

Orientation Course of Complementary and Integrative Medicine for Healthcare Professionals

Activity Code: AGI-03-P208

Category 1 – Accredited Group Learning Activity

Activity Format: **Workshop**

Delivery Mode: **Face-to-Face**

Target Audience: **Physicians, Pharmacists, and Allied Health Professionals.**

Venue: **Qatar University, College of Education, Building I10, Auditorium C306**

Date & Time: **8 October 2026, 08:00-14:30 and 10 October 2026, 08:00-15:00**

Overall Educational Purpose / Activity Aim

This Continuing Professional Development (CPD) activity is designed to address identified knowledge and skill gaps among healthcare professionals regarding complementary and integrative medicine. It aims to strengthen participants' ability to understand key terminology, critically evaluate the safety and efficacy of complementary medicine practices, identify potential herb-drug interactions, and communicate effectively with patients about complementary medicine use.

Learning Objectives

Learning outcomes are learner-centered, observable, and measurable, and are aligned with Moore's Outcomes Framework for Continuing Professional Development and DHP-AS Educational Standards

1. Identify / Describe (Knowledge - Moore Level 3)
 1. LO1: Participants will be able to **define** evidence-based complementary medicine terminology and summarize key global trends in integrative health.
 2. LO2: Participants will be able to **critically evaluate** the safety, efficacy, and common contraindications of selected complementary medicine practices.

2. Apply / Analyze (Competence / Skills - Moore Level 4)

1. LO3: Participants will be able to **identify** clinically relevant herb-drug interactions and related patient-safety concerns.
2. LO4: Participants will be able to **demonstrate** non-judgmental history-taking and patient-communication techniques during consultations about complementary medicine use.

3. Evaluate / Implement (Performance / Practice Change - Moore Level 5)

1. LO5: Participants will be able to **apply** clinical decision-making to assess, counsel, safely integrate, or appropriately refer patients who inquire about complementary therapies.

Notes (Mandatory – DHP-AS):

- Learning outcomes must be written from the learner's perspective.
- Use measurable action verbs (e.g., identify, apply, evaluate, implement) consistent with Bloom's Taxonomy to support Moore's CPD outcome levels.
- Outcomes must be aligned with identified needs and evaluation methods.
- Learning outcomes are evaluated using pre-/post-session evaluation questionnaires, case-based discussion, and intent-to-apply measures.

Scientific Program & Session-Specific Learning Objectives

Date: 8 October 2026 (Day 1)

Time	Session Title	Speaker / Role	Educational Method	Mapped Learning Objective(s)	Interactive Component
08:00 to 08:15	Opening & Welcome	Chair / Moderator	Introduction		
08:15 to 08:20	Day 1 Pre-session evaluation questionnaire	Moderator	Pre-session evaluation questionnaire		
08:20 to 09:10	Module 1: Introduction to Complementary Medicine	Dr. Tamer Aboushanab, Former Researcher - National Center for Complementary and Alternative Medicine, Ministry of Health - Saudi Arabia; Physician - Ministry of Health - Egypt	Lecture	LO1: Define evidence-based complementary medicine terminology and summarize key global trends in integrative health.	
09:10 to 09:30	Interactive session of Module 1	Dr. Tamer Aboushanab	Moderated Q&A	LO1: Define evidence-based complementary medicine terminology and summarize key global trends in integrative health.	Moderated Q&A (20 min)
09:30 to 09:45	Break	-	-	-	-
09:45 to 11:00	Module 2: Physical (Manipulative) Practices	Dr. Zainab Al Musleh, Assistant Professor - Qatar	Lecture + video demonstration	LO2: Critically evaluate the safety, efficacy, and common	

		University; ENT Consultant - HMC, Qatar		contraindications of selected complementary medicine practices.	
11:00 to 11:30	Interactive session of Module 2	Dr. Zainab Al Musleh	Case-based discussion + moderated Q&A	LO2: Critically evaluate the safety, efficacy, and common contraindications of selected complementary medicine practices.	Case-based discussion and moderated Q&A (30 min)
11:30 to 11:45	Break	-	-	-	-
11:45 to 13:00	Module 3: Other Complementary Practices	Dr. Tamer Aboushanab, Former Researcher - National Center for Complementary and Alternative Medicine, Ministry of Health - Saudi Arabia; Physician - Ministry of Health - Egypt	Lecture + video demonstration	LO2: Critically evaluate the safety, efficacy, and common contraindications of selected complementary medicine practices.	
13:00 to 13:30	Interactive session of Module 3	Dr. Tamer Aboushanab	Case-based discussion + moderated Q&A	LO2: Critically evaluate the safety, efficacy, and common contraindications of selected complementary medicine practices.	Case-based discussion and moderated Q&A (30 min)
13:30 to 14:20	Group Discussion: The Global Shift	Facilitator / Both speakers	Facilitated group discussion	LO1: Summarize key global trends in integrative health and discuss their relevance to clinical practice. LO5: Apply clinical decision-making to consider safe integration or appropriate referral in local practice contexts.	Facilitated group discussion (50 min)

14:20 to 14:25	Post-session evaluation questionnaire	Moderator	Post-session evaluation questionnaire		
14:25 to 14:30	Closing Remarks	Chair	Wrap-up		—

Date: 10 October 2026 (Day 2)					
Time	Session Title	Speaker / Role	Educational Method	Mapped Learning Objective(s)	Interactive Component
08:00 to 08:10	Opening Day 2 and Summary of Day 1	Chair / Moderator	Summary	Brief participants on the first day's key messages.	
08:10 to 08:15	Day 2 Pre-session evaluation questionnaire	Moderator	Pre-session evaluation questionnaire		
08:15 to 09:25	Module 4: Herb-Drug Interactions & Safety	Dr. Tamer Aboushanab, Former Researcher - National Center for Complementary and Alternative Medicine, Ministry of Health - Saudi Arabia; Physician - Ministry of Health - Egypt	Lecture + Case Review	LO3: Identify clinically relevant herb-drug interactions and related patient-safety concerns.	
09:25 to 09:45	Interactive session of Module 4	Dr. Tamer Aboushanab	Case-based discussion + moderated Q&A	LO3: Identify clinically relevant herb-drug interactions and related patient-safety concerns.	Case-based discussion and moderated Q&A (20 min)

09:45 to 10:00	Break	-	-	-	-
10:00 to 10:20	Module 5: Consultation and Communication	Both speakers	Lecture	LO4: Demonstrate non-judgmental history-taking and patient-communication techniques during consultations about complementary medicine use.	
10:20 to 11:45	Interactive session of Module 5	Both speakers	Role play + facilitated discussion	LO4: Demonstrate non-judgmental history-taking and patient-communication techniques during consultations about complementary medicine use. LO5: Apply clinical decision-making to assess, counsel, safely integrate, or appropriately refer patients who inquire about complementary therapies.	Role play and facilitated discussion (85 min)
11:45 to 12:00	Break	-	-	-	-
12:00 to 13:30	Integration Workshop	Both speakers	Case-based learning	LO5: Apply clinical decision-making to assess, counsel, safely integrate, or appropriately refer patients who inquire about complementary therapies.	Case-based discussion and moderated Q&A (90 min)
13:30 to 14:30	Case Studies & Referral Networks	Both speakers	Case-based learning	LO5: Apply clinical decision-making to assess, counsel, safely integrate, or appropriately refer patients who inquire about complementary therapies.	Case-based discussion and moderated Q&A (60 min)
14:30 to 14:40	*Mandatory CPD Evaluation & Reflection	Moderator	Evaluation / Reflection		Online evaluation

14:40 to 14:50	Day 2 Post-session evaluation questionnaire	Moderator	Post-session evaluation questionnaire		
14:50 to 15:00	Closing Remarks	Chair	Wrap-up	Summarize key messages.	—

The total educational time is 675 minutes, equivalent to 11.25 CPD hours. Of this, 385 minutes are allocated to interactive learning activities, including case-based discussions, moderated Q&A, role play, facilitated group discussion, and workshop-based activities. This represents approximately 57% of the total educational time and exceeds the DHP-AS minimum interactive learning requirement

Accreditation & Compliance Statements (Mandatory)

Please confirm the following before submission:

- ☒ Each speaker, moderator, facilitator, and Scientific Planning Committee member has completed a Conflict-of-Interest Declaration.
- ☒ The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.
- ☒ All SPC members completed COI declarations, which were reviewed and managed by the CPD-HP Office/independent reviewer in accordance with QU Health CPD-HP procedures.
- ☒ Educational content is evidence-based, balanced, scientifically rigorous, and free of commercial bias.
- ☒ The activity content, learning objectives, educational methods, interactive components, and evaluation tools are aligned with the identified learning needs.
- ☒ The target audience is clearly defined and consistent across the needs assessment, program description, registration form, attendance sheet, and certificate issuance process.
- ☒ CPD credits will be awarded only to participants within the approved target audience.
- ☒ Attendance records, evaluation results, COI forms, SPC documentation, program materials, and certificate records will be maintained for a minimum of 6 years.
- ☒ The final attendance list will be verified before certificate issuance and DHP portal upload.
- ☒ Professional designation / license category will be checked, where applicable, to confirm eligibility for CPD credit.

Important Note: This template is primarily designed for Category 1 Accredited Group Learning Activities. If the activity is submitted as Category 3, the applicable Category 3 assessment-specific requirements, attachments, feedback mechanisms, and accreditation statement must also be completed.

Accreditation Statements (Use Exactly as Below)

- “This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health’s Department of Healthcare Professions – Accreditation Section and is approved for a maximum of 11.25 CPD hours.”
 - “CPD-HP (QU Health) is accredited by the Ministry of Public Health’s Department of Healthcare Professions – Accreditation Section (DHP-AS) as a provider of Continuing Professional Development.”
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