

## INTRODUCTION

This is the first part of a professional upgrade programme for Associate Members to qualify as Ordinary (Full) Members of the Association of Nutritional and Functional Medicine Practitioners (ANFMP) [www.anfmp.org.my], a founding member of the Federation of Complementary & Natural Medical Associations Malaysia (www.fcnmam.org.my). The FCNMAM is currently gazetted under the Traditional & Complementary Medicine Act 2016 and regulated by its Traditional & Complementary Medicine Council.

This evidence-based Nutritional Medicine programme focuses on the care of patients with chronic health disorders, application of research evidence on the use of nutraceuticals/herbs, and dietary/lifestyle modifications for clinical interventions. The curriculum of this course is developed in consultation with the ANFMP technical committee.

The programme empowers participants' understanding of the known causes for the major chronic non-communicable diseases (NCDs) (also known as "chronic diseases") affecting the country today. Globally, the epidemic of NCDs caused at least 41 million deaths yearly (WHO, 2019) with over 85% of these premature deaths coming from low-and middle-income countries such as Malaysia. NCDs in Malaysia are becoming an epidemic (Ariffin et al., 2017). These health disorders are expected to rise in the coming years, utilising the bulk of the national annual health budget. Although repeated studies have shown that most of the NCDs are reversible by dietary and lifestyle modifications (Forouhi et al., 2018), no serious attempts have been initiated to treat and manage these disorders using evidence-based nutritional medicine (this profession started some 30 years ago in the United Kingdom).

This programme is conducted by School of Complementary & Traditional Medicine (SCOTMED) in collaboration with UCYP University via mixed learning modes with face-to-face classroom interaction and online forum discussion. The assessments are by examination (multiple choice questions).


### Sources:


- World Health Organisation. What are integrated people-centred health services? Accessed: 31 August 2019. <http://www.who.int/servicedeliverysafety/areas/people-centred-care/ipchs-what/en/>
- Ariffin F, Ramli AS, Daud MH, et al. Feasibility of implementing chronic care model in the Malaysian public primary care setting. *Med J Malaysia* 2017; 72(2): 106-12.
- Forouhi NG, Misra A, Mohan V, et al. Dietary and nutritional approaches for prevention and management of type 2 diabetes. *BMJ* 2018; 361: k2234.
- <https://www.cebm.net/2015/02/global-status-ncds-everyone-know-nine-voluntary-targets/>

## GLOBAL STATUS OF NON-COMMUNICABLE DISEASES

38 MILLION DEATHS EVERY YEAR  74% (28 MILLION) OF WHICH OCCUR IN LOW AND MIDDLE INCOME COUNTRIES



 HALF OF NON-COMMUNICABLE DISEASE (NCD) RELATED DEATHS ARE CAUSED BY CARDIOVASCULAR DISEASES (CVD)

CANCER, DIABETES & CHRONIC RESPIRATORY DISEASES, IN ADDITION TO CVD, ACCOUNT FOR 82% OF THE GLOBAL ANNUAL NCD DEATHS 

4 SHARED RISK FACTORS  TOBACCO • PHYSICAL INACTIVITY • DIET • ALCOHOL

THE WORLD HEALTH ORGANIZATION HAS CALLED FOR A **25%** REDUCTION IN PREMATURE DEATHS FROM NCDs BY **2025** 



## OBJECTIVE

- Part I of this upgrade programme is designed to train Associate members to assist the ANFMP practitioners of nutritional medicine in caring for patients with chronic health problems;
- To provide evidence-based knowledge on managing chronic metabolic health problems associated with being overweight, obesity, chronic fatigue syndrome, liver functions, hypertension, candidiasis and nutrition for mental health; and
- To enable Associate members to enrol in the Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part II (Final), to eventually become full members of the ANFMP.



## WHO SHOULD JOIN

- Healthcare professionals, medical doctors, pharmacists, dieticians, nutritionists, and nurses, as well as healthcare providers, trainers and coaches in the wellness industry.
- Professional diploma holders from other T&CM associations within the 6 umbrella federations, can be admitted as Associate members in ANFMP, which will qualify them to join this course.



## ENTRY REQUIREMENT

- A Bachelor's Degree from local or JPA recognised university with 2 years of work experience; or
- Bachelor's Degree in healthcare with a minimum CGPA of 2.5 or its equivalent, awarded by a local or JPA recognized university; or
- Associate Members of the Association of Nutritional and Functional Medicine Practitioners Malaysia (ANFMP).



# SYLLABUS

## 1. Overweight & Obesity

- Incidence of obesity, local and international.
- Role of dietary and lifestyle habits in promoting obesity and its associated health disorders.
- Use of evidence-based nutraceuticals and herbs as in managing common chronic health problems linked to excessive body fat.

## 2. Chronic Fatigue Syndrome

- Known triggers for fatigue syndrome: chronic stress and Epstein Barr virus.
- Dietary, lifestyle, and evidence-based nutritional approaches to managing health problems linked to elevated stress and chronic fatigue.

## 3. Digestive Tract Disorders

- Enzymes for digestion, heartburn, inflammatory bowel syndrome, colitis, and bile flow obstruction.
- Dietary, lifestyle, and evidence-based nutritional approaches to managing these chronic health problems.

## 4. Liver Disorders and Biliary Obstruction

- Fatty liver, cirrhosis, elevated liver enzymes, Alpha feto protein, and bile duct obstruction.
- Lifestyle and evidence-based nutritional approaches to managing various chronic problems of the liver.

## 5. Hypertension and Hypotension

- Role of chronic stress, hyperuricemia, and fructose in promoting hypertension.
- Dietary, lifestyle, and nutritional approaches to managing this common chronic health disorder.
- Role of evidence-based nutraceuticals and herbs as adjunct therapy.

## 6. Candidiasis

- Incidence of fungal infections, local and international.
- Role of evidence-based herbs and nutraceuticals as adjunct therapy.
- Dietary and lifestyle approaches to managing yeast over-growth.

## 7. Nutrition for Mental and Emotional Health

- Self-rating of one's health, optimism vs pessimism, hyperprolactinemia, anxiety disorders, and early depression.
- Role of heavy metals in mood disorders.
- Dietary, lifestyle, and evidence-based nutritional approaches to managing common chronic conditions linked to mental and emotional health.

# Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part I

<b>Methods of Learning</b>	Classroom / Online Session / Tutorial		
<b>Location</b>	School of Complementary & Traditional Medicine (Ampang)		
<b>Mode of Study</b>	Part Time	<b>Fee</b>	RM18,500.00 (Subject to SST currently in force)
<b>Duration</b>	12 Months	<b>Intake</b>	April 2025
<b>Payment Details</b>	Cheque payable to : DSY Medical Education Sdn Bhd Online transfer to : Public Bank (Account No. 3219075600)		

Please fill in the Google Form to register your interest in the programme

<https://forms.gle/UcMn7AeyPwyEMfFP8>

**Note:**

Applicants are required to join as Associate Members of the Association of Nutritional and Functional Medicine Practitioners (ANFMP) upon enrolment to this programme. Please refer to membership details via <http://www.anfmp.org.my>



## SCHOOL OF COMPLEMENTARY & TRADITIONAL MEDICINE

Managed by **DSY Medical Education Sdn Bhd** (201801020743)

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