

Course Unit	Non-conventional therapies and new approaches		Field of study	-	
Bachelor in	Pharmacy		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	2	ECTS credits	3.0
Code	9549-803-2206-00-23				
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. Main conventional therapies: Introduction, action and medical evidence.
  - Acupuncture, Apitherapy, Aromatherapy, Art Therapy, Access Bars, Biodance, Chromotherapy, Diet Therapy
  - Phytotherapy, Bach Flower Remedies, Heliotherapy, Hydrotherapy, Hypnotherapy, Iridotherapy,
  - Intermittent Fasting, Lithotherapy, Magnetotherapy/Magnetic Waves, Energy Medicine,
  - Indian Medicine Ayurveda, Medicine Traditional Chinese, Meditation, Moxibustion, Music Therapy,
  - Naturotherapy, New Germanic Medicine, Osteopathy, Superfoods, Chiropractic,
  - Reflexotherapy/Reflexology, Reiki, Laughter Therapy, Shiatsu, Bioresonance Therapy, Thermalism,
  - Detox Treatment, Use of mud/Geotherapy, Cupping Therapy, Yoga Therapy.
4. Role of alternative therapies in cancer treatment
5. Non-pharmacological pain control methods.
6. Natural treatments for anxiety.
7. Nutricosmetics.
8. Cannabis for medicinal purposes.

#### 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)
  - Final Written Exam - 100%

#### Language of instruction

Portuguese

#### Electronic validation

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17-04-2024	17-04-2024	09-07-2024	09-07-2024