



Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part II

Awarded by:



INTRODUCTION

This is the 2nd part of a professional-upgrade programme for Associate Members to qualify as Ordinary (Full) Membership 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 the Federation is recognised as a "designated practitioner body" under Section 42 of the said Act.

The ANFMP defines nutritional medicine in a similar manner as the UK Nutritional Therapy Council (2006): "The application of nutrition & health science to enable individuals to maximize their health potential. It can help (treat) a wide range of (medical) conditions and assist in the recovery from many ill-health situations. Nutritional medicine practitioners work with clients with *chronic health problems* and provide advice on prevention and control. These protocols (treatments) can impact on hormonal, neurological & immune function."

This discipline is an *evidence-based individualised treatment* modality with strong international standing in developed nations. It views health issues by evaluating their known root causes with treatment referenced to published evidence in medical journals.

The programme nurtures the ability for participants to analyse and solve health problems as well as having the capacity to evaluate natural treatment decisions critically based on evidence-based knowledge and sound clinical experience. The programme stimulates the quest for lifelong learning, for continuous upgrading of knowledge and skills that mirror the exponential growth in research in this field of natural medicine.

With the increasing demand for and popularity in nutritional solutions for addressing chronic health disorders, this academic/professional programme sets the benchmark for those entering the profession. Its curriculum is based on two decades of clinical experience by senior practitioners in the country.

This programme is delivered via mixed learning modes with face-to-face classroom interaction and regular online forum discussion. The assessments are by assignments and examinations (multiple choice questions).



OBJECTIVES

- To upgrade and equip holders of the Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part I with more advanced training in the evidence-based treatment of chronic health disorders facing Malaysians;
- To assist holders of this Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part II to secure their Clinical Year training prior to individual practice; and
- To offer holders of this Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part II the opportunity to eventually enrol for a Masters' degree in Nutritional Medicine.



WHO QUALIFIES TO JOIN

- Being Part II of the qualifying programme for ANFMP membership, only those who completed the Professional Qualification in Nutritional and Functional Medicine (PQNFM) Part I offered by SCOTMED, may apply.
- Degree in Nutritional and Functional Medicine awarded by a JPA – recognised universities.



SYLLABUS

Professional Practice Modules

1. Fundamentals of Evidence-based Medicine

- Globally, all forms of medicine are moving towards scientific evidence-based instead of 'authority-based'. Practitioners are able to identify the various levels or types of medical evidence to be used to inform their clinical practice and the various steps in achieving evidence-based practice including fundamental skills on searching medical databases to secure evidence-based knowledge on non-invasive screening and diagnosis.

2. Naturopathic Approach to Medicine

- Understanding the rationale behind functional or naturopathic medicine is a pre-requisite for excellence in the clinical practice of nutritional medicine.

3. Medical Ethics & Law

- Fundamental knowledge on ethics adopted for healthcare research and clinical practice. Additionally, candidates understand key provisions of relevant laws applicable to complementary medicine.

Specialist Modules

1. Diabetes Mellitus

- Dietary and lifestyle approaches to managing serum glucose.
- Use of evidence-based nutraceuticals as adjunct therapy for elevated fasting blood glucose, HbA1c, hyperinsulinemia, and related metabolic disorders.

2. Thyroid Dysfunction

- Evidence-based nutraceuticals and herbal extracts as adjunct therapy for chronic conditions linked to thyroid disorders.
- Dietary and lifestyle approaches to managing hyperthyroidism and hypothyroidism.

3. Atherosclerosis

- Dietary and lifestyle approaches to managing the various chronic health issues arising from early stage atherosclerosis.
- Use of evidence-based nutraceuticals, herbs, spices and vitamins as adjunct therapy for hypercholesterolemia, elevated fibrinogen, C-reactive protein, and hyperhomocysteinemia.
- Role of chronic diabetes in atherosclerosis.

4. Immune Dysfunction

- Role of heavy metals in immune dysfunctions. Trace nutrients as adjunct therapy for balancing immunity.
- Dietary and lifestyle approaches in managing chronic health conditions associated with autoimmunity.

5. Adjunctive Treatment for Malignancy

- Known causes of cellular mutations. Physiopathology of carcinogenesis and apoptosis.
- Dietary, lifestyle, and evidence-based nutritional approaches to help manage chronic health issues arising from early stage malignancy.

6. Chronic Renal Dysfunction

- Role of hypertension, hyperuricemia, and fructose in promoting renal dysfunctions.
- Dietary, lifestyle, and evidence-based nutritional approaches to managing complications arising from early stage chronic renal dysfunction.

7. Skin Disorders

- Evidenced-based nutraceuticals and herbs as adjunct therapy for eczema and psoriasis.
- Dietary, lifestyle, and evidence-based nutritional approaches to help manage chronic skin problems.

8. Chronic Allergies

- Role of IgE and IgG in promoting allergies. Role of nutrients and food extracts in managing chronic allergies.
- Dietary and lifestyle approaches to managing their related chronic allergic responses.

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| Methods of Learning | Classroom / Online Session / Tutorial | | |
| Location | School of Complementary & Traditional Medicine (Ampang) | | |
| Mode of Study | Part Time | Fee | RM32,000.00 (Subject to SST currently in force) |
| Duration | 18 Months | Intake | July 2025 |
| Payment Details | Cheque payable to : DSY Medical Education Sdn Bhd Online transfer to : Public Bank (Account No. 3219075600) | | |

| Registration Form | |
|-------------------------|---------------|
| Full Name : | Contact No. : |
| IC No. : | Email : |
| Age : | Gender : |
| Nationality : | Address : |
| Highest Qualification : | |
| Current Occupation : | |
| Current Employer : | |

Note:

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



SCHOOL OF COMPLEMENTARY & TRADITIONAL MEDICINE

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

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