

# Oral and Intravenous Vitamin C Use in Health Care

This professional development e-learning course informs health care providers of the science behind vitamin C's pleiotropic roles in human health and disease, and the use of oral and intravenous vitamin C in specific health conditions, such as infection, cancer and cardiometabolic conditions.

**Course cost:** free

**REGISTER ONLINE**

**Course format:** online self-directed modular format

**Contents:** Over the last few decades there has been increased interest and renewed research into the role of vitamin C in acute and chronic conditions such as infection and cancer. Novel mechanisms of action have recently been discovered – dispelling many of the myths and misconceptions. Understanding the new evidence-based research in these fields will benefit health care providers in their patient care.

This modular e-learning course is designed as an introduction and overview for those new to oral and intravenous vitamin C use in healthcare, as well as for those already using the vitamin in their clinical practice who wish to know more about its mechanisms of action in different conditions. The course is registered for continuing professional development (CPD) and continuing medical education (CME) credits with a number of professional organisations (e.g. RNZCGP and CICM).

**Module 1** - Overview of vitamin C's functions, pharmacokinetics and safety

**Module 2** - Overview and measurement of vitamin C intake and body status

**Module 3** - Oral and intravenous vitamin C use in infection and sepsis

**Module 4** - Oral and intravenous vitamin C use in cancer

**Module 5** - Role and use of vitamin C in cardiometabolic conditions

**Module 6** - Intravenous vitamin C administration for practitioners

**Learning outcomes:** Following completion of this course the participant will be able to:

- Discuss the evidence-based role of vitamin C in health care, and disease prevention and therapy to colleagues and patients
- Explain the differences between oral and intravenous vitamin C to colleagues and patients
- Describe how vitamin C works in the body, including mechanisms related to specific disease states, to colleagues and patients
- Assess the potential usefulness of vitamin C administration to patients with specific health conditions in their healthcare practice
- Demonstrate awareness of the pharmacokinetics of, and potential safety issues with, oral and intravenous vitamin C
- Apply knowledge on vitamin C pharmacokinetics and administration to healthcare practice