

NYARKOTEY UNIVERSITY COLLEGE OF HOLISTIC MEDICINE

& TECHNOLOGY(NUCHMT)

Catalogue



[Www. Nyarkotey.edu.gh](http://www.Nyarkotey.edu.gh)

Disclaimer

The information in this document is provided as a general guide only for students and is subject to change. All students enrolling at NUCMT should ensure that they are aware of, and comply with, all regulations, requirements, and policies.

About Naturopathic Medicine

The global peak body of Naturopathic Medicine, the World Naturopathic Federation (WNF), a Canadian-based organization notes that Naturopathy is practiced in more than 80 countries, spanning every world region.

Naturopathic Medicine is a distinct primary healthcare profession that combines the traditions of natural healing with the rigors of modern science. Naturopathic physicians/doctors (NDs) are trained as primary care providers who diagnose, treat, and manage patients who have acute and chronic conditions while addressing disease and dysfunction at the levels of body, mind, and spirit.

NDs concentrate on whole-patient wellness through health promotion and disease prevention, attempting to find the underlying cause of the patient's condition. NDs care for patients of all ages and genders. They provide individualized, evidence-informed therapies, applying the least harmful and most effective approaches to help facilitate the body's inherent ability to restore and maintain optimal health.

REGULATION



In Ghana, Naturopathy has currently taken center root in the healthcare sector and is currently regulated under the generic umbrella of the Traditional Medicine Practice Council of the Ministry of Health based on the Traditional Medicine Practice Act 2000, (Act 575) as well as ministerial directive. There is currently the Traditional and Alternative Medicine Bill pending to provide legal backing to alternative and Complementary Medicines.

Two facets of professional licensure exist in Ghana: Complementary Health Assistant in Naturopathy for those who do not have a recognized degree in any form of Complementary and Alternative Medicine and Practitioners level licensure for those who have graduated from a recognized CAM school. On the international front: The World Naturopathic Federation (WNF) has been set up to bring together naturopathic associations in different countries that support and work together toward regulation of educational accreditation and high educational standards.

The World Health Organization (WHO) that supports Traditional Medicine around the world is supporting the efforts of the World Naturopathic Federation in trying to standardize the education and practice of Naturopaths around the world.

Ghana's first ever Naturopathic Medicine programme was submitted to the WNF for benchmarking to have the highest possible standard of education for our students, following as closely as possible the guidelines of the WHO also.

NATUROPATHIC MODALITIES



NDs students at NUCHMT

The Naturopathic profession includes both Naturopathy and Naturopathic Medicine. Naturopathic practice includes the use of any medicinal substances that contain elements that are components of bodily tissues, or can be utilized by the body for the maintenance of life and the repair of tissues-

Botanical Medicine

Many plant substances are powerful medicines. Where isolated chemically derived drugs may address only a single problem, botanical medicines can address a variety of problems simultaneously. When properly administered, most botanical medicines can be applied effectively with minimal chance of side effects.

Clinical Nutrition

Food is the best medicine and is a cornerstone of naturopathic practice. Many medical conditions can be treated effectively with foods and nutritional supplements, with fewer complications and side effects.

NDs use diet, natural hygiene, fasting, and nutritional supplementation in their practices.

Homeopathic Medicine

Homeopathic medicine is the treatment of disease/symptoms using correctly prescribed, minimal doses of natural substances (plant, animal, mineral), which, if taken in larger doses, would cause disease/symptoms—the acting principle being “like cures like.” It promotes the return to health on physical, mental, and spiritual levels.

Hydrotherapy

Hydrotherapy uses the healing power of water in all its forms to build and maintain health. Such “water treatments” have been used for centuries to promote healing. Specific therapeutic techniques may include hot and cold compresses, foot soaks, steam baths, and more. Heated water expands blood vessels, while cold water contracts the vessels. The resulting change in temperature in an area of the body accelerates blood flow and improves circulation. This improved circulation sends disease-fighting white blood cells through the bloodstream to boost immunity, reduce congestion, and increase the removal of toxins. Hydrotherapy is often used for stress reduction and relaxation.

Mind-Body Medicine

Mental attitudes and emotional states may influence or even cause physical illness. Counseling, nutritional balancing, stress management, and other therapies are used to help patients heal psychologically.

Minor Surgery

Naturopathic physicians perform in-office minor surgery, including repair of superficial wounds and removal of foreign bodies, cysts, and other superficial lesions.

Nature Cure

The use of time-honored natural treatments including fresh air, exercise, whole foods, and hydrotherapy are important in the naturopathic treatment and prevention of disease.

Naturopathic Natural Childbirth/Midwifery

Trained and licensed naturopathic physicians facilitate natural childbirth in an out-of-hospital setting. They offer prenatal, intrapartum, and postpartum care using modern diagnostic techniques combined with ancient midwifery wisdom. NUCHMT offers an elective course sequence resulting in a Natural Childbirth/Midwifery Certificate that allows students to apply for separate licensure in naturopathic natural childbirth.

Pharmaceutical Medicine

Our NDs are trained in pharmaceutical care to better understand how these modalities are used in the mainstream sector. However, practitioners in Ghana are not mandated to prescribe these remedies. However, in some advanced countries, practitioners are allowed to prescribe some of these controlled remedies to better improve the quality of life of the patient.

Physical Medicine

Naturopathic medicine utilizes therapeutic manipulation of soft tissue, muscles, bones, and spine. NDs also use ultrasound, diathermy, exercise, massage, water, heat and cold, and other gentle electrical therapies in the treatment of musculoskeletal conditions and pain.

Parenteral Therapy

Intravenous and intramuscular injections of micronutrients and macronutrients are used for many purposes, from simple nutritional support to detoxification procedures in cases of poisonings, and specific treatment of both chronic and acute diseases.

RIGHT TO PRACTICE



Nyarkotey University College of Holistic Medicine & Technology (NUCHMT) Certificates, Diplomas, and Bachelors guarantee a graduate the right to practice in the field of Naturopathic Medicine, natural health, health counseling, and/or consultation in Ghana based on the Traditional Medicine Practice Act 575 and Ministerial directives on Alternative Medicine after passing the National Professional Qualifying Examination(PQE) conducted by the Council.

Foreign Students can also practice in Ghana after passing the licensure examination. Foreign students who intend to practice in their home country are mandated to examine their jurisdictional law on Natural Healthcare.

It is the foreign student's responsibility to determine whether their own country will approve the practice of Naturopathic medicine as all countries have their regulations regarding this.

This notwithstanding, the majority of countries in both the Western world and developing countries DO NOT have legislation regarding the practice of natural medicine, therefore legally allowing all to practice freely.

The most important thing is that one is part of a recognized association in the country that you intend to work in – our Naturopathic programs in Ghana have met both World Naturopathic Federation (WNF)

and WHO requirements for Naturopathic education and program accreditation granted in Ghana by the
regulator-

TRADITIONAL MEDICINE PRACTICE COUNCIL OF THE MINISTRY OF HEALTH

And also by the

COMMISSION FOR TECHNICAL AND VOCATIONAL EDUCATION AND

TRAINING (CTVET) based on the Education Regulatory Bodies ACT, 2020 (ACT 1023)

The Nyarkotey University College of Holistic Medicine and Technology (NUCHMT) Naturopathic curriculum for the Bachelor's and Higher National Diplomas can only be changed after five years as mandated by the National accreditor-**COMMISSION FOR TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING (CTVET) based on the Education Regulatory Bodies ACT, 2020 (ACT 1023)**

However, the college expressly reserves the right to change without notice all information contained herein; including, but not limited to, the following: fees and tuition, policy, and procedures.

The information contained in this document is correct at the
time of print, 2023.



ABOUT NYARKOTEY UNIVERSITY COLLEGE OF HOLISTIC MEDICINE & TECHNOLOGY



INTRODUCTION

Nyarkotey University College of Holistic Medicine (NUCHMT) is devoted to higher education in the field of Naturopathic and Holistic Medicine. The University started as a distance education college housed at Dodowa-Akoto House in 2016. It was officially registered as Dr. Nyarkotey College of Holistic Medicine in 2018 and renamed Nyarkotey University College of Holistic Medicine & Technology (NUCHMT) in 2021. The college is the **FIRST** in Ghana to start the promotion, education, and advocacy for Modern Naturopathic Medicine.

Our Mission

- i. To promote, propagate, and train highly qualified Naturopathic Practitioners
- ii. To educate future leaders in Naturopathic Medicine and sciences
- iii. Work with the regulators in Ghana and Africa to help streamline the practice of Naturopathic medicines.

Vision

- i. To be the preferred Naturopathic Medical School in Ghana and Africa

- ii. To provide a groundbreaking and cutting-edge academic center for advancing and integrating knowledge in Naturopathic Medicine and sciences
- iii. To ultimately change the health and well-being of Ghanaians using Modern Naturopathy

MESSAGE FROM THE PRESIDENT



When we first created Nyarkotey College of Holistic Medicine programs in 2016, it was with a vision and purpose sitting on a small building inside Dodowa-Akoto House as a distance education center recruiting students for Da Vinci College of Holistic Medicine, Larnaca City, Cyprus.

It was formally registered as an educational institution in 2018 after meeting Mr. Daniel Tetteh Boafo, a businessman in Kumasi, Ashanti Region. This was facilitated by Mr. Godfred Boateng, a one-time General Secretary of GHAFTRAM-Ghana Federation of Traditional Medicine Practitioners. I presented my contractual agreement with Da Vinci College of Holistic Medicine and he showed interest. Daniel Boafo Tetteh introduced me to his father and today, here we are!

The goal was to create a University that would be one of the foremost educational institutions for Naturopathic and Holistic Medicine in Africa. I am honored to say that through the collaborative efforts of our distinguished Board of Directors, together with our dedicated international network of professors, clinicians/practitioners, Staff, and a personal, caring, and professional administration, we have proudly fulfilled many of our goals, including developing the first ever **National Occupational Standard** in Naturopathy & Holistic Health Science leading to the development of the first-ever Bachelor of Health Technology in Naturopathy and Holistic Health Sciences with Consultant from *Commission for Technical and Vocational and Other Training (CTVET)*. This was a breakthrough for the profession of Naturopathic Medicine in Ghana and the West Africa subregion which would pave the way for many other programmes in alternative and Complementary Medicine in the Country.

We continue to grow and expand our student base and offerings through new programmes and worldwide opportunities for education. We are also an educational member of the *World Naturopathic Federation (WNF)* in Ghana. The *World Naturopathic Federation (WNF)* provided feedback with recommendations on our program. Indeed, Persistence has a reward! I was happy to be part of the reviewers from the Naturopathic community to contribute to the Health Technology Assessment –Naturopathy book by the World Naturopathic Federation (WNF).

Globally, NUCHMT has now accomplished and established itself by:

- Being one of the first Naturopathic Medical Schools using Biblical principles to educate the public on Naturopathic Medicine.
- Being one of the foremost educational institutions for Naturopathic and Holistic Medicine with government accreditation in the world through practical training, and clinical externship.
- Offering training programs that integrate healing practices and knowledge from all disciplines and cultures.
- Providing availability and affordability of education in Naturopathic Medicine for people from all cultures and socio-economic backgrounds.
- We have signed MOUs with recognized Naturopathic facilities and institutions globally.

It is with great pride that I invite you to become a student and create the opportunity to experience personally the exceptional academic programs and life-changing benefits offered by our University. We are fully committed to the freedom of choice in healthcare through holistic health education, integrated medicine, scientific research, and clinical applications. We believe that medicine is not a competition!

We intend to create competent and credible practitioners to be of service through education and healthcare by empowering individuals to take charge of their health and well-being of body, mind, and spirit.

I take solace from what Jesus said in Matthew 9:17: Neither is new wine put into old wineskins. If it is, the skins burst the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved.” I believe it is time for New wine in the Naturopathic holistic health sector in Ghana and Africa.

Noble Prof. Dr. Dr. Dr. Raphael Nyarkotey Obu.

President and Programme Chair of Naturopathic Medicine

PREPARING FOR A CAREER IN NATUROPATHIC MEDICINE EDUCATION IN AFRICA



There is no shortcut to becoming a qualified Naturopathic Doctor in Africa. Also, short courses do not qualify one to become a Naturopathic Doctor in Africa. Students in Africa should know that Not all Naturopathic Medicine programmes are the same.

The continent of Africa has limited accredited Naturopathic Medical Schools. It is important for students considering Naturopathy programmes to conduct a due diligence search on the school, especially with national accreditation or recognition before enrolling. Otherwise, such certificates cannot stand the test of recognition by statutory bodies globally.

Nationally recognized and accredited Naturopathic Programmes are very expensive to the ordinary Ghanaian and African seeking to practice Modern Naturopathic Medicine. This poses a huge hindrance and in turn, many Africans are tempted to opt for substandard Naturopathic programs that are not recognized abroad by their home countries.

Most of these schools also do not provide supervised mandatory clinical training to the student as compared to standardized accredited Naturopathic Medical School abroad. This is one of the many reasons

Nyarkotey College of Holistic Medicine and Technology(NUCHMT) was set up to address this gap in Africa.

In Ghana, there is a tremendous interest in Naturopathic medicine and the laws are gradually changing in the industry to meet current trends. It is therefore prudent that any potential student who has an interest in pursuing Naturopathic education should consider the accreditation status of the school.

The interests of the University extend beyond the basic subjects to encourage students to pursue their individual goals and talents. Students have an opportunity to become proficient in selective fields of natural, integrative, and holistic medicine.

The University's goal is to attract students from around the globe with a wide variety of talents and backgrounds that will contribute to the growth and progress of natural and integrative medicine. The University will encourage and support its graduates to bring forth this knowledge and practice with integrity and strength.

Not only is the record of academic excellence important but life experiences and personal attributes are considered for admissions evaluations as well as incoming credit. The challenges of learning and applying natural medicine to one's life and/or career are many.

As a result, the student must learn a "well-rounded" science with maturity, integrity, sound judgment, empathy, and a desire to serve. Individuals with the ability to communicate effectively, have a capacity for growth, and demonstrate responsibility and independence are best equipped to meet these challenges.

ACCREDITATION AND RECOGNITION



COMMISSION FOR TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING (CTVET).



Nyarkotey University College of Holistic Medicine and Technology (NUCHMT) with the support of the Commission for Technical and Vocational Education and Training (CTVET) drafted Ghana's first-ever Higher National Diploma and Bachelor of Health Technology programmes in Naturopathy and Holistic Health Science. The curriculum was further submitted to the World Naturopathic Federation (WNF), Canada, for benchmarking. The feedback from WNF along with their recommendations fine-tuned Ghana's first tertiary programs in Naturopathy.

The college's National Occupational Standards in Naturopathy and Holistic Medicine have been approved by **COMMISSION FOR TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING (CTVET)** based on the **Education Regulatory Bodies ACT, 2020 (ACT 1023)**.

The College has been **institutionally approved** by the **COMMISSION FOR TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING (CTVET)** based on the **Education Regulatory Bodies ACT, 2020 (ACT 1023)**.

NB-Final accreditation is ongoing by the COMMISSION FOR TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING (CTVET) based on the Education Regulatory Bodies ACT, 2020 (ACT 1023).



Nyarkotey University College of Holistic Medicine and Technology (NUCHMT), is fully recognized by the Traditional and Alternative Medicine Practice Council of the Ministry of Health, Ghana, based on ACT 575, which regulates the practice of Traditional Medicine and Ministerial directives, Alternative Medicine.

All our certificates are recognized by the council and prospective students are required to write the professional qualifying examination conducted by the council to practice as Naturopaths and Naturopathic Doctors upon completion of the programme.



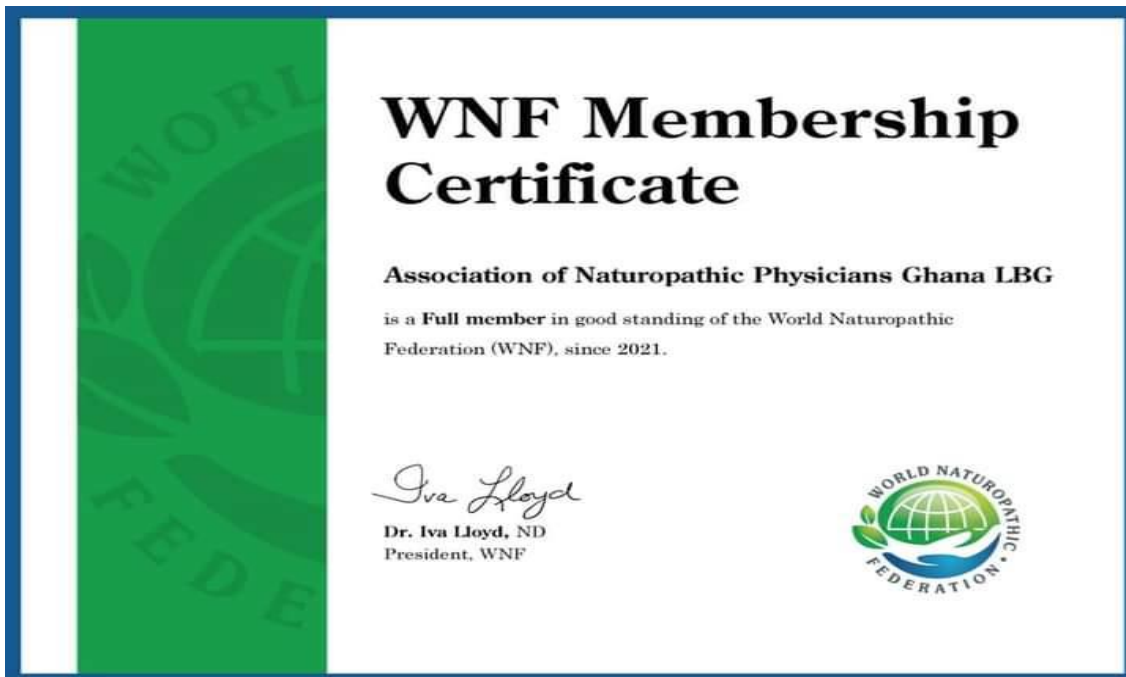
Nyarkotey University College of Holistic Medicine and Technology (NUCHMT) is an educational Member of the global peak body of Naturopathic Medicine- **WORLD NATUROPATHIC FEDERATION (WNF), Canada.**



PROFESSIONAL MEMBERSHIP



All products from Nyarkotey University College of Holistic Medicine and Technology (NUCHMT) are bonafide members of the Association of Naturopathic Physicians Ghana; the professional self-regulatory body of modern Naturopathic Medicine in Ghana. The association is a full member of the World Naturopathic Federation.



SCHOLARSHIP OPPORTUNITIES

Nyarkotey University College of Holistic Medicine & Technology (NUCHMT) is in partnership with the African Naturopathic Foundation to provide support to brilliant but needy students to pursue Naturopathic education. The foundation also provides Legal aid to Naturopathic practitioners in the course of cases of medical-legal issues, provides financial aid to naturopathic researchers, and disseminates information to the public on Naturopathy.



INTERNATIONAL ACADEMIC COLLABORATIONS

Lincoln University College, Malaysia.



Nyarkotey University College of Holistic Medicine & Technology has signed a Memorandum of Understanding with Lincoln University College, Malaysia, to offer the Professional Diploma and Bachelor of Science in Homeopathic Medicine. *"Graduates of Nyarkotey College of Holistic Medicine programs can receive additional Diplomas and Degrees from Lincoln University College, Malaysia if they so desire"*.

Lincoln University College (LUC), located in Petaling Jaya, Malaysia was established in the year 2002 as Lincoln College (LC) and upgraded to Lincoln University College in the year 2011. Lincoln University

College is one of the premier private institutions of higher education approved by the Ministry of Higher Education and Malaysian Qualifying Agency (MQA- National Accreditation Board).

The University College got a 5-star ranking from the Ministry of Higher Education, Malaysia in 2017. Lincoln University College is among the nine Malaysian universities listed in the Times Higher Education (THE) University Impact Rankings 2019. It is also an ISO 9001:2015 certified academic institution.

Lincoln University College is also an associate member of the “Association of Indian Universities (AIU)”, the Association of Commonwealth Universities (ACU), in London, and a member of “International Association of Universities (AIU)” in Paris.

JDS Multi Super Speciality Homoeopathic Hospital & Research Centre, India

JDS

Nyarkotey University College of Holistic Medicine & Technology is in clinical partnership with JDS Multi Super Speciality Homoeopathic Hospital & Research Centre, India, for clinical training of homeopathic medical students in India for three months.

Eudoxia Research Centre, India



EUDOXIA

Nyarkotey University College of Holistic Medicine & Technology, is in research collaboration with Eudoxia Research Centre, India, for student research training.

The Vinnytsia State Pedagogical University, Ukraine



Nyarkotey University College of Holistic Medicine & Technology is also in partnership with the Department of Medical and Biological Bases of Physical Education and Physical Rehabilitation of The Vinnytsia State Pedagogical University named after Mykhailo Kotsyubynskyj. The institution is an educational establishment of the fourth level of accreditation well-known both in Ukraine and far abroad. VSPU consists of a Science-educational Institute of Pedagogy, Psychology, and training of masters of high level; a Faculty of preschool, primary school, and arts; a Faculty of philology and journalism; Faculty of physical education and sport; Faculty of nature and geography; Faculty of history, ethnology and law; Faculty of mathematics, physics and technological education; Faculty of foreign languages.

CLINICAL TRAINING



Nyarkotey University College of Holistic Medicine & Technology is in clinical partnership with mainstream Hospitals to provide supervised clinical internships for 6 months to Naturopathic Medical Students to abreast themselves with mainstream practice as well. Naturopathic Clinical training is held in designated facilities in Ghana such as Tema General Hospital and other Ghana Health Service-approved centers. Additional 6 months of training are held at any designated Naturopathic facility.

DIPLOMA PROGRAMMES- 2 YEAR

- Diploma in Naturopathic Medicine
- Diploma in Homeopathic Science
- Diploma in Naturopathic Nutrition & Exercise
- Diploma in Ayurvedic Medicine
- Diploma in Naturopathy & Herbal Science
- Diploma in Naturopathic Physical Therapy & Massage

- Diploma in Naturopathic Energy Medicine
- Diploma in Naturopathic Hospital Administration
- Diploma in Naturopathic Marketing
- Diploma in Naturopathic Catering
- Diploma in Naturopathic Farming
- Diploma in Naturopathic Animal Science
- Diploma in Naturopathic Psychology
- Diploma in Naturopathic Pastoral Medicine & Theology
- Diploma in Herbal Manufacturing
- Diploma in Naturopathy, Public & Health Promotion

**BACHELOR OF HEALTH SCIENCE TECHNOLOGY
(NATUROPATHY AND HOLISTIC HEALTH SCIENCES)**



Programme Outcomes-Competencies

- **Medical Knowledge:** Apply appropriate biomedical knowledge and clinical skills to patient-centered naturopathic primary care.
- **Patient Management:** Apply the philosophy of naturopathic primary care to effectively encourage prevention, treat health problems, and foster optimal health.
- **Communication and Collaboration:** Apply communication skills that result in an effective connection with patients, their loved ones, and other health professionals.
- **Practice-Based Learning and Improvement:** Appraise, assimilate, and apply scientific evidence to improve patient care.
- **Ethics and Professionalism:** Demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population.
- **Practice Management and Business Skills:** Identify opportunities and develop resources for establishing and maintaining a viable career using your naturopathic medical education.
- **Systems-Based Practice:** Effectively call on system resources to provide care that is of optimal value

Career path at the Bachelors Level in Naturopathy & Holistic Health Science



NUCHMT students can pursue areas of focus within the field of natural medicine. With additional Electives programmes by choosing faculty mentors, our students have the option to major in:

4YEARS DEGREE PROGRAMMES

- Bachelor of Health Science Technology (BTech) - Naturopathy & Holistic Health Science
- Bachelor of Health Science Technology (BTech) – Naturopathy & Holistic Health Science with specialization in
 - Homeopathic Science
- Clinical Nutrition
- Herbal Medicine
- Chiropractic Science
- Ayurvedic Medicine
- Naturopathic Physical Therapy & Massage
- Integrative & Functional Medicine
- Herbal Manufacturing

3 YEAR HIGHER NATIONAL DIPLOMA

- HND in Naturopathy and Holistic Health Science

- HND in Naturopathy and Holistic Health Science with specialization in
 - Homeopathic Science
 - Acupuncture and Traditional Chinese Medicine
 - Nutrition & Exercise
 - Ayurvedic Medicine
 - Naturopathy & Herbal Science
 - Herbal Manufacturing

Licensing and Scope of Practice

Licensing and scope of practice for naturopathic physicians vary by jurisdiction. The program offered at NUCHMT is based on the Ghanaian health law.

ND practice in Ghana?



The practice of any type of naturopathy is based on Traditional Medicine Practice Act 575 and Ministerial directives which support alternative medicine. Naturopaths in Ghana are recognized by the state as primary care physicians, and NUCHM's students are educated in primary care medicine throughout the university's naturopathic medical programme.

Ghana naturopathic licensing also allows for registration with the Traditional Medicine Practice Council of the Ministry of Health, which authorizes Naturopaths to prescribe Natural Medications.

What is the scope of practice of NDs?



The scope of practice of naturopathic physicians varies by jurisdiction. NDs in Ghana have the diagnostic and therapeutic privileges necessary to be the first doctor a patient sees for general health care, for advice on keeping healthy, and for the prevention, diagnosis, and treatment of acute and chronic conditions.

In Ghana, Naturopaths can:

- Provide services generally described as primary care, including the performance of common preventive screening examinations;
- Recognize and appropriately refer urgent and emergent presentations;
- Diagnose and treat acute and chronic diseases and conditions using accepted standards and evidence-based, peer-approved approaches including history, clinical examination, imaging, and laboratory investigation;
- Refer to and consult with other health professionals and specialists when outside of scope and where recommended by current guidelines and accepted practices.

Besides, Naturopaths in Ghana can legally utilize the following therapeutic modalities (among others):

- i. **Botanical Medicine:** Many plant substances are powerful medicines. Where isolated chemically derived drugs may address only a single problem, botanical medicines can address a variety of problems simultaneously. When properly utilized, most botanical medicines can be applied effectively with minimal likelihood of side effects.
- ii. **Clinical Nutrition:** Food is the best medicine and is a cornerstone of naturopathic practice. Many medical conditions can be treated more effectively with foods and nutritional supplements than they can by other means, with fewer complications and side effects. NDs use diet, natural hygiene, fasting, and nutritional supplementation in their practices.
- iii. **Homeopathic Medicine:** Homeopathic medicine is based on the principle of “like cures like.” Clinical observation indicates that it works on a subtle, yet powerful, energetic level, gently acting to promote healing on the physical, mental, and spiritual levels.
- iv. **Mind/Body Medicine:** Mental attitudes and emotional states may influence, or even cause, physical illness. Counseling, nutritional balancing, stress management, hypnotherapy, biofeedback, and other therapies are used to help patients heal psychologically.
- v. **Physical Medicine:** Naturopathic medicine has its methods of therapeutic manipulation of soft tissue, muscles, bones, and spine. NDs also use ultrasound, diathermy, exercise, massage, water, heat and cold, and gentle electrical therapies.

COLLEGE ADMINISTRATION

Noble Prof. Raphael Nyarkotey Obu, President
George Nartey Amewuga; BSc, MSc, Registrar
Augustina Akpaloo, College Secretary

ENTRY REQUIREMENTS

Academic entry requirements vary from programme to programme and are advertised on the University website and in other media. The University ensures that entry requirements conform to standards set by the Ghana Tertiary Education Commission(GTEC) and various regulatory and professional bodies. The University's admission requirements are as follows:

West African Senior School Certificate Examination (WASSCE)

An applicant must have credit passes (A1-C6) in core English, core Mathematics, and either core Integrated Science or Social Studies and three elective subjects, with an overall aggregate score of Thirty-six (36) or better. In addition, candidates must satisfy the specific requirements of the relevant Faculty/School. The entry is at Level 100:

Senior Secondary School Certificate Examination (SSSCE).

An applicant must have credit passes (A-D) in core English, core Mathematics, and either core Science or Social Studies and three elective subjects, with an overall aggregate score of Twenty-four (24) or better. In addition, candidates must satisfy the specific requirements of the relevant faculty/school. Entry is at Level 100.

General Certificate of Education (GCE) Ordinary and Advanced Levels.

An applicant must have at least credit passes in 5 subjects (including English Language and Mathematics at the GCE Ordinary Level and at least 3 passes at the GCE Advanced Level. One of the Advanced Level passes must be a grade 'D' or better. A pass in General Paper must also be obtained. Entry is at Level 100.

Professional qualifications/Tertiary Diplomas (Entry at levels 200 and 300).

The level of placement of professional certificate and tertiary-level diploma holders will depend on the assessment of their certificates or diplomas in relation to the programme desired. All professional certificate and tertiary level diploma holders must have either G.C.E. "O" Level credit passes in English Language and Mathematics or SSSCE/WASSCE credit passes in English Language and Core Mathematics to qualify for admission. The placement level of candidates will depend on the assessment of their certificates by the relevant Faculty/School or Department.

Admission through Mature Students' Entrance Examination.

The candidate must be at least 25 years old by 31st December of the year preceding the examination. A certified copy of birth certificate is required. The date of issue of the birth certificate should not be less

than five years from the date of the completion of the admission forms. The submission of fraudulent certificates is grounds for withdrawal at any point in a student's enrolment.

Mature Students' Entrance Examinations consist of a General Paper for all candidates and two papers in the area(s) of specialization desired.

Applicants with foreign certificates.

Foreign applicants must have qualifications equivalent to the above to be considered for admission. Their results must also be translated into English and they should be able to read and write in English. Additionally, all foreign certificates are validated by the National Accreditation Board. Applicants may also be required to pass an entrance examination/interview.

In addition to the general admission requirements, Schools, Faculties and Departments may have special entry requirements. The academic catalogues of the Schools and Faculties must be consulted for up-to-date information.

NB: Nurses, medical practitioners, and allied health workers may receive course exemptions and complete the degree in three years.

COURSE DESCRIPTIONS

This is the generic curriculum for the Bachelor in Health Science Technology-Naturopathy & Holistic Health Science. Students who intend to major in any branch of the Naturopathic Modalities start at level 400.



BACHELOR OF HEALTH SCIENCES TECHNOLOGY (NATUROPATHY AND HOLISTIC HEALTH SCIENCE) CURRICULUM

Regulatory Requirement for B. Tech is 180 Credits x 30 Clock Hours = 5,400 Clock hours

Number of Weeks per Semester: 17
Eg: 3 credit per week x 17 weeks = **51 Clock hours**

Year 1, Semester I			General Area of Competence		Credits	Clock Hours (Credit hrs x 17 weeks)
	BTHS 101	Y1,S1	Anatomy I	Mandatory	3	51
	BTHS 102		Physiology I	Mandatory	3	51
	BTHS 105		Biochemistry I	Mandatory	3	51
	BTHS 107		Pathology I	Mandatory	3	51
	BTHS 103		First Aid & Emergency Medicine	Mandatory	3	51
	BTHS 106		Healing systems of the World	Mandatory	3	51
	BTHS108		Naturopathic History, Philosophy Principles and Theories I	Mandatory	4	68
	BTHS104		Medical Terminology	Mandatory	2	34
			Total (Mandatory)		24	408
Year 1, Semester II						
	BTHS 111	Y1,S2	Anatomy II	Mandatory	3	51
	BTHS 112		Physiology II	Mandatory	3	51
	BTHS 117		Pathology II	Mandatory	3	51
	BTHS115		Biochemistry II	Mandatory	3	51
	BTHS 118		Microbiology & Parasitology	Mandatory	3	51
	BTHS 116		Clinical Examination/doctoring skills	Mandatory	3	51
	BTHS 110		Naturopathic History, Philosophy Principles and Theories II	Mandatory	4	68
	BTHS 119		Pharmacology & Pharmacotherapeutics	Mandatory	2	34
			Total (Mandatory)		24	408
			Vacation Clinical Training (480hrs)			
			Vacation Clinical Training (Biomedical Practice) [1 month = 4 weeks]	(8 hrs x 5 days) x 4 weeks		160hrs
			Vacation Clinical Training (Naturopathic Practice) [2 months = 8 weeks]	(8hrs x 5 days) x 8 weeks		320hrs
						480hrs
Year 2, Semester I						

	BTHS 201	Y2,S3	Health Communication and life style counselling	Mandatory	3	51
	BTHS 202	Y2,S3	Public Health & Health Promotion	Mandatory	2	34
	BTHS 203	Y2,S3	Laboratory Investigation I	Mandatory	3	51
	BTHS 204	Y2,S3	Naturopathic History, Philosophy Principles and Theories III	Mandatory	4	68
	BTHS 205	Y2,S3	Biostatistics and Bioinformatics	Mandatory	3	51
	BTHS 206	Y2,S3	Neuroscience	Mandatory	3	51
	BTHS 207	Y2,S3	Medical humanities Introduction to Psychology & Psychosocial Counselling Clinical Reasoning & Critical Thinking Introduction to Sociology and Anthropology Humanism in Health and Healthcare	Mandatory	2	34
	BTHS 208	Y2,S3	Internal Medicine I Cytology Immunology Hematology Cardiology Pulmonology Gastroenterology Dermatology		3	51
				Total (Mandatory)	23	391
Year 2, Semester II						
	BTHS 211	Y2,S4	Histology and Embryology	Mandatory	3	51
	BTHS 212	Y2,S4	Medical Imaging	Mandatory	3	51
	BTHS 213	Y2,S4	Naturopathic Assessment and Diagnosis	Mandatory	3	51
	BTHS 215	Y2,S4	Applied Nutrition	Mandatory	3	51
	BTHS 214	Y2,S4	Clinical Naturopathy I Naturopathic approach to cardiology Naturopathic approach to hematology Naturopathic approach to immunology Naturopathic approach to urology Naturopathic approach to other systems etc	Mandatory	3	51
	BTHS 216	Y2,S4	Laboratory Investigations II	Mandatory	3	51
	BTHS 217	Y2,S4	Entrepreneurship and Health Administration	Mandatory	3	51

	BTHS 218	Y2,S4	Internal Medicine II Orthopedic & Rheumatology Dentistry Endocrinology Neurology Nephrology Otorhinolaryngology Ophthalmology	Mandatory	3	51
				Total (Mandatory)	24	408
			Master Class session: Minor Surgery	Mandatory	Non-Credit	
			Vacation Clinical Training (480hrs)			
			Vacation Clinical Training (Biomedical Practice) [1 month = 4 weeks]	(8 hrs x 5 days) x 4 weeks		160hrs
			Vacation Clinical Training (Naturopathic Practice) [2 months = 8 weeks]	(8hrs x 5 days) x 8 weeks		320hrs
				Total		480hrs
Year 3, semester I						
	BTHS 301	Y3,S5	Clinical Naturopathy II Naturopathic approach to Geriatrics Naturopathic approach to pediatric Naturopathic approach to Gynecology	Mandatory	3	51
	BTHS 302	Y3,S5	Clinical Nutrition I	Mandatory	3	51
	BTHS 303	Y3,S5	Homeopathic Medicine I	Mandatory	3	51
	BTHS 305	Y3,S5	Herbal Medicine I	Mandatory	3	51
	BTHS 306	Y3,S5	Naturopathic Physical Medicine I	Mandatory	3	51
	BTHS 304	Y3,S5	Detoxification, Hydrotherapy and Toxicology I	Mandatory	3	51
	BTHS 307	Y3,S5	Nutrigenomics & Nutrigenetics	Elective	3	51
	BTHS 308	Y3,S5	Ayurvedic Medicine I	Elective	3	51
				Total (Mandatory)	18	306
				Total (Electives)	6	102
				Total (Hours)		408
Year 3, semester II						
	BTHS 311	Y3,S6	Herbal Medicine II	Mandatory	3	51
	BTHS 314	Y3,S6	Detoxification, Hydrotherapy and Toxicology II	Mandatory	3	51

	BTHS 313	Y3,S6	Clinical Nutrition II	Mandatory	3	51
	BTHS 312	Y3,S6	Ayurvedic Medicine II	Elective	3	51
	BTHS 315	Y3,S6	Naturopathic Physical Medicine II	Mandatory	3	51
	BTHS 316	Y3,S6	Homeopathic Medicine II	Mandatory	3	51
	BTHS 310	Y3,S6	Pharmacognosy	Mandatory	3	51
	BTHS 410	Y4,S6	Research Methods I	Mandatory	6	102
				Total (Mandatory)	24	408
				Total (Electives)	3	51
				Total (Hours)	27	459
			Vacation Clinical Training (480hrs)			
			Vacation Clinical Training (Biomedical Practice) [1 month = 4 weeks]	(8 hrs x 5 days) x 4 weeks		160hrs
			Vacation Clinical Training (Naturopathic Practice) [2 months = 8 weeks]	(8hrs x 5 days) x 8 weeks		320hrs
				Total		480hrs
Year 4, semester I						
	BTHS 401	Y4,S7	Ayurvedic Medicine III	Elective	3	51
	BTHS 402	Y4,S7	Naturopathic Physical Medicine III	Mandatory	3	51
	BTHS 403		Energy Medicine	Elective	3	51
	BTHS 404	Y4,S7	Herbal Medicine III	Mandatory	3	51
	BTHS 405	Y4,S7	Traditional Chinese (Acupuncture) and Oriental Medicine	Elective	3	51
	BTHS 406	Y4,S7	Clinical Nutrition III	Elective	3	51
	BTHS 407	Y4,S7	Homeopathic Medicine III	Mandatory	3	51
	BTHS 417	Y4,S8	Research Methods II	Mandatory	20	340
				Total (Mandatory)	29	493
				Total (Electives)	12	204
				Total (Hours)	41	697

Year 4, semester II						
	BTHS 411	Y4,S8	African Naturopathic Pharmacy Naturopathic Pharmacy business in Ghana Review of literatures on specific naturopathic ingredients for case management Review of literature on specific naturopathic modalities Naturopathic cosmetic care	Mandatory	3	51
	BTHS 412	Y4,S8	Energy Medicine II	Elective	3	51
	BTHS 414	Y4,S8	Therapeutic Exercise and Massage	Elective	3	51
	BTHS 415	Y4,S8	Bach Flower Remedy	Elective	3	51
	BTHS 416	Y4,S8	Functional and integrative Medicine	Elective	3	51
	BTHS 420	Y4, S8	Thesis Writing	Mandatory	30	510
	BTHS 421	Y4,S8	Medical Law & Ethics	Mandatory		
	BTHS 422		Mind-Body Medicine	Total (Mandatory)	33	561
				Total (Electives)	12	204
				Total (Hours)	45	765

	<u>Credits</u>	<u>Clock Hours</u>
Total Mandatory Course Credit	199	3,383
Total Elective Credits (8)	33	561
Total Clinical Credits	84.7	1,440
Total Credit Requirements	316.7	5,384

1. Mandatory National Service for all students - Non-credit

2. Ghana Naturopathic Physician Qualifying Examination

HIGHER NATIONAL DIPLOMA (HND)

This is the generic curriculum for the Higher National Diploma in Health Science Technology- Naturopathy & Holistic Health Science. Students who intend to major in any branch of the Naturopathic Modalities start at level 300.





**HIGHER NATIONAL DIPLOMA (HND) IN
HEALTH SCIENCES TECHNOLOGY(NATUROPATHY)
SEMESTER CURRICULUM**

Regulatory Requirement for HND is 120 Credits x 30 Clock Hours = 3,600 clock hours

Number of Weeks per Semester: 17

Eg: 3 credit per week x 17 weeks = **51 Clock hours**

Year 1, Semester I		General Area of Competence		Credits	Clock Hours (Credit hrs x 17 weeks)
HND 101 HND 102 HND 105 HND 107 HND 103 HND 106 HND 108 HND 104	Y1,S1	Anatomy & Physiology I	Mandatory	3	51
		Healing Systems of the World I	Mandatory	3	51
		Biochemistry I	Mandatory	3	51
		Pathology I	Mandatory	3	51
		First Aid & Emergency Medicine	Mandatory	3	51
		Medical Law & Ethics	Mandatory	3	51
		Naturopathic History, Philosophy Principles and Theories I	Mandatory	4	68
		Medical Terminology	Mandatory	2	34
		Total (Mandatory)		24	408
Year 1, Semester II					
HND 111 HND 112 HND 117 HND 115 HND 118 HND 116 HND 110 HND 119	Y1,S2	Anatomy & Physiology II	Mandatory	3	51
		Healing Systems of the World II	Mandatory	3	51
		Pathology II	Mandatory	3	51
		Biochemistry II	Mandatory	3	51
		Microbiology & Parasitology II	Mandatory	3	51
		Clinical Examination/doctoring skills	Mandatory	3	51
		Naturopathic History, Philosophy Principles and Theories II	Mandatory	4	68
		Pharmacology & Pharmacotherapeutics	Mandatory	2	34
		Total (Mandatory)		24	408

			Vacation Clinical Training (480hrs)			
			Vacation Clinical Training (Biomedical Practice) [1 month = 4 weeks]	(8 hrs x 5 days) x 4 weeks		160hrs
			Vacation Clinical Training (Naturopathic Practice) [2 months = 8 weeks]	(8hrs x 5 days) x 8 weeks		320hrs
						480hrs
Year 2, Semester I						
	HND 201	Y2,S3	Health Communication and Lifestyle counseling	Mandatory	3	51
	HND 202	Y2,S3	Public Health & Health Promotion	Mandatory	2	34
	HND 203	Y2,S3	Laboratory Investigation I	Mandatory	3	51
	HND 204	Y2,S3	Naturopathic History, Philosophy Principles and Theories III	Mandatory	4	68
	HND 205	Y2,S3	Biostatistics and Bioinformatics	Mandatory	3	51
	HND 206	Y2,S3	Neuroscience	Mandatory	3	51
	HND 207	Y2,S3	Medical humanities Introduction to Psychology & Psychosocial Counselling Clinical Reasoning & Critical Thinking Introduction to Sociology and Anthropology Humanism in Health and Healthcare	Mandatory	2	34
	HND 208	Y2,S3	Internal Medicine I Cytology Immunology Hematology Cardiology Pulmonology Gastroenterology Dermatology		3	51
				Total (Mandatory)	23	391
Year 2, Semester II						
	HND 211	Y2,S4	Histology and Embryology	Mandatory	3	51
	HND 212	Y2,S4	Medical Imaging	Mandatory	3	51
	HND 213	Y2,S4	Naturopathic Assessment and Diagnosis	Mandatory	3	51
	HND 215	Y2,S4	Applied Nutrition	Mandatory	3	51
	HND 214	Y2,S4	Clinical Naturopathy I	Mandatory	3	51

			Naturopathic approach to cardiology Naturopathic approach to hematology Naturopathic approach to immunology Naturopathic approach to urology Naturopathic approach to other systems etc			
	HND 216	Y2,S4	Laboratory Investigations II	Mandatory	3	51
	HND 217	Y2,S4	Entrepreneurship and Health Administration	Mandatory	3	51
	HND 218	Y2,S4	Internal Medicine II Orthopedic & Rheumatology Dentistry Endocrinology Neurology Nephrology Otorhinolaryngology Ophthalmology	Mandatory	3	51
				Total (Mandatory)	24	408
			Vacation Clinical Training (480hrs)			
			Vacation Clinical Training (Biomedical Practice) [1 month = 4 weeks]	(8 hrs x 5 days) x 4 weeks		160hrs
			Vacation Clinical Training (Naturopathic Practice) [2 months = 8 weeks]	(8hrs x 5 days) x 8 weeks		320hrs
				Total		480hrs
Year 3, semester I						
	HND 301	Y3,S5	Clinical Naturopathy II Naturopathic approach to Geriatrics Naturopathic approach to pediatric Naturopathic approach to Gynecology Naturopathic approach to oncology	Mandatory	3	51
	HND 302	Y3,S5	Clinical Nutrition I	Mandatory	3	51
	HND 303	Y3,S5	Homeopathic Medicine I	Mandatory	3	51
	HND 305	Y3,S5	Herbal Medicine I	Mandatory	3	51
	HND 306	Y3,S5	Naturopathic Physical Medicine I	Mandatory	3	51
	HND 304	Y3,S5	Detoxification Hydrotherapy and Toxicology I	Mandatory	3	51
	HND 307	Y3,S5	Energy Medicine	Elective	3	51
	HND 308	Y3,S5	Ayurvedic Medicine I	Elective	3	51
				Total (Mandatory)	18	306
				Total (Electives)	6	102
				Total	24	408

				(Hours)		
Year 3, semester II						
	HND 311	Y3,S6	Herbal Medicine II	Elective	3	51
	HND 314	Y3,S6	Detoxification Hydrotherapy and Toxicology II	Elective	3	51
	HND 313	Y3,S6	Clinical Nutrition II	Elective	3	51
	HND 312	Y3,S6	Ayurvedic Medicine II	Elective	3	51
	HND 315	Y3,S6	Naturopathic Physical Medicine II	Elective	3	51
	HND 316	Y3,S6	Homeopathic Medicine II	Elective	3	51
	HND 410	Y4,S6	Research Methods I	Mandatory	6	102
	HND 420	Y4, S8	Thesis Writing	Mandatory	20	340
				Total (Mandatory)	26	442
				Total (Electives)	18	306
				Total (Hours)	44	748

	<u>Credits</u>	<u>Clock Hours</u>
Total Mandatory Course Credit	139	2,363
Total Elective Credits (8)	24	408
Total Clinical Credits	56.5	960
Total Credit Requirements	219.5	3,731

Contact Us

We invite you to contact us. We welcome your interest in NUCHMT!

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