

# Agenda

- ☐ Introductions and orientation
- ☐ Course facilitators
- ☐ Course overview
- ☐ Course objectives and expectations
- ☐ Orientation to website
- ☐ Online resources
- ☐ Assessment process
- ☐ Questions

# Course Facilitators



**James McCormack, B.Sc.(Pharm.), Pharm.D.**

Professor, Faculty of Pharmaceutical Sciences, UBC

[james.mccormack@ubc.ca](mailto:james.mccormack@ubc.ca)



**Adil Virani, BSc Pharm, PharmD, FCSHP**

Director, Lower Mainland Pharmacy Services,

Associate Professor (Part Time),

Faculty of Pharmaceutical Sciences, UBC

[adil.virani@ubc.ca](mailto:adil.virani@ubc.ca)

# Disclosure

- ❑ Neither of us have any financial relationships with any pharmaceutical companies
- ❑ Adil receives honoraria for work related to rational drug use from the Therapeutics Initiative, the Canadian Agency for Drugs and Technologies (CADTH) & Patented Medicines Price Review Board
- ❑ James receives honoraria for work he does with the as an expert witness in some medicolegal trials, Premium podcast subscription, iOS apps (iPad/iPhone) KidneyCalc and MyStudies



# Course Overview

- ❑ Focus on therapeutics
- ❑ 4 days of live instruction (to be recorded for online use)
- ❑ Supplemental webinars
- ❑ Multifaceted website with list of readings and online resource centre
- ❑ Oral and written examination process

# Objectives & Expectations

After completion of the course, registrants will be able to:

1. Create therapeutic plans and monitor therapy to ensure safe and effective treatment.
2. List factors to consider when critically evaluating medical literature and promotional materials.
3. Appropriately use specific substances that Ontario NDs will have access to (according to the College of Naturopaths of Ontario and the Ontario College of Pharmacists Standards)

# Objectives Continued

After completion of the course, registrants will be able to:

4. Engage in informed decision making related to prescription and non-prescription medications.
5. Discuss when prescription medications are appropriate and/or desirable to use for specific conditions.
6. Identify strategies for determining which prescription and over the counter medications are utilized for various medical conditions.
7. Consider factors such as efficacy, safety and cost when selecting a prescription medication.

# Objectives Continued

After completion of the course, registrants will be able to:

8. Select appropriate starting doses and titration schedules when initiating selected prescription medications.
9. Identify strategies for determining when a prescription may not be needed or potentially may be harmful. Participants will be able to describe strategies for reducing doses or stopping drug therapy.
10. Appropriately recognize and report situations where an adverse drug reaction may have occurred.

# Our Therapeutic “Philosophy”

- ❑ Common goal to improve patients’ well being through “therapeutics”
- ❑ It’s not important WHO prescribes, but it is important that it’s done WELL
- ❑ We believe in the principles of “EVIDENCE-BASED PRACTICE” - best available evidence, clinical experience, patient preferences/values





# Naturopathic Doctors Prescribing Medications?

- ☐ ND's provide primary care - focus on the whole person - reducing risk and preventing illness
- ☐ ND's use "nature's" healing powers, treat the cause of the illness and teach patients about appropriate health
- ☐ Do "no harm"
- ☐ ND's utilize many different treatments (e.g., nutritional supplements, botanical and homeopathic medicines, manipulative therapies, hydrotherapy, hormones, therapeutic life changes, etc.)
- ☐ Prescription medications are an additional modality to use when consistent with ND's practice principles

# Course Disclaimer

- ❑ Adding or adjusting medications requires considerable experience and understanding of pathophysiology, pharmacology and therapeutics.
- ❑ The content of the course focuses PRIMARILY on the safe and effective use of prescription medications and some Schedule 4 agents used to treat common disorders.
- ❑ Many medications discussed in this course are not part of the upcoming prescribing changes HOWEVER...
- ❑ In the interest of time we don't discuss all potential treatments that may be effective.

# Orientation to Website

<http://therapeuticseducation.org/content/welcome>

EVERYTHING YOU NEED TO KNOW

Getting Started

Course Facilitators

Course Overview and Objectives

Course Content

Course Textbooks

Assessment Process

FAQ

Community Practice - participate in discussions with your fellow students

Free TEC PREMIUM Podcast Subscription

Other Resources



# The Assessment Process

- ☐ Curriculum developed in conjunction with the CONO and based partly on the process used in BC
- ☐ Valid Assessment Process tested in BC
- ☐ Written and oral components
- ☐ Process for those who are not successful

# The Assessment: Written Exam

- ❑ 100 Multiple Choice Questions (open book)
  - ❑ ~60-online questions in preparation area, ~15 will be on the final exam
- ❑ 50 from the readings
- ❑ 40 from the recorded live sessions and webinars
- ❑ ~15 (of the 90) are pharmacology, the rest are therapeutics
- ❑ ~5-10 jurisprudence
- ❑ Plus 10 prescription sample questions on the exam

# The Assessment: Oral Exam

- ☐ Open Book preparation - 75 min prep time
- ☐ 3 cases/
- ☐ 25 min/station (not open book)
- ☐ One evaluator/station
- ☐ Structured marking sheet
- ☐ Identify goals of therapy, therapeutic options and list advantages and disadvantages for each option
- ☐ Provide rational prescription(s), monitoring parameters & be able to and justify choice
- ☐ Identify monitoring parameters
- ☐ List other things you want to do