



FOUNDATION COURSE IN COMPLEMENTARY MEDICINE

12 week topic outline

Part 1: Understanding the range of modalities in Complementary Medicine

The Foundation Course in Complementary Medicine will provide you with information on the range of complementary medicines most commonly available and an outline of the governance of these practices in New Zealand. You will also be encouraged to look at evidence supporting the effectiveness of some of these modalities and to consider the way they might be used as part of integrative health practices to improve holistic well being now and in the future.

Section	Week	Element/Performance Criteria
1	1	1. Develop knowledge of complementary medicine and its modalities
		1.1 Define complementary medicine
		1.2 Examine the reach of complementary medicine modalities
		1.3 Consider the regulatory conditions and policies of healthcare in NZ and regulations for complementary medicine modalities
2	2-3	2. Develop understanding of a range of complementary medicine modalities
		2.1 Research a range of complementary medicine modalities
		2.2 Identify and discuss different complementary medicine modalities
		2.3 Make comparisons based on application, accessibility and affordability
3	4-6	3. Develop knowledge and understanding of the historical basis for complementary medicine modalities
		3.1 Research the historical and philosophical basis for common complementary medicine modalities
		3.2 Examine how common complementary medicine modalities have developed
		3.3 Describe emerging characteristics or trends of common complementary medicine modalities
		3.4 Outline how changing ideas and perspectives about health over time relate to the current landscape of complementary medicine and modalities

Part 2: Integration into the healthcare landscape

The knowledge gained in part 1 will help you to enjoy the journey back in time to explore indigenous health practices over many times and cultures. Understanding these fundamentals gives depth of appreciation as to why complementary health is deeply ingrained in many cultures. Using this knowledge, you can then look at the development of Western public health structures with new eyes and will be encouraged to consider how we might integrate the two styles of healthcare.

4	7-10	4 Analyse the effectiveness of complementary medicine modalities
		4.1 Analyse the effectiveness of a complementary medicine modality for a chosen health condition
		4.2 Review the research
		4.3 Describe the findings
		4.4 Make suggestions regarding the use of complementary medicine modalities in a range of settings
5	11-12	5 Describe potential uses for complementary medicine modalities in existing practice
		5.1 Identify a complementary medicine modality that complements a current conventional healthcare practice
		5.2 Describe how the complementary medicine modality could be utilized within a current conventional healthcare practice