

## Mandatory clinical Training as a Naturopathic Medical Student



*Shraz- ND candidate during his Medical Imaging clinical training at Tema General Hospital.*

As a naturopathic medical student, you'll observe and treat real patients in our designated teaching clinics. This clinical training will be the cornerstone of your Naturopathic education at NUCHM&T.

At NUCHM&T, we provide rigorous, and real-time clinical training as it shapes your Naturopathic practice to become a competent ND. The clinical training has different facets:

**Preceptorships:** A required component of your naturopathic education, preceptorship allows you to work with a variety of practitioners in their clinics; and

**Mentorship from licensed practitioners:** With hundreds of traditional healers in Ghana, you can connect with and shadow licensed practitioners in many different areas of natural medicine. Oftentimes, these practitioners become career-long mentors for our students.

Your clinical training journey is the bedrock of your Naturopathic practice. It starts from level 100 to level 400. After level 400, you shall also undertake a **mandatory one-year** clinical training that consists of over **1,200** hours of direct patient contact during your time in the clinic as mandated by the World Naturopathic Federation(WNF), Canada and the World Health Organization(WHO) benchmarks for Naturopathic training. As a Naturopathic Medical Student, you shall observe from year one until you become capable of handling assigned tasks at level 400.

### **Exposure to Clients- Year One**



*Gabriel Accam, ND candidate taking vitals at the Nkawkaw Government Hospital.*

Many medical schools begin the core of their clinical teaching in year three or four. However, due to our experiences and what our past students in most of the clinical training centers, at NUCHM&T, our students start working in the clinic from the first year, this gives them a depth of clinical learning, unlike any other naturopathic medical school. We believe this model trains you to be a better doctor.

*“The earlier the students get exposure, the broader their exposure will be. We appeal to the college to employ this mandatory policy in the first year.”*

*Lawrence Ross, a Past ND student who had his training at the Tema General Hospital.*

We also notice that starting in the first year provides a student with the needed confidence in their Naturopathic studies. In this case, the student builds on what he or she learned previously in clinic shifts. Rather than learning all clinical skills in one or two years, you’ll learn in stages over four years, allowing you to refine individual skills and layer them while gradually gaining more responsibility for patient care and diagnosis.

The clinical Naturopathic experience



*ND student training in Medical Laboratory*

## Year One: Clinical Observation and Career Exploration



*Prince Charles, ND candidate during his attachment at Margret Marquart Catholic Hospital- Kpando, Volta Region.*

As a first-year naturopathic medical (ND) student, you'll spend time in the designated clinic or hospital observing real patient appointments. Under the mentorship of licensed

practitioners, you'll reflect on professionalism and ethics, and start to identify what direction you might take as an ND.

Have a passion for a certain specialty? Choose to observe shifts in the following focus areas to better prepare for your career:

- Primary care
- Women's Health
- Men's Health
- Oncology
- Minor surgery
- Physical medicine
- Homeopathy
- Non-opioid pain management
- Massage therapy
- Naturopathic Counselling
- Naturopathic Nutrition
- Herbal Medicine
- Ayurveda
- Traditional Chinese Medicine
- And Many More

This early exposure allows you to observe firsthand what it looks like to be a doctor; to explore and identify career opportunities; and to find inspiration through real patients, licensed naturopathic doctors, and your future mentors.

### **Year Two: Hydrotherapy Treatment and Administrative Skills**

The second year exposes you to the diverse naturopathic modality of hydrotherapy as validated in the **National Occupational Standard**. This is done under the supervision of licensed physicians, you'll develop patient communication skills while administering hydrotherapeutic treatments. Hydrotherapy is an important naturopathic tool. Our students will also learn colon hydrotherapy protocols and other SPA activities.

### **Year Three: Weekly Patient Care Within the Medical System**

In year three, the Naturopathic Medical Students become the secondary intern inpatient exams. This means that the Naturopathic Medical student will assist the doctor and any other healthcare staff with direct patient care and administration, such as greeting patients, logistical paperwork, and taking vitals.

*"I have been happier to attend to patients to get the needed skills in my Naturopathic Practice."*

*-Doris Nortey, Past ND Student at Tema General Hospital.*

### **Year Four: Patient Management as the Primary Intern**



*Yussif Abubakari, ND candidate during his training in urine analysis at Greenfield Scientific Herbal Hospital.*



At level 400, adhering to our principle of prevention, health promotion, and doctor as a teacher, the Naturopathic Medical students shall also provide **health talk and screening programs to the needy in the community of choice.**

This is done before the student commences the **ONE-YEAR** Mandatory clerkship.

### **Year Five- Mandatory Clinical Training**

In your fifth Year, you are the primary intern for the clinic's patients. Under the supervision of licensed physicians, you have the autonomy to:

- Take patient histories
- Perform physical exams
- Deliver assessments that include diagnosis and treatment recommendations
- Follow up with patients after their appointments

You'll apply more than three years of knowledge from class and clinic to real patient cases.

Much of the learning in this period in the clinic shifts focus on time management, interpersonal patient relations (like body language and listening), empathy, and diagnosis. You've built skills in professionalism, administration, and patient contact. Now you're developing into the Naturopathic physician you want to become.

### **PROFESSIONAL QUALIFYING EXAMINATION(PQE)**

After the fifth year mandatory clerkship, you are now groomed to sit for the the **National Professional Qualifying Examination(NPQE)** by the **Traditional Medicine Practice Council(TMPC)**, of the Ministry of Health, the regulatory body for traditional and Alternative Medicine in Ghana.

The Examination is conducted in **two days**. Students are examined in all areas in the **National Occupational Standard.**

DOWNLOAD the attachment and Clerkship forms below

