



# SOUTH AFRICAN ASSOCIATION OF REGISTERED PHYTOTHERAPISTS

SAARP 12th August 2021

SPECIAL INTEREST GROUP MEETING

AHPCSA CPD Guidelines: Special interest group meeting

PBHNP: LEVEL 1.A.4

## **AGENDA POINTS:**

Opening and welcome

Registration of Attendance: Dr. Wendy Staark, Dr. Carla Boswell, Dr. James Campbell, Dr. Mary-Saskia Carpenter, Dr. Tammi O'Flynn, Dr. Connie Meyer, Dr. Zingisa Mbono and Melissa Goodall.

Administration and apologies: Lufuno Maphaha, Dr. Sanien de Beer

Minutes of the previous meeting: Ratified by Dr. Mary-Saskia Carpenter, seconded by Dr. Caren Hauptfleisch.

Update on Member Portal

The member categories and applications are live on our website. The next and final step is to develop the member login portal and import all our monographs, e-books and webinars onto the platform. If you have any e-books which we can legally use, please email them to us.

Update on Lectures for the year

We would like to thank Dr. Catherine van Dorsten, Dr. Portia Tonie and Dr. Connie Meyer for their suggestions for speakers. We are amid applying for CPD for those who replied and volunteered to talk. We will soon be sending out 'save the dates' for the various lectures to come.

Journal Submissions

We would also like to thank Dr. Connie Meyer for her article submission. If anyone else has any submissions, please send it to us as soon as possible.

Update on Social Media Posts

We would like to thank Dr. Connie Meyer for her contribution to our social media posts. We are now rolling out the first 6 posts. If anyone has any time to support us on our social media platforms, please let us know.

## NEC Secretary and Community Manager

It's not too late to volunteer to become our secretary or community manager. We will need at least two professional board members by September 2022. Please think about whether you could take on this role.

## NEC Leaders through the years

We have started compiling a list of NEC leaders throughout the years. If you served on the SAARP executive committee, please let us know the years and the role you served.

## The POPI Act

It is important for all practitioners to stay up to date with legal matters. We will send the recording of the AHPCSA webinar that explains the POPI act and what it means to practitioners. Please watch it whenever you can.

## AOB

- Thoughts and opinions around COVID and vaccinations were discussed.
- Treatment approaches and clinical presentations of long COVID were discussed.
- The relation of COVID to anxiety and depression were discussed.
- Suggestions for breathing techniques and anxiety were discussed.
- Options for future lectures were a discussed.
  - A workshop to provide new practitioners a platform to ask experienced practitioners questions relating to practice management.
  - A new look at managing anxiety and depression. Breathing exercises training etc.
- Discussions around mental health and the Phytotherapy scope.
- Opening communication between UWC Kris Leisegang.
- A PDF pamphlet was suggested. Members will send their suggestions to be put on the pamphlet.
- Interest was shown in requesting permission for Phytotherapists to treat COVID in a hospital setting. It was decided that the NEC would contact our members to inquire about who would be interested in taking this further.
- Feedback was requested from members serving on AHPCSA Council, but none were in attendance.
- A document on trouble shooting Jitsi functions was suggested

## Closing