

Programme Specification

Course Record Information	
Name and level of final & intermediate Awards	Herbal Medicine Herbal Medicine with Foundation) Herbal Medicine) Herbal Medicine with Foundation Intermediate awards: BSc (Hons) Natural Therapeutics BSc Natural Therapeutics Diploma of HE Natural Therapeutics Certificate of HE Natural Therapeutics
Awarding Body	University of Westminster
Location of Delivery	School of Life Sciences
Mode of Study	Full or part time (day)
UW Course Code	BSc – U09FUHBM (FT), D09PUHBM (PT) MSci - TBA (full-time), TBA (part-time)
JACS Code	BSc – B342 MSci - TBA
UCAS Code	BSc – B342, B340f (with foundation) MSci - TBA, TBAf (with foundation)
QAA Subject Benchmarking Group	Health Studies (2008)
Professional Body Accreditation	The BSc (Hons) is fully accredited by the National Institute of Medical Herbalists, and students meeting the requirements of the BSc (Hons) are eligible to apply for membership.
Date of last review	N/A
Date of Programme Specification	May 2010

Aims of the Course

Ethos

Herbal Medicine (or Phytotherapy), is the oldest form of medicine known to mankind. The course is largely based on the western tradition underpinned by a strong scientific and evidence base but also integrates old and new proven treatment regimes from other models. By doing so we aim to equip our students with rich and diverse skills - the theoretical and clinical development necessary for working with patients; the preparation and dispensing of remedies; a working knowledge of plants through fieldwork including the growing and gathering of herbs and visits to herb collections and conservation habitats. We aim to develop students to the level of advanced practitioner equipped to take a leading role in professional development in herbal medicine practice and in the wider healthcare environment.

Through the integration of the regulatory frameworks related to the use of herbs in this country graduates will achieve the professional entry requirements at the end of level 6 of the National Institute for Medical Herbalists (NIMH) with which the course is in an ongoing accreditation process. At level 7 the course will support the development of the new practitioner in the early years of practice and in continuing academic study.

Aims

This course is designed to:

- provide education in Herbal Medicine that focuses on supervised clinical observation and practice, where theoretical understanding, practical skills and attitudinal development are integrated through reflective practice;
- provide practitioner education to the professional entry standards of the National Institute of Medical Herbalists and to meet their requirements for accreditation, which includes understanding and observance of the regulatory frameworks related to the use of herbs in this country;
- contribute to the development of the practice, research-base and professional standing in Herbal Medicine this country;
- further develop professional skills to the level of advanced practitioner scholar.

In addition to the specific aims, the Herbal Medicine share common aims with the other undergraduate courses of the complementary medicine (CM) scheme. (*See generic programme spec for common and generic items*)

Learning Outcomes

Knowledge and Understanding

Level 4

On successful completion of level 4, a student will be able to:

- 1) describe and discuss the key concepts and principles relating to Herbal Medicine practice.
- 2) show awareness of the professional roles and boundaries of a herbal practitioner including

compliance with safety standards

- 3) explain the fundamental aspects of the anatomy and physiology of the human body;
- 4) describe and explain a number of theories of reflective practice in relation to their role in personal development.
- 5) explain clinical governance in relation to the systems and processes that create safe effective clinical practice, both as a sole practitioner and in multidisciplinary health-care settings;
- 6) describe and discuss methods of inquiry for evaluating basic concepts and principles of a range of approaches to health and well-being.

Level 5

In addition to the above, on successful completion of level 5, a student will be able to:

- 1) describe and explain the therapeutic uses of an extensive herbal materia medica with respect to common pathologies;
- 2) describe the basics of herb and drug pharmacology and show awareness of the possibility of herb drug interactions;
- 3) critique the findings of pharmacological and clinical research and relate to the therapeutic use of specific herbs;
- 4) discuss important dietary factors in health maintenance;
- 5) explain the biomedical understanding of illness, disease and dysfunction, especially in relationship to Herbal medicine practice, with emphasis on indicators for and against treatment;
- 6) recognise and interpret reflective practice processes, specifically in relation to the development of the therapeutic relationship;
- 7) evaluate research processes as they relate to CM approaches to health & well-being, especially to Herbal medicine practice.

Level 6

In addition to the above, on successful completion of level 6, a student will be able to:

- 1) critically evaluate established, new or evolving theories of Herbal medicine practice;
- 2) critically evaluate findings of medicinal plant research and relate it to herbal practice applications;
- 3) explain the complexity of clinical signs and symptoms and relate to diagnostic procedures, differential diagnosis and treatment strategies for Herbal medicine practice;
- 4) critically analyse how individual and group reflective practice processes inform sound clinical decision-making and contribute to life long learning.
- 5) carry out a piece of independent research showing awareness of research methodology and

application.

Level 7

In addition to the above, on successful completion of level 7, a student will be able to:

- 1) demonstrate the ability to work critically with theoretical and research-based knowledge at the forefront of herbal medicine and its context within the wider scientific and health related community;
- 2) apply skills of critical exploration, evaluation and analysis to the propositional, professional and personal knowledge acquired or self-generated through clinical practice;
- 3) analyse, synthesise and engage in debate of contemporary issues in a collaborative interprofessional setting with other healthcare professionals and the wider scientific community;
- 4) apply skills of peer supervision and mentoring to critically analyse how reflexivity informs clinical decision making and CPD.

Specific Skills

Level 4

On successful completion of level 4, a student will be able to:

- 1) demonstrate basic skills in pharmacy procedures and dispensing;
- 2) use botanical knowledge to identify a wide range of medical plants and plant materials and demonstrate awareness of quality standards in herbal preparations;
- 3) identify key anatomical features on the human body using anatomical language;
- 4) apply reflective cycles to personal learning;
- 5) effectively participate as part of a care-team, maintaining routine clinical processes;
- 6) evaluate a range of approaches to health & well-being, communicating the results accurately and reliably in the required style, with structured and coherent arguments

Level 5

In addition to the above, on successful completion of level 5, a student will be able to:

- 1) demonstrate a basic level of skills in examination of body systems, explain the relevance of clinical findings in diagnosis of common pathologies and relate to strategies of herbal treatment;
- 2) use reflective processes to appraise the therapeutic relationship;
- 3) effectively manage and be accountable for specific aspects of the clinical process;
- 4) critically appraise literature, and propose solutions to problems arising from the analysis;
- 5) audit an aspect of their own clinical experience

Level 6

In addition to the above, on successful completion of level 6, a student will be able to:

- 1) demonstrate competency in entry level professional clinical skills in Herbal Medicine;
- 2) correctly apply clinical assessments, while synthesising their knowledge of health sciences, effectively communicating findings with health professionals;
- 3) evaluate the clinical encounter over time, using the reflective process to monitor and actively enhance the therapy;
- 4) effectively manage the care-team and be accountable for the clinical encounter;
- 5) contribute to the knowledge and research base of CM, especially to Herbal Medicine practice.

Level 7

In addition to the above, on successful completion of level 7, a student will be able to:

- 1) engage effectively in advanced academic study and critique of modern and traditional herbal medicine practice drawing on an extensive knowledge base and high level practitioner skills
- 2) explore and explain their clinical reasoning (cognitive and tacit) in the development of treatments for individual patients or specific health conditions over time;
- 3) demonstrate and evaluate developed awareness of the interactions that take place in the practitioner-patient relationship by recognising and reframing the sensory information on which it is based;
- 4) review and challenge both modern and traditional concepts and practices in the light of the most recent scientific research, clinical theory and practice application;
- 5) engage effectively in group and individual mentoring and supervision and advance their practitioner knowledge and understanding, utilizing reflexivity through action learning to develop higher level reasoning;
- 6) act autonomously in framing and implementing new knowledge at a professional level.

Transferable Skills

Level 4

On successful completion of level 4, a student will be able to:

- 1) present information and considered opinion in a range of formats;
- 2) manage self-directed learning integrating personal reflection and peer and tutor feedback;
- 3) communicate and work co-operatively, constructively and effectively with others;
- 4) demonstrate self-awareness in relation to factors that influence communication styles;
- 5) work responsibly in sensitive environments with consideration for the concerns and safety of others.

Level 5

In addition to the above, on successful completion of level 5, a student will be able to:

- 1) appraise the complexities of working with appropriate professional boundaries and within an ethical framework;
- 2) communicate sensitively and effectively to establish rapport;
- 3) selectively utilise resources to inform learning;
- 4) synthesise information from different sources;
- 5) critically reflect on own learning and learning needs to develop strategies for personal and professional development.

Level 6

In addition to the above, on successful completion of level 6, a student will be able to:

- 1) act independently in planning, undertaking and evaluating a task;
- 2) work in an ethical and client-centred framework with clients and colleagues;
- 3) communicate in a variety of formats and in relation to the requirements of a range of settings;
- 4) appraise areas for self-development within the context of continuing professional development planning;
- 5) promote ideas with critical self-awareness;
- 6) identify processes to set up, manage and promote a small business.

Level 7

In addition to the above, on successful completion of level 6, a student will be able to:

- 1) act with initiative and personal responsibility as a facilitator and mentor within a peer group;
- 2) show self evaluation skills and the ability to reflect on self and others' participation;
- 3) manage complex and diverse sources of information effectively;
- 4) act autonomously in planning, implementing and evaluating tasks in complicated and unpredictable contexts;
- 5) communicate competently to specialist and non-specialist audiences;
- 6) demonstrate problem solving abilities involving the application of knowledge and/or via information seeking;
- 7) demonstrate originality in their application of knowledge which is at or informed by the discipline or area of professional practice.

Course Structure

This section shows the core, course specific and option modules available as part of the course and their credit value. Full-time Undergraduate students study 120 credits per level.

Credit Level 4

Code	Title	Status	Value
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FCMM400	Anatomy & Physiology Core		30
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FCMT421	Therapeutic Relationship	Core	15
FCMR431	Perspectives in CM	Core	15
FCMM410	Biochemistry and Phytochemistry	Course	15
FCMP401	Botany and Botanical Medicine	Course	30
FCMP492	Herbal Practice 1*	Course	15

Award of Certificate of Higher Education available

Credit Level 5

Code Title Status Value

FCMM500	Pathophysiology	Core	30
FCMM510	Pharmacology	Course	15
FCMT522	Developing the Therapeutic Relationship	Core	15
FCMR532	Research Methods in CM	Core	15
FCMN509	Dietetics & Dietary Therapy	Course	15
FCMP593	Herbal Medicine Practice 2*	Course	30

Award of Diploma of Higher Education available

Credit Level 6

Code Title Status Value

FCMP604	Systems Pathology	Course	15
FCMT622	Refining the Therapeutic Relationship	Core	15
FCMR633	Dissertation	Core	15
FCMT634	Starting Your Practice	Core	15
FCMP605	HM Materia Medica & HM Therapeutics	Course	30
FCMP697	Herbal Medicine Clinical Skills*	Course	30

Award of BSc (Hons) available

* Long year status (runs for 3 semesters)

Credit Level 7

Code	Title	Status	Value
FCMR734	Researching Contemporary Issues in CM	Core	40

FCMM790	Clinical Reasoning	Core	40
FCMP708	Advanced HM Materia Medica and Therapeutics	Course	40
Award of MSci available			

Progression Requirements

To progress to Credit Level 5 full-time study, a student must pass at least 90 credits at the end of Credit Level 4; to progress to Credit Level 6 full-time study, a student must pass at least 165 credits, including 75 credits at Credit Level 5. To progress to Credit Level 7 a student will be required to have obtained an average mark of at least 50% in the best 90 credits at Level Five. Additionally students will be expected to undertake the equivalent of one day a week in private practice.

To qualify for the award of) Herbal Medicine, a student must have:

- a) Obtained at least 360 credits including:
 - a minimum of 120 Credits at Level 4 or higher, of which no more than 15 shall be condoned; and
 - a minimum of 120 Credits at Level 5 or higher, of which no more than 15 shall be condoned; and
 - a minimum of 120 credits at Level 6 or higher, of which no more than 15 shall be condoned.
- b) attempted modules with a maximum value of 330 credits at Levels 5 and 6
- c) passed the following modules:
 - Anatomy & Physiology (FCMM400)
 - Botany and Botanical Medicine (FCMP401)
 - Herbal Practice 1 (FCMP492)
 - Pathophysiology (FCMM500)
 - Pharmacology (FCMM510)
 - Herbal Medicine Practice 2 (FCMP593)
 - Diet and Dietary Therapy (FCMN509)
 - Refining the Therapeutic Relationship (FCMT623)
 - Systems Pathology (3CMP604)
 - HM Materia Medica HM Therapeutics (FCMP605)
 - Herbal Medicine Clinical Skills (FCMP697)

- Dissertation (3CMR633)
- d) complied with the Code of Professional Practice;
- e) satisfied all the clinical requirements of the course.

The class of the Honours degree awarded is decided by two criteria: the average of the best 105 credit marks at Level 6 being in the range of the class to be awarded and the average of the next best 105 credit marks at Levels 5 & 6 being no lower than one class below this class range.

To qualify for the award of Herbal Medicine, in addition to the above, a student must have:

- a) Obtained at least 480 credits including:
- b) a minimum of 120 credits at Level 7.
- c) attempted modules with a maximum value of 510 credits at Levels 5, 6 and 7
- d) complied with the Code of Professional Practice;
- e) satisfied all the clinical requirements of the course.

The University may award:

- I. an MSci with Merit where marks average at least 60% across Credit Levels 6 and 7.
- II. an MSci with Distinction where marks average at least 70% across Credit Levels 6 & 7.

Key Reference Points for the Course

External

The European Herbal Practitioners Association (EHPA) Accreditation Board Core Syllabus

This document outlines the educational programme required by the EHPA Accreditation Board, and the developing Regulatory Working Group for Statutory Self Regulation of the Herbal profession.

The National Institute of Herbal Medicine (NIMH) Accreditation Board: Procedures for accreditation

These procedures set out the requirements for course accreditation by the NIMH Accreditation Board. The NIMH only accepts UK graduates from accredited courses. The BSc (Hons) Health Sciences: Herbal Medicine degree has been accredited.