

Wilmington University
College of Health Professions
Basic Course Information

Course Number: HLT 379

Course Title: Botanical Medicines

Course Objectives:

With successful completion of this course, the student will be able to:

Recognize the impact of history, the present role, and the future of botanical medicines for consumers/clients/healthcare providers.

Assess scientific information, product labeling, and potential effects/contraindications in the use of botanical medicines for consumers/clients.

Evidence critical thinking skills in class discussion, written work, and oral presentations.

Topical Outline:

- 1. Objective: Recognize the impact of history, present role and future of botanical medicines for consumers/clients/health care providers.**
 - A. Definition and use of herbs
 - B. Review the history of botanical medicine use
 - C. World view of botanical medicines
 - D. Out of pocket costs vs. insurance payments for botanical medicines
 - E. Identification of plant material
 - F. Adulteration/misidentification of plant material used in botanical medicines
 - G. Future predictions and research

- 2. Objective: Assess scientific information, product labeling and potential effects/contraindications in the use of botanical medicines for consumers/clients.**
 - A. Identify/assess common sources of information (advertising, etc.)
 - B. The scientific/common name of botanical medicines
 - C. Assessing botanical medicine labels
 - D. Dosage forms
 - E. Evaluate research on botanical medicines
 - F. Understanding the functions of botanical medicines
 - G. Review Good Manufacturing Practices (GMPs)
 - H. Risk/benefit assessment of botanical medicines for clients/consumers (counseling)
 - I. Regulation and standardization of herbs (FDA/DSHEA)
 - J. Identify recognized sources of information (e.g., American Botanical Council)

- 3. Objective: Evidence critical thinking skills in class discussion, written work, and oral presentations.**
 - A. Utilize a variety of credible information sources to evaluate the history, current role, and future of botanical medicines
 - B. Discuss potential impact of botanical medicines in society
 - C. Contribute to open inquiry in topical areas of botanical medicines

Evaluation Methods:

Assessing botanical medicine labels

(Structured External Assignment)

(Objectives 2, 3) 20%

Each student will assess botanical medicine labels. The student will describe information about the manufacturer, distributor, quality, origin, GMP, lab tests, and any other information with consideration of labeling laws. Each student will prepare a handout (photocopy of the label) and will orally present assessment.

Critique botanical medicine therapeutic monographs

(Objectives 1-3) 20%

A small group will locate and critique four botanical medicine monographs. Use guidelines from class discussions, texts, and literature sources to identify and assess appropriate/inappropriate components. Make recommendations for improvement to the monographs. Submit a copy of the references used to each student and to the instructor. Submit a copy of the monograph to the instructor. Plan for a 30-minute presentation.

Botanical medicine paper/ presentation

(Objectives 1, 3) 40%

Each student will select a significant topic (such as availability of botanical medicines, costs to the public, reasons for current popularity, methods to identify reputable sources of information for consumers, potential dangers of use). The instructor must approve your selected topic. Prepare a written paper and an oral presentation to fully discuss selected topic. Be creative in the presentation. Prepare a copy of references to share with your classmates. Plan for a 15- minute presentation.

Participation in round table discussions

(Objectives 1-3) 10%

WK 1. Discuss and record knowledge of botanical medicines and their current use in society.
WK 7. Discuss knowledge of botanical medicines and their current use in society. Compare responses with those of Week 1.

Class Participation

(Objectives 1-3) 10%

The success of this course depends upon effective participation by all students. Students are expected to come to class prepared to share their perspectives on issues raised by assigned readings or other assignments. Course-related technology assignments such as Blackboard are included.

On Reserve in the Library:

Blumenthal, et al. (1998). *The complete German Commission E monographs*. Boston, MA: Integrative Medicine Communications.