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|------------------|---|---------------|----------------|------------------|------|
| Course Unit      | Non-conventional therapies and new approaches |               | Field of study | Pharmacy         |      |
| Bachelor in      | Pharmacy                                      |               | School         | School of Health |      |
| Academic Year    | 2022/2023                                     | Year of study | 2              | Level            | 1-2  |
| Type             | Semestral                                     | Semester      | 2              | ECTS credits     | 3.0  |
| Code             | 9549-644-2207-00-22                           |               |                |                  |      |
| Workload (hours) | 81  | Contact hours | T -            | TP 30            | PL - |
|                  |   |               | TC -           | S -              | E -  |
|                  |   |               | OT 7,5         | O -              |      |

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria Angela Goncalves Rocha de Aragao

#### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:  
Practice counseling on alternative therapies according to the concepts learned.

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable.

#### Course contents

1. Overview: Introduction to discipline; general definitions; historical and legal contextualization. 2. Deepening t knowledge of the main non-conventional therapies and new approaches and framing the profession.

#### Course contents (extended version)

1. Introduction and General Concepts.
2. Regulatory Aspects. Pharmacopoeias. European and national legislation.
3. Homeopathy. Introduction, action and medical evidence.
4. Traditional Chinese medicines. Introduction, action and medical evidence.
5. Ayurvedic therapy. Introduction, action and medical evidence.
6. Herbalism. Introduction, action and medical evidence.
7. Cell Therapy. Introduction, action and medical evidence.
8. Acupuncture. Introduction, action and medical evidence.
9. Aromatherapy. Introduction, action and medical evidence.
10. Autogenic Training. Introduction, action and medical evidence.
11. Electropathy. Introduction, action and medical evidence.
12. Heliotherapy. Introduction, action and medical evidence.

#### Recommended reading

1. Farmacopeia Portuguesa IX (2008). Lisboa, Instituto Nacional da Farmácia e do Medicamento - Ministério da Saúde.
2. Koithan M, Introducing Complementary and Alternative Therapies. J Nurse Pract. 2009 January 1; 5(1): 18–20.

#### Teaching and learning methods

Theoretical-Practical learning: Slide show and video projection

#### Assessment methods

1. Continuous assessment work - (Regular, Student Worker) (Final)
  - Development Topics - 50% (Development of related topics, with PowerPoint presentation)
  - Final Written Exam - 50%
2. Final exam - (Regular, Student Worker) (Final, Supplementary, Special)

#### Language of instruction

Portuguese

#### Electronic validation

|  |                          |                      |                                       |
|--|--------------------------|----------------------|---------------------------------------|
| Maria Angela Goncalves Rocha de Aragao | Olívia Rodrigues Pereira | Josiana Adelaide Vaz | Adília Maria Pires da Silva Fernandes |
| 02-03-2023                             | 27-03-2023               | 30-03-2023           | 17-04-2023                            |