



Educational Requirements

NAMA Program Hours Requirement Effective July 1, 2021

All NAMA Recognized Programs are required to be in full compliance by 7/1/21 and to show graduated adjustments starting 1/1/20 through 6/30/21 via their annual NAMA review.

Program	Total Minimum Program Course Hours	Total Minimum In Person Hours*	Total Minimum Synchronous Hours**	Total Maximum Asynchronous Hours***
AHC Program only	600	180	120	300
AHC+AP Programs	600+900=1,500	180+360=540	120+180=300	300+360=660
AP Program only	1,500	540	300	660
AHC+AP+AD Programs	600+900+2,500 =4,000	180+360+1500 =2,040	120+180+500 =800	300+360+500 =1160
AP+AD Programs	1,500+2,500 =4,000	540+1500=2,040	300+500=800	660+500=1160
AD Program only	4,000	2,040	800	1,160

**In person hours: Hours live and in person in a classroom or clinic with faculty physically present. This includes practicum and clinical sessions.*

***Synchronous hours: Virtual classroom where students and teacher are online at the same time and are able to interact in real time.*

****Asynchronous hours: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via web, email and message boards. Students do not have instant contact with teachers.*

Anatomy & Physiology Pre/Co Requisites

- In person: usually two sequential semesters of an Anatomy & Physiology sequence at a local university or community college.
- Online: Anatomy & Physiology course that is accompanied by a certificate of completion to be provided to the school upon enrollment, or before the AHC program awards the final certificate of completion for their program.
- A laboratory component is not required.
- Courses must cover the terminology, structure, and function of the human body and include:
 - Overview of cells
 - The Nervous System
 - The Cardiovascular System
 - The Respiratory System
 - The Digestive System
 - The Renal System
 - The Endocrine System
 - The Musculoskeletal System
 - The immune System
 - The Reproductive System
 - The Skin
 - Medical Terminology
 - *An emphasis on pathophysiology is encouraged but **not required** for AHC but will be required for AP and AD programs.*
- This prerequisite can be met through previous A&P course work. Schools are responsible for certifying that previously taken courses meet the guidelines as demonstrated by course syllabi, and must attain certificates or transcript details from the previous program to verify the course work was completed. These records should be maintained in student records within the school.
- Final AHC/AP/AD program transcripts provided to the NAMACB for exam application must include verification that the A&P pre/co requisite has been completed along with all other required curriculum for the AHC/AP/AD program as stated in the Educational Outline for Competency Guidelines.
- If the course is offered as a co-requisite, it must be in addition to the minimum hours of Ayurvedic education per the Educational Outline for Competency Guidelines as published.

Ayurvedic Health Counselor (AHC)

Prerequisite/Co-requisite: 4 credits (1 credit=15 course hours) of college level anatomy & physiology or equivalent

Ayurvedic Practitioner (AP) and Ayurvedic Doctor (AD)

Prerequisite/Co-requisite: 6 credits of college level anatomy & physiology or equivalent

- **For students considering further education in Ayurveda, a college level, or equivalent, A&P course (6-8 credits) will be required for both the Ayurvedic Practitioner (AP) and Ayurvedic Doctor (AD) level trainings.** Schools should be prepared to guide students into the best choice of A&P courses based on the student's ultimate career goal at the time of initial student application and interviews.

CLIENT/PATIENT ENCOUNTER GUIDELINES

Definition of Client/Patient Encounter (PE): *A client/patient encounter refers to each encounter: initial or follow up. Schools are encouraged to provide the opportunity for long-term follow up by which students can experience outcomes.* A client/patient encounter is defined as a combination of the following:

- a) Experience history and/or outcomes of clients/patients in order to acquire significant clinical knowledge and experience. This experience can be gained in a variety of ways, including observation, internship, externship, small group work, or apprenticeship (working under and alongside the practitioner in a graduated responsibility model).
- b) Carry out procedures such as history taking; *prakṛti* and *vikṛti* assessment; pulse, tongue and nail diagnosis; as well as other appropriate methods in order to gain assessment fluency. This cannot be accomplished by passive observation, but can be attained in a variety of settings including intern, small group work or apprenticeship (working under and alongside the practitioner in a graduated responsibility model).
- c) Carry out clinical application of Ayurveda as per category designation. *Refer to the *Scope of Practice for the Ayurvedic Profession, Ayurvedic Health Counselor: Educational Outline for Competency, Ayurvedic Practitioner: Educational Outline for Competency* and *Ayurvedic Doctor: Educational Outline for Competency* documents for specific details.

Three Settings for Client/Patient Encounters

1. Observation: Witness preceptor working with a client/patient with limited student involvement
2. Student/client encounter with direct supervision of preceptor. This includes working one-on-one or in small groups of two or three.
3. Student/client one-on-one, in a more intimate setting with student doing complete intake, recommendations and follow-up; to be supervised directly or via externship. All but 5 initial encounters should be in-person. It is acceptable for follow up encounters to be through a HIPAA compliant medium such as VSee (www.vsee.com)

Client/Patient Encounter Requirements by Category

<i>Ayurvedic Health Counselor</i>	<p>Requires a minimum of 50 client/patient encounters.</p> <ul style="list-style-type: none"> • A minimum of 25 client/patient encounters must be conducted in the setting of "One-on-One"*
<i>Ayurvedic Practitioner</i>	<p>Requires a minimum of 150 client/patient encounters.</p> <ul style="list-style-type: none"> • A maximum of 50 client/patient encounters conducted at the AHC level of training may be added toward the 150 client/patient encounter requirement. • A minimum of 50 client/patient encounters must be conducted in the setting of "One-on-One"* above and beyond the 25 one-on-one of the AHC requirements (for a total of 75 one-on-one encounters)
<i>Ayurvedic Doctor</i>	<p>Requires a minimum of 150 client/patient encounters beyond the AP level.</p> <ul style="list-style-type: none"> • A minimum of 125 client/patient encounters must be conducted in the setting of "One-on-One"*, reviewed by senior faculty and/or senior Doctor of Ayurveda.

*One-on-one” may include groups of two or three students, all of whom are fully engaged in all aspects of diagnosis and *chikitsa*, as long as each student provides a *chikitsa* plan reviewed by faculty. Only the “primary” students plan will be offered directly to the client.

Definition of Supervised/Supervision: Each and every client/patient encounter a student has is supervised by one or more of the methods outlined below. Schools offer a variety of valid methods of supervision, including but not limited to:

- a) Preceptor physically present
- b) Preceptor physically absent and checks student work afterward
- c) Preceptor present by live internet feed via a HIPAA-compliant telemedicine platform, (e.g. VSee www.vsee.com)
- d) Use of local mentors affiliated with the program.

Professional Level	Client/Patient Encounters Required
Ayurvedic Health Counselor	50
Ayurvedic Practitioner	150
Ayurvedic Doctor	300

Recording Client/Patient Encounters: For schools with onsite clinics, students can fill out a form or worksheet that is signed by the clinic for verification. For schools where the students are being mentored from a distance, an online recording system could be used. Some schools may choose to retain the client/patient encounter forms, while others might record the patient encounters on spreadsheets and return them to the students for their portfolio.

Inclusion on Transcripts: When the student applies for the NAMA Certification Board certification exam, the school must document the required client/patient encounters on the student transcript, just as the school documents that the student has completed the other educational requirements.