

## Health Sciences/Human Pathology Study Guide

Candidates for the CHC certification exam are required to have knowledge of the signs and symptoms of human disease; candidates must provide documentation of a minimum of 40 hours of pathology training, as well as documentation of a college level anatomy/physiology course. A CPR course is recommended, but not required. While the CHC recognizes that many of the candidates for the exam are not licensed and do not diagnose any condition their clients may have, this knowledge is crucial for competent practice of homeopathy. The safety of the client and quality of care that can be provided is the highest priority for any practitioner, and only with appropriate health science knowledge can this be achieved.

The CHC envisions certification as a strategy that supports each individual homeopath as well as the profession. We believe that a clear knowledge of pathology is required just as much for the client's well-being as for the homeopath's protection. Our goal is to certify that each practitioner obtains training that is necessary for competence for entry level homeopathic practice, meets a verifiable standard that is safe and competent and follows ethical guidelines that keep both clients and practitioners from harm. These guidelines were developed from *Standards for Homeopathic Education and Competencies for the Homeopathic Practitioner in North America (2013)*, through the Accreditation Council on Homeopathic Education in North America (ACHENA) as to the basic competencies practitioners are expected to demonstrate for entry level practice.

Each entry level homeopathic practitioner is expected to have a basic familiarity with these human disease conditions so that the practitioner avoids errors in practice or potentially serious medico-legal consequences. In addition, a working knowledge of pathology allows the homeopath to work more confidently with clients, fellow CAM practitioners and the Integrative health community.

- Each practitioner should have knowledge of medical terminology, clinical pathophysiology and therapeutics sufficient to allow the practitioner to interface with clients and other CAM practitioners. When encountering a diagnosed condition, the homeopath will be more readily able to go to the medical literature and learn more about the condition.
- All practitioners, licensed or unlicensed, must be able to recognize the signs and symptoms of potentially serious or life-threatening illness. When homeopaths with knowledge of human disease encounter an undiagnosed condition, they will be more capable of knowing when to: refer immediately; refer but not on an emergency basis; treat homeopathically without referring, which may easily lead to "malpractice."
- Homeopaths must be able to assess the appropriateness of homeopathy and other therapeutics, as well as the practitioner's own limitations of competence, for the safety and benefit of the client. Each practitioner needs to be aware of the kinds of complaints that typically do or do not respond well to homeopathy and counsel his/her clients appropriately.
- Every practitioner must understand the normal symptoms of common pathologies in order to identify individualizing and characteristic symptoms in the client that are so important to effective homeopathic remedy selection.
- In order to effectively manage client cases, an understanding of the normal progression of the pathology is necessary so that it is possible to tell whether, and in what ways, the client is improving. It is important to know conditions that tend to resolve on their own, as well as those that tend to change from one state to another, regardless of homeopathic intervention.
- The CHC wants each homeopath to have a successful and safe practice; we encourage every homeopath, certified or not, to learn the basic signs and symptoms of the complaints recommended for study by the Council for Homeopathic Education to support that goal.

The following recommendations are provided to ensure that candidates are prepared to perform well on the health sciences portions of the CHC exam. The CHC ethical guidelines require that each practitioner work within his/her level of capability and training; by providing this list of pathologies for students to study, the CHC does not in any way assert that any candidate who has become certified is prepared to work with all of these disease conditions. Each practitioner should seek appropriate mentoring and guidance when working with any disease condition new to his/her experience to ensure the transition from factual knowledge to clinical application is appropriate for the client.

Each applicant for the CHC exam is should have knowledge of the following pathologies, as recommended by ACHENA. With the breadth of pathology listed here, any specific version of the exam will not ask questions about all of it. As with the homeopathic remedies for the Materia Medica portions of the exam, any of the remedies listed could be covered on the exam, and only a subset of them will be queried on any particular exam version. However, the applicant is greatly benefited by the acquisition of the knowledge and review in all areas that study for the exam requires, as this creates a more robust knowledge base for practice.

The table on the following pages provides an overview of typical presentations of urgent/acute complaints and routine/chronic complaints by body system. There is, inevitably, overlap between both the body system involved and the nature of the complaint. Acute exacerbation of chronic complaints can appear as urgent; complaints have been listed here as they are most likely to appear and in a body system most affected. The arrangement here is only to minimize duplication, allow an orderly way to provide a coherent list, and to offer a suggestion for organization of study. For each item listed, the candidate should know the typical signs and symptoms, as well as the typical predisposing conditions and usual progression of disease. It is also recommended that each candidate be familiar with, or be able to research, typical diagnostic tests and therapeutics related to each condition, as this will be useful information in daily practice. This information is available in the Health Sciences recommended texts listed for exam preparation; many reliable and well-written websites also have excellent information on these pathologies, such as:

- [www.merckmanuals.com](http://www.merckmanuals.com)
- [www.webmd.com](http://www.webmd.com)
- <http://www.mayoclinic.com/health/DiseasesIndex/DiseasesIndex>
- <http://www.cdc.gov/DiseasesConditions/>

**Pathologies: Typical Presentations by Body System**

BODY SYSTEM	URGENT/ACUTE	ROUTINE/CHRONIC
Infectious (conditions not already listed in other categories)	HIV, sepsis, meningitis, encephalitis, mycoplasma infections (walking or atypical pneumonia), malaria, smallpox, anthrax	Influenza, common cold, mononucleosis, scarlet fever, pertussis, Fifth's disease, chlamydia, systemic candidiasis, moniliasis, trichomoniasis, amebiasis, giardiasis, hookworm, malaria (chronic)
Malignancy	Fever in immunosuppressed client, bleeding in thrombocytopenic client, acute spinal cord compression, intestinal obstruction, appropriate criteria for referral for any client suspected of having cancer	Recognition of signs and symptoms of common forms of cancer
Immunology	AIDS, anaphylaxis	Chronic fatigue immunodeficiency syndrome, environmental illness, systemic allergy, acquired and congenital immunodeficiency syndromes

BODY SYSTEM	URGENT/ACUTE	ROUTINE/CHRONIC
Skin	Melanoma, third degree burn, second degree burn over large surface area, drug rash, erythema multiforme, gangrene, abscess, cellulitis, syphilis, petechiae	Eczema, psoriasis, seborrhea, nevi, boils, impetigo, monilial dermatitis, tinea (...capitis, corporis, cruris, pedis, versicolor), vitiligo, syphilis, varicella, herpes (...zoster, simplex), molluscum, rubella, rubeola, warts, scabies, lice, first and second degree burns over small areas, urticaria, contact dermatitis (Rhus dermatitis), acne, rosacea, alopecia, aphthous stomatitis, lipoma, keloid, dermatofibroma, hemangioma, insect bites, basal cell carcinoma, squamous cell carcinoma, seborrheic keratosis, solar keratosis
Gastrointestinal and Mouth and Nutritional / Metabolic	Acute appendicitis, volvulus, intussusception, incarcerated hernia, acute abdomen and other surgical emergencies, upper and lower GI bleeding, acute hepatitis, acute pancreatitis, pyloric stenosis, acute cholecystitis, acute diarrhea, acute diverticulosis, acute parotitis, failure to thrive	Gall stones, flatulence, encopresis, constipation, chronic diarrhea, malabsorption syndromes, celiac disease, lactose intolerance, parasite infestation, hernia, peptic and duodenal ulcer, esophageal motility disorders, gastro-esophageal reflux, cirrhosis, acute gastroenteritis, Crohn's disease, ulcerative colitis, irritable bowel syndrome, hemorrhoids, chronic hepatitis B, hepatitis C, chronic pancreatitis, diverticulosis, periodontal disease, dental abscess, caries, obesity, anorexia, B-12 deficiency, phenylketonuria
Cardiovascular and Hematology	Acute myocardial infarction, cardiac and aortic aneurysm, hypertensive crisis, endocarditis, unstable angina, pericarditis, pericardial tamponade, congestive heart failure, acute arrhythmia, acute deep vein thrombosis, cerebral aneurysm, disseminated intravascular coagulation (DIC), immune thrombocytopenic purpura (ITP), thrombotic thrombocytopenic purpura (TTP)	Hypertension, stable angina, chronic arrhythmia, coronary artery disease, valvular heart disease, congenital heart disease, cardiomyopathy, chronic congestive heart failure, peripheral vascular disease, superficial thrombophlebitis, carotid artery stenosis, cerebral aneurysm, Reynaud's syndrome, anemia (nutritional, hereditary, associated with systemic disease), polycythemia, thrombocytopenia, leukopenia
Musculo-skeletal	Fractures, acute rheumatic fever, septic arthritis (gonococcal, Lyme, etc), temporal arteritis, acute gouty arthritis	Strains, sprains, osteoarthritis, osteoporosis, rheumatoid arthritis, gout, costochondritis, Reiter's syndrome, scleroderma, systemic lupus, erythematosus (SLE), polymyalgia rheumatica, polyarteritis nodosa, dermatomyositis/polymyositis, Sjogren's syndrome, ankylosing spondylitis, fibromyalgia, chronic Lyme disease, carpal tunnel syndrome, shin splints, back pain and other repetitive stress syndromes
Endocrine	Diabetic coma and ketosis, hyperthyroid crisis, acute hypoglycemia, thyroid nodule	Hyperthyroidism, hypothyroidism, diabetes mellitus, diabetes insipidus, Cushing's syndrome, Addison's disease, chronic hypoglycemia, thyroid enlargement, acromegaly
Ophthalmology	Retinal detachment, iritis, uveitis, corneal abrasion, papilledema, acute red eye, foreign body	Conjunctivitis, stye, blepharitis, Meibomian cyst, lachrymal duct obstruction, subconjunctival hemorrhage, glaucoma, diabetic retinopathy, myopia, hyperopia, astigmatism, strabismus, cataract, ocular tumors, ocular migraine
Respiratory and Ear/Nose/Throat	Peritonsillar abscess, epiglottitis, foreign bodies (eye, ear, nose, throat), streptococcal pharyngitis, mastoiditis, acute asthma, status asthmaticus, pneumonia, pulmonary embolus, pneumothorax, tuberculosis	Otitis (media, externa), mastoiditis, hearing disorders, epistaxis, adenoid and tonsillar hypertrophic pharyngitis, sinusitis, allergic rhinitis, croup, laryngitis, bronchitis, chronic asthma, chronic obstructive pulmonary disease (COPD), pleurisy, tuberculosis, sarcoidosis, bronchiectasis, Meniere's disease, obstructive sleep apnea, occupational lung diseases (asbestosis, etc), carbon monoxide poisoning
Neurological	Stroke, subarachnoid hemorrhage, subdural hematoma, space occupying lesion / pathology, meningitis, encephalitis, cerebral abscess, skull fracture, vertebral fracture, Bell's palsy, trigeminal neuralgia	Headaches, post-concussive syndrome, vertigo, epilepsy, traumatic brain injury, multiple sclerosis, amyotrophic lateral sclerosis, myasthenia gravis, muscular dystrophy, peripheral neuropathy, sciatica, polio, vertebral disc disease, spinal stenosis, dementia, Parkinson's disease, cranial synostosis, Tourette's syndrome

BODY SYSTEM	URGENT/ACUTE	ROUTINE/CHRONIC
<p><b>Psychiatric</b></p>	<p>Suicidal or homicidal ideation, acute mania, acute psychosis, child abuse, spousal abuse, elder abuse, delirium</p>	<p>Post-traumatic stress syndrome, dissociative disorder, alcoholism, drug addiction, other substance abuse, bipolar disorders, psychosis, depression, grief reaction, obsessive-compulsive disorder, anxiety disorders, personality disorders, eating disorders, autism, Asperger's syndrome, verbal and non-verbal learning disorders, mental retardation, attention deficit disorder, dementia, somatization disorder, communication disorder (stutter, dyslexia, dysgraphia, etc), conduct disorder, tic disorders, sleep disorders, impulse control disorders, adjustment disorders</p>
<p><b>Reproductive and Genito-urinary</b></p>	<p>Ectopic pregnancy, uterine hemorrhage, pelvic inflammatory disease, acute STD (gonorrhea, syphilis, chlamydia, etc), toxemia of pregnancy, miscarriage, puerperal fever, pyelonephritis, kidney stones, testicular torsion, ovarian torsion, testicular cancer, acute renal failure, acute prostatitis, epididymitis</p>	<p>Pregnancy, nausea of pregnancy, hyperemesis gravidarum, bacterial vaginosis, vaginitis, HPV, cervical dysplasia, herpes simplex, vaginal atrophy, premenstrual syndrome, metrorrhagia, menopause, endometriosis, ovarian cyst, polycystic ovarian syndrome, amenorrhea, infertility, uterine prolapse, fibroids, infertility, breast lump, mastitis, sexual dysfunction (anorgasmia, impotence) , enuresis, urinary tract infection, incontinence, inguinal hernia, femoral hernia, chronic renal failure, chronic prostatitis</p>
<p><b>Pediatric</b> (conditions not already listed in other categories)</p>	<p>Congenital heart disorders, congenital gastrointestinal disease, newborn hyperbilirubinemia, fetal alcohol syndrome or drug withdrawal, child abuse</p>	<p>Lachrymal duct obstruction, herpangina, accident prevention, immunization, pica, lead poisoning, worms, cerebral palsy, atopic disease, developmental delay, anticipatory guidance, congenital hip dislocation, club foot</p>