



Faculty of Pharmacy
Department of Pharmacognosy
Course Specifications

Complementary and Alternative Medicine (3286)

1-Basic Information:	
Program on which the course is given:	Bachelor of Pharmaceutical Sciences and Drug Technology
Mandatory or elective element of program:	Elective
Department offering the course:	Pharmacognosy
Academic year and level: 2019/ 2020- level 4	Course prerequisite(s): Pharmacognosy 2 (3221)
Date of specification approval: 5/9/2019	
Title: Complementary and Alternative Medicine Code: 3286 Credit hours: 3	Theoretical: 2 hours (2 credit hours) Practical: 2 hours (1 credit hours)
Professional Information:	
2-Overall Aim of Course: The course introduces the students to the knowledge of complementary and alternative medicine. It also describes cost, safety, legal and ethical issues related to complementary and alternative medicine.	
3-Course Learning Outcomes:	
<p>1.1.1</p> <ol style="list-style-type: none"> 1. Outline the main practices in complementary and alternative medicine. (1-1-1-1) <p>1.1.5</p> <ol style="list-style-type: none"> 2. Retrieve complementary and alternative medicine information sources to solve therapeutic problems. (1-1-5-1) 3. Demonstrate the evidence for alternative medical practices. (1-1-5-1) <p>2.5.1</p> <ol style="list-style-type: none"> 4. Fulfill regulatory requirements in practicing complementary and alternative medicine. (2-5-1-1) <p>3.2.1</p> <ol style="list-style-type: none"> 5. Explain indications, mechanisms of action and contraindications of the main agents used in complementary and alternative medicine. (3-2-1-1) <p>3.2.3</p> <ol style="list-style-type: none"> 6. Adopt safe, ethical and legal guidelines of complementary and alternative medicine. (3-2-3-1) <p>4.1.1</p> <ol style="list-style-type: none"> 7. Justify time management skills. (4-1-1-2) 	

4.2.2

8. Apply effective presentation skills. (4-2-2-1)

4- Course Contents:

Week	Topic	No. of Teaching Hours	Lecture (credit hours)	Labs (credit hours)	Course Learning Outcomes
One	Introduction to common practices in complementary and alternative medicine	2	1		1
	Lab rules and explanation for the course assignments			1	1,7
Two	Traditional Chinese Medicine	2	1		2,3
	Basic principles of accupuncture			1	5
Three	Ayurveda (Indian Medicine)	2	1		2,3
	Case study			1	5
Four	Kampo medicine (Japanese Medicine)	2	1		2,3
	Case study			1	5
Five	Aromatherapy	2	1		2,3
	Practicing aromatherapy techniques			1	5
Six	Hydrotherapy	2	1		2,3
	Case study			1	5
Seven	Midterm				
Eight	Mind-body interventions, music therapy, energy medicine, massage therapy	2	1		2,3
	Case study			1	5
Nine	Diet therapy	2	1		2,3
	Case study			1	5
Ten	Homeopathy	2	1		2,3
	Case study			1	5
Eleven	Cost evaluation of complementary and alternative medicine	2	1		4
	Student Presentation			1	8
Twelve	Safety, ethical and legal issues in complementary and alternative medicine	2	1		6
	Practical Exam			1	7
Thirteen	Seminar	1	1		4,6
Fourteen	Revision	1	1		1

5-Teaching and Learning Methods:

- Lectures
- Practical sessions
- Seminars
- Presentation
- Office hours

6- Teaching and Learning Methods for Probation Students:

- Lectures
- Practical sessions
- Seminars
- Presentation
- Office hours
- Extra office hours

7- Student Assessment:

Written quizzes, presentation and mid-term exam: To assess the ability of students to follow-up the course.

Practical exam: To assess the gained experience in practicing laboratory methods and techniques.

Final written exam: To assess the overall outcomes.

a- Assessment methods:	a. Class work: <ol style="list-style-type: none"> 1. Quizzes 2. Midterm theoretical 3. Participation and assignments 4. Practical exam b. Final exam Written theoretical
b- Assessment schedule:	a. Class work: <ol style="list-style-type: none"> 1. Quizzes: <ul style="list-style-type: none"> Quiz I (4th week) Quiz II (11th week) 2. Midterm theoretical (7th week) 3. Participation and assignments (throughout the semester) 4. Practical exam (12th week) b. Final exam Written theoretical (15 th week)
c- Weight of assessments:	a. Class work 50 marks (50%) distributed as: <ol style="list-style-type: none"> 1. Quizzes (10%) 2. Midterm theoretical (10%) 3. Participation and assignments (5%) 4. Practical exam (25%) b. Final exam Written exam (50%) Total percentage 100 marks (100%)

8- List of References:

- a- Course notes: Uploaded on the learning management system (Moodle)
- i. Lecture notes: Complementary and Alternative Medicine
 - ii. Practical note: Complementary and Alternative Medicine Lab Manual
- b- References books:
- b.1. Essential text books:
- b.1.1. The Desktop Guide to Complementary and Alternative Medicine: An Evidence-based Approach, 2nd edition, by Edzard Ernst, Max H. Pittler, Barbara Wider, Publication: Mosby Elsevier, 2006.
- b.1.2. Textbook of complementary and alternative medicine, 2nd edition, Chun-Su Yuan, Eric Bieber, Brent Bauer. Informa health care, 2006.
- b.2. Recommended books:
- b.2.1. Micozzi, MS (2019). Fundamentals of Complementary and Alternative Medicine (6th ed.). St. Louis, MO: Elsevier Saunders.
- b.2.2. Rudolf Fritz Weiss, M.D Volker Fintelmann M.D ``**Herbal Medicine**`` 2nd edition ,Thieme 2000.
- b.2.3. J. Long, **The Gale Encyclopedia of Alternative Medicine**, Thomson Gale, a part of The Thomson Corporation, 2005.
- c- Periodicals, web sites, ,,,,,
- i. BMC Complementary and Alternative Medicine, Journal of Traditional and Complementary Medicine.....etc.
 - ii. Web sites:

Complementary and Alternative Medicine: A Primer is a summary of issues care providers must consider when advising patients about CAM

<https://www.nccih.nih.gov/health/herbsataglance>

9- Facilities required for teaching and learning:

1. Data Show

2. White board

Course Instructor: Prof. Dr. Sameh AbouZid

Head of Department: Prof. Dr. Sameh AbouZid

Date: 5/9/2019

Approved by QAC 2019/2020

Concerning NAQAAE Form No 12

