

CORE ELEMENTS FOR NATUROPATHIC COLONIC HYDROTHERAPIST EDUCATION

The General Naturopathic Council Ltd.

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www.gncouncil.com

info@gncouncil.com

Categories and minimum SEEC equivalent levels for the Core Elements document details of the level descriptors can be found in the document <http://www.seec.org.uk/docs/creditlevel descriptors2003.pdf>

Core Element Section	Minimum SEEC level(s)
Naturopathic Colonic Hydrotherapy Principles and Philosophy	4
Anatomy & Physiology	4
Pathophysiology & Pharmacology	5
Colonic hydrotherapy	5
Equipment, Hygiene & Safety	5 & 6
Naturopathic Nutrition	3 & 4
Phytotherapy	3 & 4
Fasting, cleansing & Detoxification	5
Factors Affecting Health Status and Wellbeing	3
Professional Development, Ethics & Practice Management	5
Clinical Practice	4, 5 & 6

This document cross-references with National Occupational Standards (NOS) CH10 "Provide Naturopathy to clients" - related functions section.

DEFINITION OF NATUROPATHIC COLONIC HYDROTHERAPY - Is the internal use of water, at varying safe temperatures, rectally administered, for the elimination of bowel waste and tonifying the large intestine for the purpose of restoring proper absorption, health balance and wellbeing to the body.

PRE-REQUISITES FOR EDUCATION – Students must be either Doctors of Medicine, Nurses registered with the UK NMC within the last 5 years or with their respective overseas registering body, or therapists who have successfully completed a 2 year full-time or 3 year part-time traceable course in a substantial body-based therapy including in-depth anatomy and physiology; if the body-based therapy does not include physical contact, a suitable massage course or the like must be completed.

COURSE INFORMATION – Teaching of Naturopathic Colonic Hydrotherapy is postgraduate only, and provided by colleges accredited by ARCH & GNC.

TUITION HOURS: Minimum 100 tutored hours, 100 % attendance.

HOME STUDY HOURS Expected to be 100 hours dependent upon level and scope of pre-qualifications. An approved reading list and course manuals must be supplied to students.

CONTINUED POSTGRADUATE STUDY: These core elements describe the minimum course requirements at therapist level; further continued professional development is expected and required.

SEEC LEVELS: The course is taught at levels 3,4,5 and 6 – the latter equivalent to first degree level.

COURSE ASSESSMENT: Continual practical assessment during course, internal written examinations, written 2 hour externally set and assessed examination and the submission of 10 full supervised case histories.

ANCILLARY NEEDS: first aid certificate for appointed persons, physical contact therapy (may be fulfilled after training).

Naturopathic Colonic Hydrotherapy Principles and Philosophy

Level 4

Aims:

To provide:

1. An historical overview of the development of naturopathic colonic hydrotherapy and its key naturopathic pioneers.
2. An understanding of the naturopathic principles and philosophy of the development and treatment of health and disease.
3. The knowledge and understanding of key concepts of conventional medicine and naturopathic medicine pertaining to colonic hydrotherapy.

Learning Outcomes:

By the end of the course the student will be able to:

- 1) Describe the historical origins and evolution of naturopathic colonic hydrotherapy including the UK and the American models.
- 2) Demonstrate knowledge of the key naturopathic pioneers using colonic hydrotherapy.

- 3) Demonstrate knowledge of naturopathic philosophy, core principles and definitions.
- 4) Discuss the key controversies relating to colonic hydrotherapy between the conventional medical model and naturopathic model and critically assess them.

HEALTH SCIENCES

Anatomy & Physiology Level 4

Aims

To provide:

1. Additional knowledge and understanding of anatomy and physiology essential to the understanding of the foundation of health and disease, as understood by orthodox (conventional) medicine and relevant to naturopathic colonic hydrotherapy.
2. An understanding of the naturopathic concept of the web-like interaction of physiological processes.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Explain the basic physical terms used in the study of anatomy and physiology and locate key surface landmarks and structures within the abdominal cavity.
- 2) Describe the structure and functions of normal and variant organelles, cells and tissues of the gastro-intestinal tract and auxiliary organs.
- 3) Describe the neurology, arterial and vascular blood and lymphatic vessels of the small and large bowel.
- 4) Describe the relationship between all the systems of elimination.
- 5) Explain the cellular basis of genetics and the patterns of inheritance relating to bowel morphology.
- 6) Describe the structure and function of the digestive system and its integration within the body.

Aims

To provide:

1. An understanding of the common diseases and disorders of the gastro-intestinal tract and their evaluation, aetiology and clinical manifestations.
2. An understanding of how bowel dysfunction may lead to disease processes.
3. The knowledge to engender a critical awareness of 'red flag' symptoms and develop an understanding of the limits of your own therapeutic capabilities and thereby enhance the skills for appropriate referral.
4. An understanding of the actions, interactions and side effects of the major classes of orthodox and natural medications on bowel function and how to access information about pharmaceuticals.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Discuss factors which may cause pathology in the G.I.tract.
- 2) Assess a wide range of disorders of the gut and explain their symptoms in both orthodox and naturopathic terms.
- 3) Understand normal, hypo- and hypertonicity of bowel muscle and their effects.
- 4) Explain the differences between sub-clinical dysfunction and disease.
- 5) Recognise potentially serious signs and symptoms ("Red Flags") and recognize when to refer patients to a medical practitioner.
- 6) Understand common conventional diagnostic procedures and treatments for gut problems.
- 7) Demonstrate the research skills required to access information from standard reference sources on commonly encountered bowel disorders and diseases.
- 8) Identify information from standard reference sources about possible interactions between drugs, over-the-counter self-medications, foods and naturopathic prescriptions.

THERAPEUTICS

Colonic Hydrotherapy Level 5

Aims

To provide:

1. To understand the use and application of colonic hydrotherapy within a naturopathic context.
2. To recognise the importance of the thermo-therapeutic effects of hydrotherapy.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Describe the unique properties of water as a therapeutic modality.
- 2) Understand the rectal administration of water, and its effects at different safe temperatures.
- 3) Describe the physiological mechanisms that underpin the principles of hydrotherapy, both internally and externally applied.
- 4) Be familiar with the indications and contra-indications for the use of Colonic hydrotherapy.
- 5) Describe and perform Colonic hydrotherapy.

Equipment, hygiene and safety Levels 5 & 6

Aims

To provide:

1. Knowledge and experience of gravity and machine-based systems with recyclable and disposable equipment used for applying colonic hydrotherapy.
2. Theoretical and practical application of current best practice techniques for decontamination, disinfection and sterilisation of recyclable equipment and its importance.
3. Full knowledge and application of hygiene, waste disposal and safety precautions.
4. Information on setting up a treatment room and equipment within a practice to ARCH/GNC guidelines.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Describe and use gravity and machine Colonic hydrotherapy equipment.
- 2) Set up and strip down recyclable and disposable equipment.
- 3) Perform safely decontamination, disinfection and sterilisation of recyclable equipment.
- 4) Perform routine maintenance on gravity systems and access servicing for machines.
- 5) Be aware of regulations regarding hygiene, patient treatment and safety, waste disposal, and be able to comply with these practically.
- 6) Be able to instruct on or perform the installation of a Colonic hydrotherapy treatment suite.

Naturopathic Nutrition Levels 3 & 4

Aims

To provide:

1. A Naturopathic overview of the importance of nutrition and hydration on the whole being and on bowel function.
2. Knowledge of the structure and function of the digestive system and its associated gut micro-flora and disorders thereof.
3. An understanding of the digestion and absorption of the macro-nutrients and labelled micro-nutrients.
4. Basic knowledge of macro- and micro-nutrients, fibre and wholefoods and their applications in treating labelled conditions.
5. The basic skills to advise on and appropriately modify diets as a therapeutic tool.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Know the major food groups, their sources, and their effect on health and bowel function and be able to access their relative dietary values from data sources.
- 2) Appreciate the importance of hydration on bowel function.
- 3) Know how the dietary sources of macronutrients are digested and absorbed.
- 4) Know the dietary sources and modes of absorption of Vitamin A and Vitamin B12.

- 5) Understand the role of macro-nutrients and micro-nutrients in energy production and how they are linked to weight loss.
- 6) have basic knowledge of probiotics, prebiotics, symbionts, transients, parasites and pathogens.
- 7) Be familiar with the importance of micro-flora in the gut, to know how its status affects health and how to encourage and maintain eubiosis.
- 8) Be aware of different types of fibre, its effects in the gut and individual optimal levels.
- 9) Have a basic knowledge of dietary protocols for the treatment of constipation, IBS, ulcerative colitis, Crohn's disease, dysbiosis, diverticulosis/itis, haemorrhoids and parasites.
- 10) Be able to provide simple written dietary recommendations to patients to reinforce treatment.

Phytotherapy **Levels 3 & 4**

It is the responsibility of training providers to ensure the delivery of an adequate level of competence for the level of practice.

Students must learn when to refer to another qualified practitioner.

Aims

To provide:

1. A general overview of phytotherapy including contraindications.
2. A brief study of different types of herbal formulations, and their application in colonic hydrotherapy treatments.
3. A brief study of specific labelled herb groups and their therapeutic effects on digestion and bowel function.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Know the different formulations of herbs available for oral and rectal administration and implantation to supplement Colonic hydrotherapy treatment.
- 2) Be aware of contra-indications for the use of herbs.
- 3) Identify, administer and prescribe commercially available preparations from the herbal groups of aperients, cathartics, bitters, hepatics, astringents, anti-spasmodics, carminatives, nervines, demulcents, mucilages and anthelmintics.
- 4) Provide written patient recommendations for oral regimes to treat gastro-intestinal imbalances.
- 5) Recognise the limits of their competency and when to refer to another relevant qualified practitioner.

Fasting, Cleansing and detoxification

Level 5

Aims:

1. To promote the understanding of the concept of detoxification of the internal environment.
2. To provide a comprehensive understanding of the physiology of eliminatory pathways and of their interrelationship and how imbalances may arise.
3. To provide knowledge of various detoxification techniques.

Learning Outcomes:

By the end of the course the student will be able to:

1. Explain the physiological processes involved in the elimination and detoxification pathways of skin, liver, kidneys, lungs and bowel.
2. Explain how a toxic internal environment may result from the influence of diet, lifestyle and environment.
3. Identify individual situations where the application of detoxification techniques may be appropriate or contra-indicated.
4. Understand the principles and the appropriate application of a variety of naturopathic techniques including fasting and Colonic hydrotherapy to support and/or enhance effective detoxification and elimination.
5. Understand potential detoxification reactions and their appropriate management.

Factors Affecting Health Status and Wellbeing

Level 3

Aims:

1. To establish the relationship between the health of an individual and commonly encountered factors that may have a negative influence on health.
2. To understand and identify the multiple causative factors that may create functional bowel disturbance and disease processes.
3. To understand the importance of exercise and sunlight on general well-being.

Learning Outcomes

By the end of the course, the student will be able to:

- 1) Understand the need for balance within bodily eliminatory systems in order to maintain well-being and health.
- 2) Discuss factors that may disrupt eliminatory balance, resulting in progression towards lack of well-being and disease.

- 3) Discuss factors affecting bowel function and how they may impact on health and well-being.
- 4) Understand how the impact of illness may extend beyond the presenting symptoms.
- 5) Explain the importance of exercise on bowel function and provide basic advice on exercise as appropriate for the individual.
- 6) Explain the importance of sunlight in the maintenance of health.

Professional Development, Ethics and Practice Management Level 5

Aims:

1. To ensure that students have a full understanding of and can apply the ethical, legal and professional requirements of good practice.
2. To promote student self-development to ensure effective professional communication.
3. To engender methods of reflection for the continual development of the student and professional practitioner as a life-long learner.

Learning Outcomes:

By the end of the course the student will be able to:

1. Discuss moral and ethical values relevant to professional practice.
2. Discuss the legal and legislative obligations to patients, the public in general and the naturopathic profession as a whole.
3. Practice in accordance with the regulatory body Code of Professional Conduct.
4. Demonstrate a comprehensive understanding of their limits of competence and when and how to make referrals.
5. Discuss the meaning of implied and informed consent and the application thereof.
6. Identify and access sources of advice, guidance and continuing professional education that will enable their growth and development as a professional naturopathic practitioner.
7. Evaluate knowledge and practical skills and use reflective practice as a means of personal and professional development.

8. Evaluate the complexities of the client-practitioner relationship.
9. Explore the scope and limitations of communication in the context of the therapeutic setting and the patient's needs.

Clinical practice **Levels 4,5 & 6**

Aims

1. To develop competently and practice naturopathic Colonic hydrotherapy assessment, evaluation and treatment skills within a clinical environment.
2. To ensure practitioners meet Health and Safety and professional ethical competencies.
3. To understand how naturopathic Colonic hydrotherapy may be used to support other systems of healthcare, e.g. conventional medicine, herbal medicine, homeopathy etc.
4. To reflect on personal progress and seek advice as appropriate to enhance personal development, competence and confidence.

Learning outcomes:

By the end of the course the student will confidently be able to:

1. Demonstrate the application of naturopathic colonic hydrotherapy principles and philosophy within a clinical environment.
2. Take a naturopathic case history encompassing lifestyle, physical, emotional and nutritional aspects, and conduct clinical examinations and interpret patients' signs and symptoms of dysfunction.
3. Source and order laboratory tests if appropriate to decision-making.
4. Plan, evaluate and apply a naturopathic Colonic hydrotherapy treatment strategy integrating an appropriate combination of modalities according to the practitioners' competencies.
5. Apply each treatment modality individually and in combination with other treatment modalities employing naturopathic principles.
6. Administer rectal implants of herbs, probiotics, oils and minerals.
7. Administer abdominal massage.
8. Understand the safety of each treatment modality for the individual.
9. Make modifications to the naturopathic strategies used as the patients' condition changes.

10. Competently practice patient/practitioner relationship skills by establishing good contact and building confidence and trust, using time management and providing clear information.
11. Demonstrate the importance of keeping accurate and secure records.
12. Recognise circumstances where it may be appropriate for a patient to cease Colonic hydrotherapy treatment.
13. Recognise when to seek guidance from others to enhance progress and development as a colon hydrotherapist.
14. Understand, and apply if necessary, First Aid in a clinical environment.
15. Understand current Health and Safety requirements and the implications of disability legislation.

NOTE:

Fulfilling training set out in this document does not qualify to full Naturopath level; more training is required referred to in the GNC publication "Core Elements for Naturopathic Education"

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