometer, Stethoscope, Timing device, Otoscope, Penlight,

Percussion (reflex) Hammer, Measuring Tape, Iris Torch.

5. Endeavour Student Clinic Handbook.

Recommended Readings:

- Bone, K. (2002). *Potential herb-drug interactions for commonly used herbs*. Warwick, QLD: MediHerb.
- Bone, K. (2003). *A clinical guide to blending liquid herbs: Herbal formulations for the individual patient*. St Louis, MO: Churchill Livingstone. [ebook available]
- Braun, L., & Cohen, M. (2014). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 1-2). Sydney, NSW: Churchill Livingstone Elsevier. [ebook available]
- Conway, P. (2011). *The consultation in phytotherapy: The herbal practitioner's approach to the patient*. Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
- Gardner, Z., & McGuffin, M. (2013). *The American Herbal Products Association botanical safety handbook* (2nd ed.). Boca Raton, FL: CRC Press.
- Gropper, S. S., Smith, J. L., & Carr, T. P. (2016) *Advanced nutrition and human metabolism* (7th ed.). Boston, MA: Cengage Learning.
- Hechtman, L. (2012). *Clinical naturopathic medicine*. Chatswood, NSW: Churchill Livingstone Elsevier. [ebook available]
- Leach, M. (2010). *Clinical decision making in complementary & alternative medicine*. Sydney, NSW: Churchill Livingstone Elsevier. [ebook available]
- Mills, S., & Bone K. (2005). *The essential guide to herbal safety*, St Louis, MO: Churchill Livingstone Elsevier.
- Osiecki, H. (2014). *The nutrient bible* (9th ed.). Eagle Farm, QLD: Bio Concepts Publishing.
- Osiecki, H. (2006). *The physician's handbook of clinical nutrition* (7th ed.). Eagle Farm, QLD: Bio Concepts Publishing.
- Pizzorno, J. E., Murray, M. T., & Joiner-Bey, H. (2016). *The clinician's handbook of natural medicine* (3rd ed.). St Louis, MO: Elsevier. [ebook available]
- Romm, A. (2010). *Botanical medicine for women's health*, St Louis, MO: Churchill Livingstone. [ebook available]
- Trickey, R. (2011). *Women, hormones and the menstrual cycle* (3rd ed.). Fairfield, VIC: Trickey Enterprises.

Useful Websites & Databases:

- [Natural Standard](#)
- [nPod](#) (Naturopathic Product Online Databases)
- [Food Standards: Australia/New Zealand](#)
- [Clinical Trial.gov](#)
- [International Bibliographic Information on Dietary Supplements](#) (Office of Dietary Supplements)
- [National Cancer Institute](#) (USA)
- [NHS Evidence](#) (UK, managed by the National Institute for Health & Clinical Excellence - NICE)

- Nutrition.org (American Society for Nutrition)
- USDA National Nutrient Database for Standard Reference
- The Cambridge World History of Food
- www.imgateway.net (Integrative Medicine website, incorporates Commission E Monographs)
- www.ars-grin.gov/duke (Dr. James Duke's Phytochemical and Ethno-botanical Databases)
- www.imgateway.net/ (Integrative Medicine website, incorporates nutrition research)
- www.nal.usda.gov/fnic/etext/000023.html (Food and Nutrition Information Center – information on Food Guide Pyramids for ethnic groups, aged, children, vegetarian)
- www.herbmed.org (Extensive herbal medicine data base)
- www.arborcom.com (Clinical Nutrition Updates)
- www.ificinfo.health.org (International Food Information Council)
- www.nal.usda.gov/fnic/cgi-bin/nut_search.pl (USDA Nutrient Database)
- www.ncbi.nlm.nih.gov/entrez/query.fcgi (Nutritional and Phytochemical Medline Site)
- www.ajcn.org (American Journal of Clinical Nutrition)
- www.medscape.com
- www.tga.health.gov.au
- www.odp.od.nih.gov/ods.databases/ibids.html
- www.nlm.nih.gov/nccam/camonpubmed.html
- www.compmed.umm.edu/cochrane/index.html
- www.nccam.nih.gov/research/
- www.pubmed.com
- www.medlineplus.gov
- www.adajournal.org
- www.sciencedirect.com

Assessments:

Assessment Item	Topic/s	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
1. Progressive Clinical Assessment	Students are expected to consistently demonstrate the clinical knowledge, skills and judgments necessary for this level of Herbal Medicine clinical practice. Students clinical practice knowledge, skills, professional and ethical conduct and judgment is therefore progressively assessed with each session. Feedback is provided to the student during the semester.	1,2,3,4,5	1-14	Ongoing in all 3 clinic sessions. Mid-semester review in the week prior to mid-semester break. Final review in Week 14.	50%
2. Reflective Clinical and Evidence Based Practice Log 500 words per client, 4 logs required per 39 hrs of clinic (12	The logs are a summary of case taking, prescription, clinical question and research evidence in relation to the case.	1,2,3	1-13	2-14 Submit weekly to alternating supervisors	S/F



logs total)					
Written Assessment for Workshop:					
3. Progressive Assignment Part A – From the case provided present three (3) differential diagnoses with a naturopathic rationale (diagnosis) for each. Research each diagnosis and compare and contrast the results	Briefly outline the aetiology and pathophysiology of the case from a western medical point of view. Reference should come from both Recent Medical Texts and scientific research.	1,2,3	1-6	7	25%
4. Progressive Assignment Part B – Revise the entire case based on the contrasted evidence. Reformulate prescription with prognosis	Re – evaluate the case and provide a treatment goal and protocol based on your contrasted evidence. Provide comprehensive prescription and estimated prognosis.	1,2,3	1-13	14	25%
5. Current Apply First Aid Certificate					S/F
6. Working with Children / Criminal History Check (as per the College's Working with Children Checks Policy)					S/F
7. Online Clinic Orientation Quiz	Note that 100% must be achieved to be successful in this component.				S/F
8. Attendance	100% attendance is required				S/F

Formative assessment will be undertaken early in the subject and then on a regular basis throughout the duration of the subject to provide students and staff with feedback on the learning. It may take the form of quizzes, small group and classroom presentations, writing activities, peer review where appropriate.

Early formative assessment would be used to determine any necessary intervention strategies to ensure students are able to complete the program in the normal subject duration.

Feedback will also be provided on summative assessment undertaken during semester.

Important Note: Per the Attendance Policy, all clinic subjects (including clinical skills and clinic workshops) have a 100% attendance requirement. Students can miss up to the equivalent of one full week of scheduled sessions (e.g., can miss two sessions in the semester for a clinic subject that meets twice per week), but *only with a certificate from a qualified health practitioner or an application for Special Consideration*. All missed sessions must be made up by no later than Week 3 of the following semester, although every effort should be made to make up missed sessions before the end of the current semester to avoid receiving an Incomplete grade. Failure to make up missed sessions prior to Week 3 of the following semester will result in conversion of the Incomplete grade to a Failure. *Any student who misses more than the allowable number of sessions in a semester will be required to withdraw from the clinic subject immediately.*