

Workshop 4: Herbal medicine

From prescriber to guide? - The herbal self-care option

2 May 2012, 14.00 – 17.00

The Royal College of Obstetricians and Gynaecologists
27 Sussex Place, London NW1 4RG

People understandably feel comfortable contributing to health care on their own terms and often favour approaches that feel natural. Registered herbal medicines, which add pharmaceutical standards and plausible effectiveness, provide almost ideal self-care options. There are fundamental health care tasks that are mostly not prescription business.

In this workshop Simon Mills, Dr Michael Dixon and Dr Dick Middleton (Schwabe) will look at specific ways you can guide your patients to use herbs to help manage their stress, aches and pains, sleep, digestion, and capacity to cope with life and resist disease. We will link herbal options to the College of Medicine's Self Care Library to produce practical toolkits that you use straightaway. We will also look at the logistics of using herbal medicine, what the law says, how to find the ones you need and other resources that can help.

Workshop plan

- 14.00 **Welcome and Introductions**
Simon Mills, lead for College of Medicine's Faculty for Self Care
Dr Michael Dixon, chairman of the College of Medicine
Dr Dick Middleton, Technical Director at Schwabe Pharma UK
- 14.10 **Role of THMs in primary care - therapeutic impact, relevance to self care agenda and introduction to the Self Care Library**
Simon Mills
- 14.40 **Herbal medicine case notes in primary care**
(Panel and discussion with Simon Mills, Dr Dick Middleton and Dr Michael Dixon)
- Recurrent upper respiratory infections
- Low mood
- Menopause
- Digestive upsets
- 15.40 Break
- 16.00 **The practicalities: introduction to Traditional Herbal Medicines - history, concept, key features and product ranges**
Dr Dick Middleton
- 17.00 Finish

LUNCH NOT PROVIDED