

**TRAINING MANUAL FOR
PRACTISING TRADITIONAL
HEALTH PRACTITIONERS (THP'S)
IN EAST AFRICA**

**KENYAN NETWORK ON MEDICINAL PLANTS AND TRADITIONAL
MEDICINE (EASTERN AFRICA)**

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We acknowledge comments from Dr. Mathiu Mbaabu, Staline Kibet and Dr. Esther Matu for the useful comments they made on the draft.

LIST OF ACRONYMS

NMK	National Museums of Kenya
ABS	Access and Benefit Sharing
AIDS	Acquired Immune Deficiency Syndrome
AU	African Union
CIKSAP	Centre for Indigenous Knowledge Products
CITES	Convention on International Trade of Endangered Species of Fauna and Flora
HIV	Human Immunodeficiency Virus
IK	Indigenous Knowledge
IPRs	Intellectual Property Rights
KEMRI	Kenya Medical Research Institute
KENRIK	Kenya Resources of Indigenous Knowledge
KIPI	Kenya Industrial Property Institute
MP	Medicinal Plants
MTCT	Mother To Child Transmission
PIC	Prior Informed Consent
PLWAs	People Living With AIDS
PROMETRA	Promotion of Traditional Medicine
SAMTECH	School of Alternative Medicine and Technology
THPs	Traditional Health Practitioners
TM	Traditional Medicine
UoN	University of Nairobi
WHO	World Health Organization
R & D	Research and Development
CBD	Centre for Biodiversity
BGCI	Botanical Gardens Conservation International
MAT'S	Mutually Agreed Terms
IP	International Policy
MTAs	Material Transfer Agreements

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SECTION ONE: SUMMARY OF THE TRAINING PROGRAMME

The aim of the training programme is to improve the service delivery of traditional health practitioners in East Africa, with the aim of strengthening their practices through capacity building. The focus of the training manual is traditional health practitioners (THPs) already practicing traditional medicine.

The Network Project

This manual is an activity within an ongoing project with the Network on Medicinal Plants and Traditional Medicine (Eastern Africa), whose overall aim is *to promote the conservation and sustainable, safe, and effective use of medicinal plants and herbal products, as well as the integration of traditional medicine in public health services, through effective collaboration among all stakeholders*. The specific objective under which this activity falls within, is *to strengthen the capacity of traditional health practitioner associations and collaboration between them and health workers, researchers and policy/decision makers, in order to support integration of traditional medicine in public health care*.

Justification

The following documents were referred to during the writing of the manual: Country reports of the traditional health practitioners needs assessment in Kenya, Uganda and Tanzania; World Health Organisation guidelines on Ethics: Theta Training manual; and Prometra Curriculum for traditional healers.

Task force

A task force of ten (10) professionals was constituted and mandated with the task of developing the training manual. These are Dr. Jennifer Orwa, Prof. Julius Mwangi, Mr. Ndua Chege, Dr. S.T. Kariuki, Ms. Peris Kariuki, Dr. Jack Githae, Mr. Stanely Atsali, Ms. Peris Kamau and Ms. Martha Njama.

It is hoped that this manual will form a baseline that can be referred to in future when training traditional health practitioners (THPs).

Objectives

The broad objective of developing a training manual is to add value of traditional health practice in health care in Kenya, Uganda and Tanzania, and improve on the conservation and sustainable use of medicinal plants.

Specific objectives are:

- a) To equip THPs with basic knowledge on human anatomy and physiology
- b) To familiarize THPs with conventional health practices so as to open bilateral consultation
- c) To acquaint THPs of their professional limitations, medical ethics and general public health regulations
- d) To create awareness among THPs on quality services
- e) To familiarize THPs with policy and legal issues on the health care, TM and MP issues



THPs training workshop field trip



INTRODUCTION TO TRADITIONAL MEDICINE

Topic	Aims/Objectives	Content	Method/Material
Traditional Medicine	To give a clear understanding of traditional medicine as a profession	Philosophy and history of traditional systems of medicines; An overview to history and philosophy, status and prospects of traditional TM; Commonly used terminologies within the TM profession of indigenous Africa THP; Other forms of traditional medicine including : Chinese medicine, Unani Homeopathy	Lecture and Discussions
Constituents/ materials used in TM	Plants, minerals and animals/animal products used in TM. Their conservation status/ threats availability and threats on these resources	General Practitioners also known as herbalists; Traditional Birth attendants, Bone-setters and dentists Psychotherapists; Surgeons (circumcisers and brain surgeons)	Lectures and Group work
TM Today/ Current status	To inform THPS of the current trend of TM	Growth and development of traditional medicine: WHO: Alma Atta Declaration OAU- (now African Union: Decade for Traditional Medicine (2001-2010); -What is the contribution of TM to modern health care in Africa and globally; -How TM contradict and integrate with conventional medicine? -How can TM be integrated or coexist with conventional medicine;	Lectures and discussions

		-The government's attitude and strategy to TM?	
Future of TM	To help THPs project into the future of traditional medicine	-The future of TM; -Following emergence of new diseases, how is TM coping? and to respond? -What gaps are left by conventional medicine which TM covers? How the renaissance and awakening in Africa will influence TM	
Herbal medicine versus conventional medicine	Comparing and contrasting the two medical practices	Complementary roles; Divergencies and discrepancies; What the implications are; the way forward	



THPs training workshop field trip
Nyeri



SECTION TWO
CONSERVATION AND SUSTAINBLE USE OF TRADITIONAL
MEDICINE AND MEDICINAL PLANTS

TAXONOMY MADE SIMPLE (HERBARIUM TECHNIQUES)

Topic	Aims and Objectives	Content	Method/Material
The Herbarium	At the end of the course the participants will be able to appreciate and understand the functions and roles of the herbarium	What is a Herbarium; Role of the herbaria; Different types of herbaria; Development of small herbaria (village herbaria); Basic plants curation	Lecture, Posters, Photos, and Demonstrations
Plant Collection	At the end of the course the participants will learn the basic requirement on field plants' collection and methods of preservation, pressing and seasons of collections	Techniques, methods and procedures of plants collection and preservation; Equipments used for plants collection and preservation; Making notes, pressing and drying specimens; Changing paper on pressed specimens; Preservation methods for collected plant specimen for future reference; Types of collections e.g. Monocots, spirit, carpological collection etc	Lecture, Field work, Demonstration and posters
Identification	To enable THPs to identify plants correctly (plants names) and on their own	Basic identification (use of keys, matching with voucher specimen, morphological features, etc); correct handling and labeling of plants; visual difference between a monocot and dicot angiosperm and gymnosperms and other groups of plants e.g ferns, algae, fungi etc	Lecture and Field work
Mounting	To learn how to mount specimens for permanent records	Purpose of mounting plant specimens, Procedures of mounting plant specimens; and tools and equipments used in mounting	Demonstrations

Pest control	To learn how to handle the problems of infestation on the herbarium specimens	Methods of minimizing infestation in herbarium; types of infestation in the herbarium (past experiences), handling pests in herbarium e.g. fumigation, deep freezing etc, structural requirements/minimum condition of a herbarium	Lecture and Discussions
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CONSERVATION /SUSTAINABLE USE OF MEDICINAL PLANTS

Topic	Aims and Objectives	Content	Method/Material
Introduction to plant conservation	The main objective is to understand the need for resource conservation -To define development, conservation and sustainable resource utilization	Definitions; Development, biosphere, living and non-living resources; Conservation, preservation, sustainable development biodiversity and essential ecology processes	Lecture
Conservation approaches	To understand different options of plant conservation and their advantages	Conservation options: (in-situ, ex-situ strategies, their advantages and limitations and how to choose either or both.) Community woodlots; contour planting: Alley or hedgerow; Linear planting: Shelterbelts; silvopastoral systems; Land rehabilitation; reclamation and plantations. Plants under CITES list and what it means	Lecture, field visits and demonstration
Plant propagation	To understand different methods of plant propagation	Propagation; Seed Collection; Nursery site selection; Nursery preparation and management, Propagation from seeds to include pre-germination treatment vegetative propagation us eof stem cuttings tubers suckers etc	Lecture and Demonstrations

		Records of all planting activities e.g. species date of sowing, date of germination, germination percentage etc.	
Agro forestry	To familiarize participants with the concept of growing trees in association with crops and livestock	Definition of agroforestry and why it is important; Species and their features	Lecture and field tours
Home/Herbal gardens and sustainable harvesting	To train THPS on how to develop and manage a herbal garden	Demonstration of strip barking and selective root harvesting and other parts Development of Botanic Gardens as resource centers for education, research conservation and recreation Plant labeling and records of uses	Field demonstration, lecture notes and posters
Trade in medicinal plants	To understand the role of local and international trade of medicinal plants; restrictions if any	Trade in medical plants; Need for standardized prices by a central body. Discuss plant materials sold, prices and destination and a list of the most sourced plants	Lecture, specimens of plant materials exported publications, newspaper cuttings

UNIT TWO: INDIGENOUS KNOWLEDGE DOCUMENTATION

Topic	Aims and Objectives	Content	Method/Material
Indigenous knowledge	To introduce THPs on the importance of Traditional knowledge , indigenous knowledge and its relevance in development	Introduction to indigenous knowledge; What indigenous, community, and common knowledge is ; What the various indigenous knowledge systems are	Lecture, group discussions
Documentation of IK	To help THPs understand the value of documenting indigenous knowledge. To inform participants and help them appreciate the values and methods of documenting IK	Indigenous knowledge for posterity and as part of our cultural and natural heritage, basis for national development: and asset: To protect ourselves against bio-piracy nationally and internationally The use of local languages in preserving indigenous knowledge; Word of mouth publications e.g. a National pharmacopia: Databases: and audio visual material	Lecture, Group discussions and Case Studies
Institutions Dealing with IK	To introduce THPs to the local and international Institutions which are useful in relation to traditional Knowledge	Institutions dealing with documentation of indigenous knowledge; community groups; Case studies of IK communities; Biopiracy and bioprospecting	
Ethnobotany	To familiarize participants with the data collected during ethno botanical surveys	Local name; scientific name English names; habitat; what the plant look; like, height; flowers; seeds. plant parts used; medicines preparation, dosage and any known side effects /contraindications	Lecture and Ethno botany Manual
Traditional Technologies	To enable THPs appreciate the importance and role of traditional technologies in TM	Technologies in propagation: preparation; and preservation and use of TM from different communities.	

SECTION THREE

THEME :

HEALTH TRAINING UNITS

Topic	Aims and Objectives	Content	Method/Material
Collection/ Post harvesting/ Storage	At the end of this sub-unit the participants will be able to describe how to collect, process, store and preserve TMs in a sanitary manner	Teach appropriate methods of collection/harvesting, processing, storage and preservation of TM.	Lecture and Demonstrations field
Record keeping	At the end of this sub-unit, participants will be able to: Describe the usefulness of record keeping; Know how to keep the records; Acquaint themselves with all records and information on herbs; Prepare documentations to facilitate efficient recording of information Keep all relevant records and information on herbs and label them from the source	Advantages of record keeping; Basic records management; TM records documentation procedures; Patient records documentation procedures; Information collecting methods; Environmental/climatic conditions appropriate for storage	Lectures/Demonstrations and Display of sample materials from MoH
Record keeping II	Learnt the importance of record keeping and Familiarize with common tools used	Uses of records; Planning , Follow up; Teaching; Research; Feedback Common tools for keeping records: Daily facility records; Patient registers drug registers;	Lectures

	for record keeping	referral forms to and from various healers, e.g.; monthly reports e.g.	
Manufacturing Herbal Medicines	At the end of this sub-unit the participants will be able to: -Describe hygienic methods of preparing herbal medicines; & Describe appropriate environmental conditions for storage of herbs.	Health education, including personal hygiene; Use of clean vessels, clean water and clean hands during preparation. Environmental/climatic conditions appropriate for storage. Specific quantities /weights use	Lectures and demonstrations
Preparing herbal medicines	To enable THPs to make herbal preparations using well recognized hygienic methods	Safety and efficacy in manufacturing herbal remedies; recognition of dried plant material materials; quality record keeping in herbal manufacturing equipment required for manufacturing water-based preparations, herbal compresses. Dosage in herbal medicine; how to set up a small dispensary; how to dispense herbs accurately; route administration principle of herbal medicine	Demonstration and lectures
Herbal Pharmacology	To create an understanding of the role of plants chemicals (Phytochemistry) in clinical use of herbal medicine and its toxicity.	An overview of plant chemistry major groups of plant chemicals and their pharmacological effects. Diseases and side effects in herbal medicine.	Lectures and reference materials
Safety and efficacy of traditional medicine	At the end of this sub-unit the participants will be able to appreciate the benefits of ascertaining scientific evidence of	Strategies for promoting the use of traditional medicines in contemporary health care delivery systems that include research and development	Lectures and Discussions

	the safety and efficacy of TMs		
Drug Administration	Describe rational TM use and administration concepts, categories of irrational TM administration and interventions for promoting appropriate use of TMs	Route administration of TM administration: definition and principles of parenteral administration; Sterile preparations /eye preparation problems associated with parenteral administration of TMs; Irrational drug use; Categories of irrational TM use; Intervention strategies to improve TM use; Discuss the prescription process	Lectures
Referral systems to laboratories/ conventional doctors	Appreciate the importance of and describe cases for referral	Teach participants on the values of referral and aim at recognizing symptoms for diseases they cannot manage	Lectures and role plays
Use of simple modern equipment	To familiarize the THPs with the use of simple equipment in diagnosis	Teach THPS on how to use simple equipment for diagnosis e.g. blood pressure; blood glucose; pregnancy tests malaria kits e.t.c	Lecture and Demonstrations

SECTION FOUR

TOPIC: ETHICAL CONDUCT OF TRADITIONAL HEALTH PRACTITIONERS (DOCTOR PATIENT RELATIONSHIP)

Topic	Aims and Objectives	Content	Method/Material
Handling of patients	At the end of this sub-unit the participants will be able to listen and identify with patients, obtain information about people's concerns and needs, and to counsel and give advice.	<ul style="list-style-type: none"> • How to create a climate of trust, respect and positive regard for patients • How to listen with full attention to what others are saying • How to acknowledge and be supportive of others • How to identify with and understand people's concerns, problems and views • How to speak clearly and in a manner that others can understand 	Lectures and role plays
Diagnosis I	Inform THPs on how to take the history of the patient	Components of history, general examination vital signs and symptoms per system and tools of examination; Examine and make diagnosis; Physical examination and diagnostic signs; Symptoms following regions and systems ; pediatric and gynecological examination; psychiatric assessment; referral protocol; Medical tests, blood sputum, urine stool, x-rays and radiographic procedures	Lecture and role play

Diagnosis II	Introduce the THPs to the fundamental principles of pathology in order to make a diagnosis; and Enable participants to recognize signs and symptoms of common diseases	General pathology, definitions, classifications of disease and disorders wounds tumors, inflammations, disturbance of cellular nutrition growth, disorders of blood and blood circulation; Introduction to systematic pathology and; How to recognize symptoms of common diseases, such as diarrhoea and malnutrition, and then proceed to introduce more complex ones, such as HIV/AIDS.	Lectures and demonstrations
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SECTION FIVE:

CROSSCUTTING ISSUES

TOPICS: HOME BASED HEALTH CARE AND FAMILY PLANNING

Topic	Aims and Objectives	Content	Method/Material
Home based care	To teach THPs on caring for patients at home and train caretakers on how to do the same	Define home based health care; Discuss the aspects of care that can be provided at home; Discuss the importance of caring for PLWAs at home; Discuss the role of the traditional healers in Home Based Health Care; Who can provide home based health care; Safety requirements; Importance of home based health care; Relevance of traditional medicine to home base health care	Lectures , brain storming, video demonstration, role plays, posters discussions, field visits and question and answers
HIV/AIDS	To enable THPs to educate and advice the community members on issues on HIV/AIDS	The HIV/AIDS pandemic; Transmission, prevention Voluntary testing and counseling services And care of HIV/AIDS patients	Lecture and skit
Family Planning	Teach THPs on how to advice clients on the importance of Family Planning	Different methods of family planning: (traditional, natural and conventional)	Lectures and personal experiences by participants
Business skills	To enable THPs run clinics / home pharmacies	Pricing of services/goods in traditional medicine; importance of farming associations for better bargaining	Lecture
Professional Groups	To enable THPs see the value joining in THP associations and how to manage them	Constitutions and code of ethics; registration procedures	Lecture and Specimen constitutions

TOPICS: POLICY AND LEGAL MATTERS/ POLICY ISSUES

Topic	Aims & Objective	Content	Method/Material
Policy issues in medical practice	To familiarize THPs with national health policies adopted by the government to achieve health care goals	National guidelines for diagnosis treatment and prevention of Malaria; Reproductive health/family planning policy guidelines and standards for health care providers; Clinical guidelines for management of HIV infected pregnant women and prevention of MTCT of HIV in Kenya.	Lecture and reference documents
	To inform THPs on the regulation and enforcement of policies	Cap 242 Public health Act; Cap 243 Radiation Protection Act; Cap 244 Pharmacy and Poisons Act; Cap 245 Dangerous Drug Act; Cap 246 Malaria Prevention Act; Cap 248 Mental Health Act (1989) Cap 253 Medical Practitioners and Dentists Act ; Narcotic and psychotropic Act among others	Lecture and reference documents
Access and Benefit sharing issues	Prepare THPs to be able to participate effectively in the development of a local ABS system in their country	Domestication of international tools on ABS; Content of various ABS tools; Sample of a local ABS tool; Presentation of a prototype ABS tool	Lecture and Group work
International policy touching on TM/MP	Implementation of the convention, including the three goals and specifically goal three, through building capacity for THPs to participate effectively in the development of an ABS system; Policy development (TMMP); Participants to: Appreciate their role	Bonn-Guidelines, Akwe: kon guidelines and Addis Ababa principles and guidelines; for the sustainable use of biodiversity. -A Guide to using the working draft ABS Management tool; (Prior informed consent and Mutually agreed terms) Material transfer agreements MTAs : Patenting of herbal products (Patents , trade marks, geographical indications, utility models : Intellectual Property Rights	Lectures

	<p>in the policy development process, understand their role in enabling access to traditional knowledge of the related genetic resources, negotiate for benefits with R&D value adding institutions and partners and appreciate their role in PIC and MATs, and key agreements.</p>	<p>(IPRs): Access and benefit sharing (ABS): Rights and responsibilities and an enabling environment in relation to the above: Development of institutional IP agreements : Relevant IPs (Convention on Biological Diversity, National Patent Laws etc)</p> <p>Guide participants through the Boon-Guidelines, Akwe-kon guidelines Addis Ababa sustainability guidelines and ABS Management tool: Introduce the TMMP draft policy, and its relevance to THP and samples of Research agreements; PIC forms, Benefits sharing mechanisms; Case studies of where ABS has been applied</p>	
<p>Collaboration and networking in TM& MP issues</p>	<p>To promote collaboration and networking between traditional healers, local communities, researchers national research institutions, policy makers in research on TM and TM.</p>	<ul style="list-style-type: none"> • Benefits of networking and collaboration; • Formation of Community groups; • How researchers can help THPs in various aspects 	<p>Lectures and case studies</p>

TOPIC: WHO THPS CODE OF ETHICS & LIBRARY/INFORMATION MANAGEMENT)

Topic	Aims and Objectives	Content	Method/Material
Code of ethics for THPs	To inform THPs on the WHO set guidelines for TM and encourage them to come up with their own national guidelines	The WHO Traditional Health Practice Code of Ethics Guidelines for world health organization and member Countries	Model Code of Ethics for THPs in the WHO African Region for reference
Library Information Management	To sensitize THPs on the importance of referencing especially documented information. e.g Herbarium houses a unique botanical library with wide collection of books and journals from all the over the world.	Compulsory books for THPs; link between herbarium library and Traditional healer; various databases Access to various libraries in Kenya THPS home library ;Translation of hard science to soft science for THPs ; Use of charts, posters to convey messages and; How THPs can publish their knowledge; Use of the internet	Lectures and Demonstration
THPs Bulletin/ Newsletter	To enable THPs to share / and publish pieces of information	Newsletter/bulletin for THPS	Lecture and Sample

APPENDIX 1

NAMES, CONTACTS AND INSTITUTIONAL AFFILIATION OF TASKFORCE MEMBERS

No.	Names	Institution at Affiliation	Telephone	Email
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REFERENCES :

WHO Regional Office for Africa, Model Code of Ethics for Traditional Health Practitioners in the WHO African Region.