

3-year Chinese Herbal Medicine Diploma - Syllabus

The Phoenix Academy's 3-Year Herbal Medicine Diploma is a new programme taught by various members of the teaching team, introducing fundamental and advanced skills for students. This is taught both in-person and online over the 3 years.

This diploma course is accredited by Shanghai University of Traditional Chinese Medicine, and we have entered the EHTPA accreditation process.

This diploma is designed to blend classic Chinese medicine theory with modern application and standards, allowing students to gain a deeper understanding and to apply this knowledge to their clinical practice.

There are a total of five modules in this three-year diploma programme. The first year is composed of 3 modules. Module 4 is in the second year and Module 5 is in the third year.

Year One Overview/Session plan (84 credits)

Sessions	Module 1 TCM Materia Medica and Formulary
1.1	General Introduction
1.2	Herbs and Formulas for External Syndromes
1.3	Herbs and Formulas for Restoring Deficiency Syndromes
1.4	Herbs and Formulas for Restoring Deficiency Syndromes
1.5	Herbs and Formulas for Clearing & Relieving Syndromes
1.6	Herbs and Formulas for Warming Interior, Eliminating Dampness with Aromatics & Arresting Secretion
1.7	Herbs and Formulas for Regulating Qi Flow and Treating Blood Disorders
1.8	Herbs and Formulas for Eliminating Dampness, Expelling Dampness and Removing Dampness
1.9	Herbs and Formulas for Dissipating and Stopping Coughs
1.10	Herbs and Formulas for Calming Liver and Soothing Mind
Sessions	Module 2 Pharmaceutical Study in TCM Herbs
2.1	Pharmacology, Pharmacognosy & Plant Based Pharmaceutical Studies
Sessions	Module 3 Professional Development into TCM Herbal Practice
3.1	Regulatory and Compliance Requirement for Practitioners, Principles and Important Considerations in Clinical Practice
3.2	Dispensary Training & Introduction to Year 2 Studies

Module 1 TCM Materia Medica and Formulary

Module Title	TCM Materia Medica and Formulary
Credits:	60
Level:	7
Pre-requisites:	None
Module Co-ordinator:	Zanyu Chen

Module synopsis

This module will guide the students to build on their own existing knowledge of Chinese herbal medicine, based on prior learning and skills in previously studied acupuncture courses. The module consists of the principles of herbal medicine, the major category of all TCM herbs, and major forms of herbal remedies. The teaching and learning content selection is practice oriented, following available evidence of the clinical usage in UK of these herbs and formulas.

The nature and action of the most commonly used individual herbs, and the art of combination and coordinated application of them, are the pillars of the module. Upon completion of the module, students are fully prepared for further study in clinical application of TCM herbs.

Outline Syllabus

1. Principles of TCM herbal medicine

- the holistic view of herbal medicine, their nature, flavour, and Si Qi
- action of herbs
- concepts of clinical applications of herbs and formulas
- common cautions of herbs and formulas
- main combined effects of multiple herbs
- forms of herbal remedy, including decoction, pills, powder, etc.
- dosage and length of application
- restricted use of herbs

2. Materia medica

The nature, flavour, action, application, caution, dosage, and commonly prescribed forms of each individual herbs from the list of those most commonly used;

Modern research: key active ingredients, main pharmacological findings of the ingredients.

3. Formulary
The art of using different herbs for one or two major purposes
The main action and application of the individual formula
The variation of a common formula
Clinical reports of the effect in treatment of illness
4. Restriction and replacement of some of the herbs
5. Modern forms of the herbs, for example, concentrated powder.

Learning outcomes

On completion of the module, the students should be able to

- A. Understand the nature and properties of most commonly used herbs
- B. Understand the commonly used herbal formulas and their main applications
- C. Evaluate the potential side effects of some herbs and how to minimise them
- D. Raise concerns of the safe application of herbs in children and pregnant women
- E. Select the dosage and form for suitable patients and the conditions to treat
- F. Learn and search relevant information independently

Teaching and Learning Strategy/Methods

Lectures online/in person,
Online tutorials
Online Case studies
Online feedback sessions based on test and short essay performance

Assessment

The assessment strategies are that the assessments are part of the learning process. The formative assessments at the end of each learning session will reinforce the learning and help students find and learn from their mistakes. The final exam is a summative assessment which measures their overall achievement.

Students must attempt ALL tests and the exam and pass all of them to pass the module.

Part 1: online tests, 10 tests for 10 topics. Each test contains 30 MCQ. The test is released at the end of the session open period.

Weight: 40% (4% of each individual test.)

Part 2: short essays. 10 short essays/case studies in 10 topics. The topic is release at the beginning of the session; deadline is set at the end of the session opening period.

Weight: 40% (4% of each individual essay.)

Part 3: open book exam of 2 hours. Planned at the end of the module.

Weight: 20%

Relationship to Professional Body

This module contains elements required by the professional body for accreditation of the course.

Indicative reading: To be added by the module leader

Module 2: Pharmaceutical Study in TCM Herbs

Module Title	Pharmaceutical study in TCM Herbs
Credits:	9
Level:	7
Pre-requisites:	Materia Medica
Module Co-ordinator:	Kaicun Zhao

Module synopsis

This module will build another dimension of knowledge framed on earlier studies of the pre-course learning of Anatomy & Physiology and materia medica in TCM. The focusing points are the scientific evidence of how those herbs work, including main active ingredients and the chemical features of the most common herbs, their biological effects on the human body, the distribution, and clearance from human body, also their possible reactions with WM drugs. This enables future practitioners to appreciate and evaluate research reports and clinical guidance published in relation to pharmacopoeias.

Outline Syllabus

A. The most commonly mentioned herbal chemical active ingredients in clinical research and quality control; the physical structure, properties, functions, possible interactions and contraindications of the main classes of secondary plant chemicals, including:

- alkaloids
- acids, alcohols, esters and amides
- Simple phenols,
- Lignans, coumarins, naphthoquinones, anthraquinones
- Tannins and oligomeric procyanidins
- Flavonoids
- Terpenes: monoterpenes; sesquiterpenes; diterpenes; triterpenes including saponins, phytosterols and cardiac glycosides; tetraterpenes; and polystyrenes
- Cyanogenic glycosides, sulphur compounds
- Carbohydrates; gums and mucilages; immunostimulating polysaccharides
- Volatile oils: hydrocarbons, alcohols, phenols, aldehydes, ketones, oxides, esters, and coumarins. Resins

B. Synergistic and reductionist models of medicinal plant activity.

C. Quality Assurance – key ingredient content and their use in quality assessment

D. Potential toxic response from WM point of view

E. Mechanism of common side effects

Learning outcomes

On completion of the module, the students should be able to

- A. Understand the nature and properties of key ingredients to their future practice.
- B. Evaluate the pharmacological effects of the major groups of plant compounds.
- C. Discuss the limitations of plant biochemistry as an explanatory model for herbal actions
- D. Analyse the issues of Quality Assurance in relation to herbal medicines.
- E. Explain possible toxic reaction caused by some herbs and how this could be mitigated.
- F. Apply the safety measures in reducing possible side effects through the knowledge of key herbal ingredients and their process inside the body.

Teaching and Learning Strategy/Methods

Lectures online/in person,

Group work on research papers, through online media

Assessment

A report on one of the most commonly mentioned active ingredients, for example, berberine, on their pharmaceutical effect and possible side effects if used improperly.

Word count: 2000 words

Weight: 100%

Relationship to Professional Body

This module contains elements required by the professional body for accreditation of the course.

Indicative reading: To be added by the module leader

Module 3 Professional Development in TCM Herbal Practice

Module Title	Professional Development
Credits:	15
Level:	7
Pre-requisites:	None
Module Co-ordinator:	Fanyi Meng

Module synopsis

This module will provide the essential professional principles, the legal requirement of practising herbal medicine, and important considerations in clinical practice.

Outline Syllabus

- A. The key concepts of TCM herbal practice, consultation, diagnosis, prescribing, dispensing, record keeping
- B. The relevant laws that define the herbal medicine/traditional medicinal products, including the right to prescribe, dispense, and charge
- C. The traditional herbal medicine products license, marketing permission etc
- D. Related laws: health and safety laws, in particular for herbal medicine dispensary
- E. Record keeping, including source of supply, dispense, disposal etc.
- F. Yellow card reporting system; CPD on regulation updating, products updating, insurance.

Learning outcomes

On completion of the module, the students should be able to

- A. Understand the legal and regulatory framework applying to herbal medicine.
- B. Develop practice ethics that comply with the legal requirements.
- C. Check and follow the update of such legislation and regulations development by attending professional development events.
- D. Design a workplace fully compliant with the requirements.
- E. Perform risk assessments and management of the practice.

Teaching and Learning Strategy/Methods

Lectures online/in person

Assessment

The module requires students to be very familiar with all the relevant rules. So, the assessment is a summative one.

Report of 2000 words to be agreed in advance with the module tutor.

Weight: 100%

Relationship to Professional Body

This module contains elements required by the professional body for accreditation of the course.

Indicative reading: To be added by the module leader

Year Two

Year Two Overview /Session Plans (90 credits)

Sessions	Module 4: Clinical Study of TCM Herbal Practice Online lectures at weekends
4.1	Introduction to clinical application of TCM herbal medicine, concept of evidence-based practice
4.2	Zang-Fu pattern system and its herbal treatments
4.3	Discussion of herbal treatment of Water, Fluid and Phlegm part 1
4.4	Discussion of herbal treatment of Water, Fluid and Phlegm part 2
4.5	Herbal application on Xue Bi and Xu Liao
4.6	Treatment of Diseases Caused by Various Stagnations
4.7	Herbal treatment of Cold, Flu and Other Seasonal Diseases.
4.8	Herbal application in Gynaecological Conditions, part 1
4.9	Herbal application in Gynaecological Conditions, part 2
4.10	Herbal application in Digestive Conditions
4.11	Herbal Pain management in Muscular-Skeletal and Neurological Conditions
4.12	Herbal treatment of Skin Conditions, including Eczema, Acne, Psoriasis, etc.
4.13	Herbal application of Mind and Emotional Disorders
4.14	Nutrition and Food Supplements in relation with herbal practice

Module 4 Clinical Study of TCM Herbal Practice

Module Title	Clinical Study of TCM Herbal Medicine
Credits:	90
Level:	7
Pre-requisites:	None
Module Co-ordinator:	Zanyu Chen

Module synopsis

This module will guide the students to further develop their knowledge in TCM herbs, and most importantly, their evidence-based practice of the herbs and formulas in various aspects of clinical practice.

The module will cover the most commonly reported clinical practices of Chinese herbal medicine, with enough clinical research reports to support the effectiveness of Chinese herbal medicine, either as a main therapy, or as a complementary therapy.

Most of the sessions will be delivered with well-established experts in the session topic area with publishing records and research background.

Outline Syllabus

Principles of TCM evidence based clinical practice, traditional observation, expert opinion, cohort study, and laboratory studies

Clinical trials, systematic review

Real world study

B. The major areas of positive clinical findings

- Skin conditions, digestive problems, respiratory problems, circulatory problems, infertility,
- gynaecological problems, neurological problems, etc.
- Herbal supportive treatment of cancer chemotherapy
- Herbal supportive treatment after surgical operation

- Herbal supportive treatment of rehabilitation
- Weight control, drug rehabilitation,
- Mental health problems

C. Limitation of clinical practice

Learning outcomes

On completion of the module, the students should be able to

- A. Understand action pathway/mechanism of TCM herbal treatment in many common clinical conditions
- B. Find out the evidence-based practice on those conditions discussed
- C. Critically evaluate the available evidence for the planning of individual patient's condition
- D. Evaluate the treatment response, and choose alternative formula/herbs for individual patient to improve response
- E. Plan a long-term treatment scheme, according to TCM holistic approach, regarding the seasonal change, environmental change and lifestyle change.

Teaching and Learning Strategy/Methods

Seminars by experts in relevant area of practice

Online tutorial later by the module leader

Assessment

Students must attempt ALL assessments and pass all of them to pass the module.

Part 1: reflective learning journals of 5 topics, each is required to reach 800 words

Weight: 50%

Part 2: a literature review of 3000 words on one negotiated topic, from the teaching schedule

Weight: 50%

Relationship to Professional Body

This module contains elements required by the professional body for accreditation of the course.

Indicative reading: To be added by the module leader

Year Three

Year Three Overview: Advanced Clinical Practice and Case Studies (60 credits)

Module 5 Clinical Observation and Practice		Date and Venue
5.01	Clinical Practice To complete this module, students are required to complete a total of 250 direct contact hours of clinical practice under the supervision of the qualified practitioners. Students must apply 250 hours to the clinically related self-studies. During the clinical placement, students are required to complete 150 clinical cases studies.	In clinic Students can book their own clinic dates.
5.02	Supervisor Sessions In these sessions the supervisor and students view and discuss the cases provided by students from their own practice.	Online one day / month

Module 5 Clinical Observation and Practice

Module Title	Clinical observation and practice
Credits:	60
Level:	7
Pre-requisites:	None
Module Co-ordinator:	Fanyi Meng

Module synopsis

This module will first provide the students the opportunity to observe senior TCM practitioners in their clinic treating real patients with Chinese herbs. Then students are required to recruit patients from their existing clinical practice, to provide herbal medicine, under the supervision of an assigned lecturer, tutor or supervisor, with formal agreement.

According to professional body requirement, at least 250 hours of clinical experience directly involved in practice TCM herbal medicine is needed, based on entry requirements of completion of a bachelor's degree equivalent acupuncture course, which contains at least 400 hours of clinical experience.

Outline Syllabus

- A. Principles of TCM practice, holistic approach, TCM view of life, TCM diagnosis, syndrome pattern, treatment plan, herbal medicine prescription, and lifestyle advice.
- B. Review response from returning patients when herbal remedy is given.
- C. Case on case discussion with supervisor about the choice of herbs and the formulas
- D. Analysis of the case observed, propose a treatment independently, comparing to the prescription of the supervisors, get feedback from supervisors.
- E. Practicing TCM herbal therapy safely, legally, and ethically. Knowing the limits and patients' preference on herbal remedy.

Learning outcomes

On completion of the module, the students should be able to

- a. Independently assess the condition of an individual patient, making TCM diagnosis, prescribe a TCM herbal treatment, if suitable.
- b. Give patient detailed instruction on how to prepare the herbs and how to administer it for the best outcome.
- c. Evaluate the response of herbal treatment, make adjustments accordingly.
- d. Stop the treatment if adverse response takes place, or the herbal treatment is proven to be not effective.
- e. Manage a long-term treatment with alternative formulas/herbs
- f. Perform a stage review on individual cases, to summarise the concerns, achievement, and plan the treatment of next stage with TCM herbal medicine.

Teaching and Learning Strategy/Methods

Phoenix Academy provides the clinical observation at the Institute of Chinese Medicine at central London, which has been operating for 10 years.

Phoenix Academy also has a network of supervisors in some major cities in England; if students can find a local supervisor, they will be allowed to attend his/her clinic for the clinical observation on condition that both the supervisor and the clinic meet the requirements by Phoenix Academy and the accreditation board.

After the first stage of clinical observation, when the supervisor considers all the evidence of the proficiency of the student and allows the student to recruit their own patients. Then the student can carry out consultations with the patient and prescribe herbs and send this to

the supervisor for approval. Once approved, the herbs could be dispensed from the dispensary of the supervisor, or from Phoenix Medical Ltd.

Students are required to complete at least 150 cases, with no less than 50 cases to be their own patients under supervision.

Assessment

Part 1: reflective learning journals of 100 cases, each is required to reach 400 words, excluding the case raw information.

Weight: 50%

Part 2: reflective learning journal of 5 topics, discussing 5 areas they see most patients treated by TCM herbs, with static result to support the writing.

Weight: 50%

Relationship to Professional Body

This module contains elements required by the professional body for accreditation of the course.

Indicative reading: To be added by the module leader

* The content of this syllabus is subject to accreditation conditions.