

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	Phytotherapy
Course number	PHCG5213
Faculty	
Department	
Course type	Major Needs
Course level	5
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

Course Objectives

- 1 - 1) To acquire up-to-date knowledge of plant biology and recognize the principal characteristics of plant-based drugs.
- 2 - 2) To become familiar with legislation and the regulations applied in Palestine.
- 3 - 3) To learn the current criteria for the quality, safety and effectiveness of plant-based drugs.
- 4 - 4) To learn good practices for the manufacturing of such products and the quality assurance procedures commonly accompanying these.
- 5 - 5) To acquire in-depth knowledge of the main active principles in plant-based drugs and to examine side effects, adverse reactions, contraindications, interactions and toxic effects.
- 6 - 6) To acquire the tools to facilitate prescription, formulation and application in phytotherapeutic products.
- 7 - 7) To understand the features of the principal complaints, to learn how to assess them correctly and to examine the plant-based treatment options.

Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none">* A1) To know the potentially useful medicinal plants of this pathway* A2) To use of medicinal plants in prevention and healing of ailments.* A3) Acquire good knowledge about herbal medicine as one of the most common alternative/complementary therapies.* A4) To know the Latin and bilingual (English/Arabic) common names of potentially used medicinal plants* A5) To know examples of commonly misused natural drugs and their semisynthetic/synthetic derivatives /analogues* A6) To use different references to collect the necessary information* B5) To evaluate the plant/plant, plant/drug and plant/nutrient interactions based on the secondary plant constituents* B6) Able to solve problems in herbal practice.
Intellectual Skills	<ul style="list-style-type: none">* B1) Advise patients and publics to enhance recovery and achieve positive therapeutic outcomes.* B2) Design implementation, monitoring, assessment and intervention in drug therapy to obtain the most effective, most safe and economic drug regimen.* B3) Collect and search for drug information and disseminate gathered information in the precise time to other health care professionals to perform better achievements.* B4) Able to contribute to the development of the profession through applied study, analysis of the published literature, drug information and evaluation of medicinal plants and their uses in improving health.
Professional Skills	<ul style="list-style-type: none">* C1) Create and dispense herbal medicine prescriptions as well as reviewing written prescriptions for accuracy and to reduce medication errors.* C2) Have good practices to assess and resolve problems independently react effectively with other health care professionals and patients.* C3) To be familiar with the supposed actions and uses of herbal ingredients whether or not these have been substantiated by animal and human studies
General Skill	<ul style="list-style-type: none">* D1) Communicate effectively with other health care professionals, patients and publics.* D2) Advise patients and publics about useful over the counter products and warning them about herbal drug interaction as well as their possible interaction with natural drugs and food supplements.* D3) Establishment of advice on the limitations and precautions of commonly used herbal medicines especially by pregnant and lactating mothers* D4) Have good command for information technology skills, both for data recording or for information searching.* D5) Have increased confidence and be able to transfer his experience and ideas to others in an acceptable way as well as teach and educate his subordinates.

Course Contents

- 1 - Fundamentals of Phytotherapy
- 2 - Placebo Effect
- 3 - Art of Pharmacist Consultation
- 4 - Basic Principles of Treatment: Immune system
- 5 - Basic Principles: Vitamins Minerals, Antioxidants
- 6 - Basic Principles: Allergies and sensitivities
- 7 - Basic Principles: Probiotics
- 8 - Diseases and disorders of Nervous System
- 9 - Rheumatic disease (gout, rheumatoid, arthritis)
- 10 - Cardiovascular Diseases
- 11 - Respiratory System
- 12 - GIT (Gastritis, Gastroduodenal Ulcers, Anorexia, Diarrhea, Constipation, IBS)
- 13 - Hepatitis
- 14 - Diabetes
- 15 - Urogenital Tract
- 16 - Infertility
- 17 - Gynecological Diseases
- 18 - Cancer

Teaching and Learning Methods

- 1 - 1) Lectures: 2 credit hours/week
- 2 - 2) Tutorials
- 3 - 3) Case study
- 4 - 4) Assignments, reports: they were assigned to prepare and present a report discussing different aspects of medicinal plants using published papers – not Textbook information

Teaching and Learning Methods for the Disabled Students

- 1 - Depend on the kind of disability the teacher respectively method of teaching will determine.

Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Midterm	After 8 weeks	30%
Oral / Discussion	After 6 weeks	8%
Assignments	After 4 weeks	5%
Research/Report	At the end of semester	7%
Final Exam	After 16 Weeks	50%

Books and References

Course note	Dr. Mazen Awni El-Sakka
Essential books	1) Pharmacognosy, Phytochemistry & Medicinal Plants (by Jean Bruneton) 3rd ed 2008 3) "Herbs & Natural Supplements" (2010) 3rd ed., by Brun L. and Cohen M., Elsevier, London
Recommended books	2) "Fundamentals of Pharmacognosy and Phytotherapy" (2004) by Henrich M., Barends j. and Gibbons S.A., Churchill Livingstone, New York Trees and Evans Pharmacognosy (W.C. Evans 2) "Fundamentals of Pharmacognosy and Phytotherapy" (2004) by Henrich M., Barends j. and Gibbons S.A., Churchill Livingstone, New York

