



**Trinity College Dublin**

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

TEU00601

## Introduction to Medicinal Plant Use and Integrative Medicine

<b>Module Coordinator</b>	<b>Fabio Boylan and Astrid Sasse</b> <b>School of Pharmacy and Pharmaceutical Sciences</b>
<b>What will you learn from this Elective?</b>	<p>Ireland has evolved into a cosmopolitan centre in Europe, attracting a variety of cultures. Within this diverse blend, traditional health practices such as the use of medicinal plants and other complementary approaches to health are prominent, these are often categorized as traditional medicine.</p> <p>Integrative medicine is a holistic approach to healthcare that combines conventional medical treatments with complementary therapies and practices. It focuses on treating the whole person—addressing the physical, emotional, mental, social, and spiritual aspects of health—rather than just the symptoms of an illness. Integrative medicine emphasizes prevention, wellness, and the use of evidence-based practices, tailoring treatment plans to meet individual needs and preferences to promote optimal health and well-being. This approach is effective due to its holistic perspective, the incorporation of complementary therapies, including herbal medicine, the reliance on evidence-based practices, and the focus on improving overall quality of life. Overall, integrative medicine seeks to provide a more comprehensive and compassionate approach to healthcare, which can lead to better health outcomes and increased patient satisfaction.</p> <p>This module will present general knowledge in the field of integrative medicine. One of the main aims is to foster intensive discussion about the interculturality associated with traditional medicine and how integrative medicine amalgamates these with conventional treatments. It will also be discussed how such practices can be regulated in such a way that it can be internationally recognised.</p>
<b>Student Workload</b>	<p>This elective module will follow a blended format. This means that there will be some online lectures but also many in-person lectures and workshops. Most weeks will have three contact hours. There will also be two 2-hr sessions with yoga, meditation and mindfulness, and a laboratory class. At the end of the course, as part of the assessment, you will do a presentation. A large component of this module is dedicated to self-directed study hours and self-guided assessments on Blackboard. There will be no end-of-term exam.</p> <p>Contact Hours (total 100 hours, 5 ECTS): Lectures on topics related to the module – 10 Workshops associated to the topic – 10 Engagement with online resources (Blackboard) – 35 Blackboard quizzes – 5 Reading papers and preparing the final presentation – 30 Preparation for quizzes – 10</p>



<b>Assessment Components</b>	Attendance (10%) Post-class Blackboard MCQ quizzes for selected lectures – 10% Post-class Blackboard questions for selected workshops/practicals – 10% Post-classes Blackboard Discussion boards for selected lectures – 20% Submission of a 1-minute long (social media style) videoclip – 10% Final presentation – 40%
<b>Indicative Reading List</b>	<ul style="list-style-type: none"><li>• EU, WHO, HMP's, TRIPs, MDG's: Selected reading material will be given to students.</li><li>• Ernst E, Pittler M, Wider B. The Desktop Guide to Complementary and Alternative Medicine – an Evidence- based Approach. 2nd Ed. Mosby Elsevier, 2006</li><li>• Barnes J, Anderson L &amp; Phillipson JD. Herbal Remedies. 2nd Ed., Pharmaceutical Press, London, 2002. (<a href="https://about.medicinescomplete.com/">https://about.medicinescomplete.com/</a>).</li></ul> <p>Additional resources as recommended by the lecturers.</p>
<b>Learning Outcomes</b>	On successful completion of this module, students should be able to: <ol style="list-style-type: none"><li>1. Recognise the current importance of Medicinal Plants and Integrative Medicine worldwide and the importance of keeping abreast with these topics.</li><li>2. Describe the nature of Integrative Medicine approaches such as Aromatherapy, Naturopathy, and others.</li><li>3. Reflect on yoga and meditation practices and explore mindfulness for health promotion.</li><li>4. Communicate effectively about the importance of the responsible use of medicines, especially when this relates to medicinal plants and other aspects of integrative medicine.</li><li>5. Isolate and analyse a natural product.</li></ol>