

MODULE: BASIC PLANT MEDICINE COURSE (2 Day)	
Module Goal	To provide learners the understanding of plant medicine and how to use it in every day life as well as for wilderness first aid situations.
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> • Understand how plant medicine works • Learn about the differences in plant medicine and pharmaceuticals • Learn the different ways to administer plant medicines • Understand tissue states • Learn basic first aid using plants • Learn how to manage pain with plants • Learn basic plant medicine on different body systems • Learn the basics of making medicine • Learn how to make a plant based first aid kit
Topics and Sub-Topics	<ul style="list-style-type: none"> • Introduction to Plant Medicine <ul style="list-style-type: none"> • What is plant medicine? • Traditional Native plant medicine use from the Cree tribe of Canada • Experiences with plant medicine • Latin Binomials • Traditional Medicine for a Modern World <ul style="list-style-type: none"> • A comparison of Plant Medicine and Pharmaceuticals • Bio-pathways for the layperson • Organ affinity/Localized herbs • Administering Plant Medicine <ul style="list-style-type: none"> • Understanding tissue states • Delivery systems • Delivery methods <ul style="list-style-type: none"> • Skin – salves, creams, oils, sprays, fomentations, wraps, poultice • Sublingual – tinctures, glycerites, acetums • Digestive – teas, decoction, eating • Inhalation – steams, smoking • Basic Plant First Aid <ul style="list-style-type: none"> • Barrier Nursing using plants • Sanitizers <ul style="list-style-type: none"> • Saponins • Natural hand sanitizers • Emergency Care <ul style="list-style-type: none"> • CPR Protocol • Shock <ul style="list-style-type: none"> • Protocol • Plant Sprays • Wound Care <ul style="list-style-type: none"> • Tools <ul style="list-style-type: none"> • Wound closure • Dry dressings • Moist dressings

	<ul style="list-style-type: none"> • Poultice • Wound Care Steps (Non Life threatening) <ul style="list-style-type: none"> • Protocol • 4 Stages of Wound Healing <ul style="list-style-type: none"> • Hemostasis • Inflammation/Infection • Proliferation/Granulation • Remodeling/Maturation • Plants and methods used in the 4 stages of wound healing • Burns <ul style="list-style-type: none"> • Superficial burns • Infection <ul style="list-style-type: none"> • Primary/initial • Basic Eye Care <ul style="list-style-type: none"> • Eye poultices • Basic Dental <ul style="list-style-type: none"> • Pain relief • Tooth sticks • Tooth powders • Bone/Muscle/Joint <ul style="list-style-type: none"> • Muscle and joint pain • Strains and sprains <ul style="list-style-type: none"> • Poultice • Liniment • Internal • Ottawa ankle rules • Wraps • Pain <ul style="list-style-type: none"> • Types of pain • Chasing pain • Helpful plants • Digestive <ul style="list-style-type: none"> • Nausea • Diarrhea • Constipation • Poisonings • Kidney/Bladder • Stings and bites • Making a Plant Based FAK • Basics of Medicine Making • Materia Medica <ul style="list-style-type: none"> • Yarrow • Plantain
Time	6 Hours per day estimated
Equipment	TBD