



INSTITUTE OF HEALTH SCIENCES

Certificate in Advanced Practitioner Training

15 CPD Points with NTOI

Clinical Practice Timetable 2010-2011

Venue: Education & Research Centre, Our Lady's Hospice, Harold's Cross, Dublin 6W

MODULE 1: NUTRITIONAL THERAPEUTICS

WEEKEND	Lecture & Home Study Content	
	Saturday (9.00am-6.00pm)	Sunday (9.30am-4.30pm)
LECTURE W/E 1 MODULE 1 PART 1 NUTRITIONAL THERAPEUTICS 30 th & 31 st October	Key functional medicine imbalances: Immune and inflammatory, Digestive and absorptive, Microbiological Bowel flora: Classifications of the bacteria in the human gut, The balance between lactose fermenters and other non beneficial bowel bacteria, Functions of the lactose fermenters, Effects on health of non beneficial bacteria overgrowth, Dietary and lifestyle effects on bowel flora composition, Bowel flora supplementation Th1-Th2 imbalances and associated conditions, Nutrition and inflammation, Nutrition and intolerances/allergies Supporting and modulating the immune system and digestive system with diet and nutrients	
LECTURE W/E 2 MODULE 1 PART 2 NUTRITIONAL THERAPEUTICS 20 th & 21 st November	Key functional medicine imbalances: Detoxification and biotransformation, Oxidation reduction imbalances Detoxification and toxic elimination: Movement of toxins out of the body, Phase 1 and 2 detoxification pathways, Problems with imbalances in the detoxification pathways, Foods and nutrients that support phase 1 and 2 detoxification, Limiting toxic intake through diet and lifestyle, Acid and alkaline diets	
LECTURE W/E3 MODULE 1 PART 3 NUTRITIONAL THERAPEUTICS 8 th & 9 th January	Key functional medicine imbalances: Structural + hormonal and neurotransmitter How stress affects the endocrine and nervous systems: The physiological effects of chronic stress, The HPA axis and general adaptation syndrome, The effects of stress on general health and different systems of the body including the immune system, digestive system, reproductive system, nervous system, cardiovascular system, weight control Therapeutics for the nervous and endocrine systems: Blood sugar regulation, Basic dietary and lifestyle management for stress, thyroid conditions, infertility and reproductive hormone imbalances Foods and nutrients for supporting the musculoskeletal system	

****Please note: The above lecture weekends may also be completed as home study**

MODULE 2: CLINICAL PRACTICE

WEEKEND	Weekend Content	
	Saturday (9.00am-6.00pm)	Sunday (9.30am-4.30pm)
CLINICAL PRACTICE W/E1 MODULE 2 PART 1 5 th & 6 th February	Classroom based case studies and group activities. Case study materials will be provided in advance of the weekend.	
CLINICAL PRACTICE W/E 2 MODULE 2 PART 2 16 th & 17 th April	Classroom based case studies and group activities. Case study materials will be provided in advance of the weekend.	
CLINICAL PRACTICE W/E 3 MODULE 2 PART 3 7 th and 8 th May	Classroom based case studies and group activities. Case study materials will be provided in advance of the weekend.	

Assessments

MODULE 1: Assessment 1 Part 1

Structure: Report (Sub headings tables and bullet points may be used)

Length: 2000 words

Using the case study and template provided, make an interpretation (based on the functional medicine model) as to the client's health status, both past and present and how they have progressed to their current level of health. This should include discussion of all functional medicine imbalances included in this module.

MODULE 1: Assessment 1 Part 2

Structure: Report (Sub headings tables and bullet points may be used)

Length: Protocol: Unspecified. Rationale: 2000 words

Using the case study interpretation from Assessment 1; produce dietary, supplement and lifestyle recommendations for the client. This must be accompanied with a separate, fully referenced rationale for your protocol.

MODULE 2: Assessment 1

Structure: Report (Sub headings tables and bullet points may be used)

Length: Case notes, interpretation and protocol: unspecified. Rationale: 2000 words. Reflective essay: up to 1000 words.

- a) Conduct a full Nutritional Therapy consultation with a volunteer client of your choice. Make an interpretation (based on the functional medicine model) as to the client's health status, both past and present and how they have progressed to their current level of health. This should include discussion of all functional medicine imbalances included in this module.
- b) Produce a dietary, supplement and lifestyle recommendations for the client (which is written for them) along with a separate, fully referenced rationale for your protocol.
- c) As a Nutritional Therapy practitioner reflect on how using the functional medicine model may help inform your practice and help you develop as a practitioner.

Recommended Reading

Institute of Functional
Medicine (IFM) (2006)

The Textbook of Functional Medicine
USA: The Institute of Functional Medicine

Institute of Functional
Medicine (IFM) (2008)

Clinical Nutrition: A Functional Approach
USA: The Institute of Functional Medicine

* Students may order individual copies from IFM directly (www.functionalmedicine.org). IHS sometimes bulk order books for students in order to obtain a discount on the price. Contact the office to see if this is possible.

Costs

Students may complete Module 1 & Module 2 together or individually.

Module 1: Nutritional Therapeutics Parts 1, 2 & 3: **€500**

Module 2: Clinical Practice Parts 1, 2 & 3: **€500**

Module 1 & 2: **€1,000**