

# PostgraduateCertificate

## Medicinal Plants Toxicity and Risk Groups



## Postgraduate Certificate Medicinal Plants Toxicity and Risk Groups

- » Modality: online
- » Duration: 4 weeks
- » Certificate: TECH Global University
- » Credits: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/medicinal-plants-toxicity-risk-groups](http://www.techtute.com/us/nutrition/postgraduate-certificate/medicinal-plants-toxicity-risk-groups)

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# 01

# Introduction

Although medicinal plants have health properties, some of them can also be toxic if used improperly or in incorrect doses. For this reason, it is essential for nutritionists to be on the alert to identify herbs that may present risks and to know the safe doses for their use. In this context, TECH has designed a 100% online program with which they can delve into herbal treatments for various groups such as children, older adults and pregnant or lactating women, as well as the different interrelationships between herbal medicines. A program that will allow the specialists to synchronize their daily activities with those of their update, since they will not be subject to rigid schedules.



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*Thanks to TECH you will identify the toxic level of medicinal plants and establish the appropriate doses according to the needs of your patients"*

The evaluation of the Medicinal Plants Toxicity involves considering factors such as dosage, route of administration, interaction with other drugs and duration of treatment. Therefore, it is important to carry out an adequate anamnesis and assessment of the patient before prescribing any medicinal plant, to ensure safety and minimize risks. This allows Nutritional Phytotherapy professionals to make the right decisions and prescribe the safest and most appropriate medicinal plants for each individual. Additionally, it is crucial to consider Risk Groups, which include pregnant women, infants, children and the elderly. These groups may be more susceptible to the undesirable effects of certain medicinal plants due to their particular physiology and health conditions.

As a result, it is vital that the Nutrition professional stay on the cutting edge and update their knowledge to identify herbs that may pose risks and establish safe dosages for their use. It is for this reason that TECH has designed a program, which provides the nutritionist with a first level update, where they will delve into topics such as the danger of some medicinal plants and Phytotherapy in pregnancy, lactation and Geriatrics.

In this sense, the program is presented in a 100% online modality, which offers the student a variety of resources and is also combined with the revolutionary and rigorous *Relearning* method. The purpose of this is to allow the expert to remember the most important concepts in the long term, but without the need to invest long hours in the study of these ideas. This will give the graduate the certainty of having received an excellent of having received an academic experience of excellence.

This **Postgraduate Certificate in Medicinal Plants Toxicity and Risk Groups** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical case studies are presented by experts in Phytotherapy.
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



*With this program you will broaden your knowledge of patient safety and interactions of medicinal plants, including their contraindications"*

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*You will implement Phytotherapy in pregnancy and lactation, and recognize the potential risks associated with certain herbal medicines"*

The program's teaching staff includes professionals from the sector who bring the experience of their work to this training, as well as recognized specialists from reference societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem Based Learning, by means of which the professional must try to solve the different situations of professional practice that arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

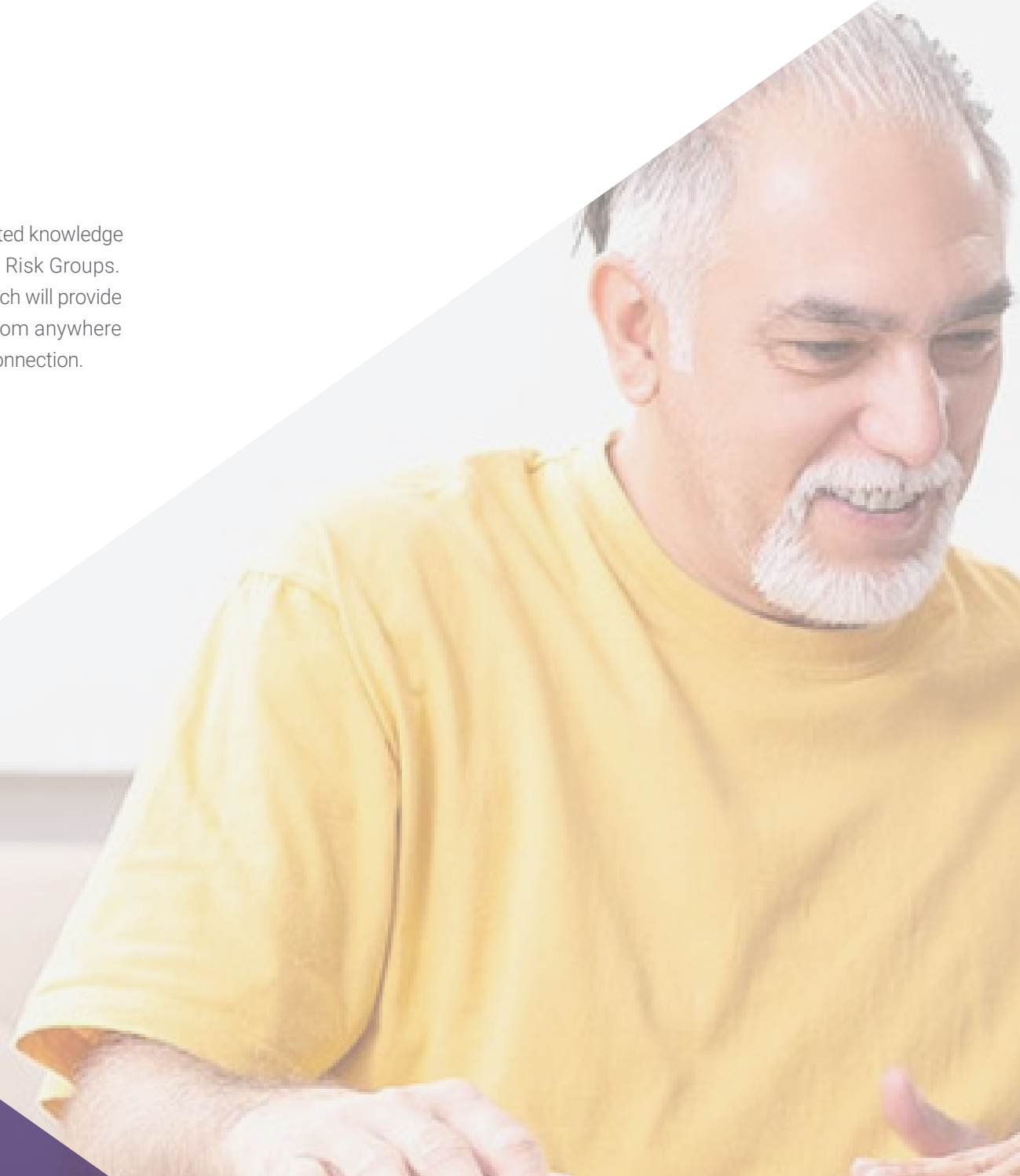
*Through this 100% online program you will use medicinal plants safely and effectively in the pediatric setting.*

*You will offer comprehensive care to the elderly, applying Phytotherapy techniques in an appropriate manner.*



# 02 Objectives

This program aims to provide the Nutrition professional with the most updated knowledge and skills on the Toxicity of Medicinal Plants and how they affect various Risk Groups. Therefore, this update will be carried out through a 100% online program, which will provide the professional with the necessary resources so that they can access from anywhere and at any place and time just by having at hand a device with an Internet connection.





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*You will update your knowledge about toxic and potentially dangerous medicinal plants to protect the health of your patients from their diet"*



## General Objectives

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- ♦ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ♦ Describe the use of Phytotherapy aimed at satisfying the needs derived from the patient's health problems and the prevention of complications, guaranteeing a safe and quality practice
- ♦ Solve cases related to the field of phytotherapy
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, evaluating the expected benefits and associated risks.
- ♦ Apply theoretical knowledge in daily practice





## Specific Objectives

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- Explain the Toxicity of Medicinal Plants so that treatments are safe
- Identify the therapeutic limits of Phytotherapy in special groups of patients
- Describe the pharmaceutical forms used in Phytotherapy
- Elaborate and select the most appropriate form according to the condition and treatment

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*In just 6 weeks, you will evaluate the quality and authenticity of medicinal plants to ensure their safety from a nutritional approach”*

03

# Course Management

Among the most outstanding features of this program is the inclusion of a faculty specialized in the field of Phytotherapy. A team that is currently in practice, so they have a detailed knowledge of the most innovative aspects of the techniques in herbal therapies, something that will undoubtedly be reflected in the content of the syllabus.



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*You will enhance your knowledge in  
Phytotherapy for the management of  
common childhood illnesses from a  
nutritional perspective”*

## Professors

### Mr. López Briz, Eduardo

- Head of Pharmacy Section at the Department of Health of the Valencian Community
- Head of Section of the Pharmacy Service at the La Fe University Hospital of Valencia
- Deputy Coordinator of the Genesis Group of the SEFH
- Pharmacist of the Provincial Psychiatric Hospital of Betera
- Pharmacist at the General University Hospital of Valencia
- Professor in Clinical Nutrition in the Master's Degree in Personalized and Community Nutrition at the University of Valencia
- Specialist in Hospital Pharmacy at the Arnau Vilanova Hospital
- President of the Valencian Society of Hospital Pharmacy
- Author of the book: *Economic evaluation of pharmacotherapeutic follow-up in diabetic patients or those with cardiovascular disease*

### Dr. Martín Almendros, Antonio Miguel

- Medical Director of Naturalia Medical Center
- Secretary of the SEMERGEN Working Group on Advances in Applied Phytotherapy
- Pediatrician at the Albuñol-La Rábida Health Center
- Doctor of Control of ITCC/ITCP in the mutual MAZ
- Graduate in Medicine and Surgery from the Universidad de Navarra
- Diploma in Natural Therapy in Biological Medicine
- Member of: SEMERGEN, INFITO (member)





**Dr. Moreno Royo, Lucrecia**

- ◆ Researcher and professor
- ◆ Professor of Pharmacology at CEU Cardenal Herrera University
- ◆ Honorary Member of the Valencian Medical Institute
- ◆ British Medical Journal Case Reports Reviewer
- ◆ PhD in Pharmacy by the University of Valencia
- ◆ Degree in Pharmacy from the University of Valencia
- ◆ Acknowledgments: 21st Sandalio Miguel-María Aparicio Prize, awarded by the Domus Cultural Institution Foundation, 1st Prize in the Distribution section for the Neuroprotected Cities project, by the Go Health Awards, Prize of the Royal Academy of Medicine and Surgery of Valencia
- ◆ Member of the scientific committee of: Young Pharmaceutical Care Spain, Ars Pharmaceutica, Community Pharmacists, Pharmaceutical Care

**Dr. Rodilla Alama, Vicente**

- ◆ Specialist in Biology
- ◆ Postdoctoral Research Fellow at the University of Aberdeen, Scotland
- ◆ Collaborating Professor at Rizam Medical Center; Medical and Diagnostic Center, Virgin Health - Manila, Philippines
- ◆ Professor of the Department of Pharmacy from the Faculty of Health Sciences at the CEU Cardenal Herrera University
- ◆ PhD in Biology

# 04

## Structure and Content

This Postgraduate Certificate addresses the most relevant aspects in the field of Phytotherapy focused on the Toxicity of Medicinal Herbs and their impact on various vulnerable groups. In this sense, nutritionists will be able to deepen in topics such as therapies with healing plants in pregnant or lactating women and the phytotherapeutic use in the geriatric field. All these concepts are compiled in a virtual library that houses various multimedia resources, such as video summaries. This allows professionals to access them at any time of the day, 24 hours a day, with no time restrictions.







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*With the Relearning method you will optimize your study time by focusing efficiently on the most relevant concepts, avoiding long hours of study"*

**Module 1. Medicinal Plant Toxicity and Risk Groups in Phytotherapy**

- 1.1. Medicinal Plants Toxicity
- 1.2. Safety and Interactions of Medicinal Plants
- 1.3. Phytotherapy in Pregnancy and Lactation
- 1.4. Phytotherapy in Pediatrics
- 1.5. Phytotherapy in Geriatrics





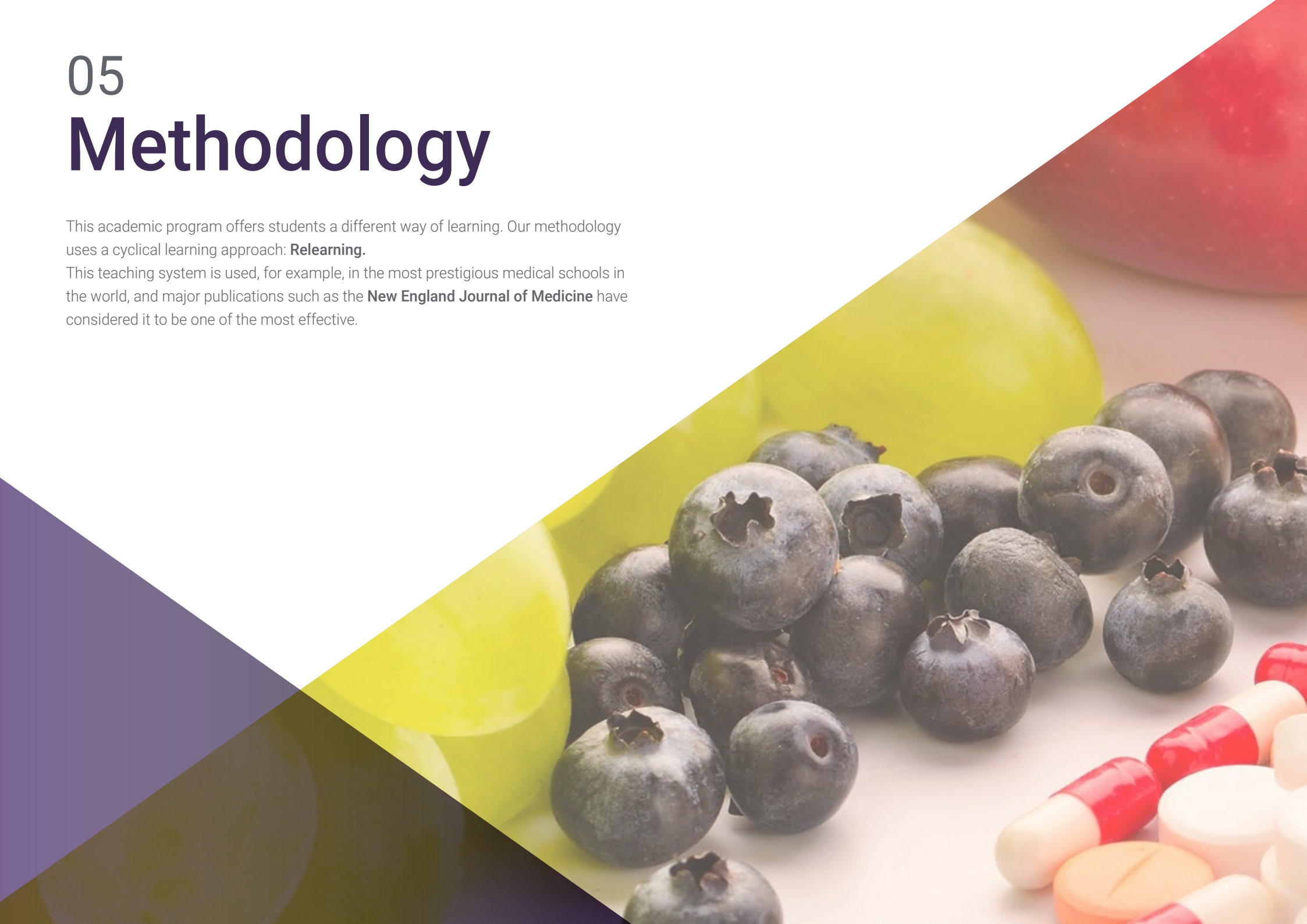
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*You will acquire the most advanced techniques in the use of medicinal plants from a nutritional perspective to enhance the memory of older adults"*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional nutritional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The nutritionist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Medicinal Plants Toxicity and Risk Groups guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate in Medicinal Plants Toxicity and Risk Groups** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Medicinal Plants Toxicity and Risk Groups**

Modality: **online**

Duration: **4 weeks**

Accreditation: **4 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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and Risk Groups

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