

MASTERING MOLD ILLNESS IN FUNCTIONAL PRACTICE

COURSE DESCRIPTION:

This course trains learners to recognize, assess, and support clients with suspected mold-related illness using a functional, systems-based framework that prioritizes exposure reduction, addressing potential colonization, and sequenced detoxification/repair strategies. Content emphasizes mechanisms (immune, mast cell, mitochondrial, neuroinflammatory, endocrine) and practical application across environment, labs, and personalized recovery planning.

COURSE LEARNING OUTCOMES:

By the end of this course, students will be able to:

- Differentiate acute mold reactions/allergy patterns from chronic biotoxin-related mold illness using a systems-biology lens (including key exposures such as mycotoxins and fungal fragments).
- Explain major pathophysiologic mechanisms that drive multisystem symptoms (immune/cytokine signaling, mast cell activation, oxidative stress and mitochondrial effects, neuroinflammation, HPA-axis/endocrine disruption).
- Apply a phased clinical framework to case planning: reduce/avoid exposure, address suspected fungal colonization, then support detoxification and physiological repair in a sequenced manner.
- Select and justify categories of assessment used in functional practice (environmental sampling approaches and lab domains such as mycotoxin-related testing considerations, inflammatory markers, HPA-axis/hormone patterns, and gut/microbiome evaluation).
- Design foundational recovery recommendations using the D.R.E.S.S. framework (dietary strategies such as low-histamine/low-mold considerations, sleep/restoration, movement, stress regulation, and targeted supplementation principles).
- Personalize protocols and pacing to improve tolerance and reduce setbacks by accounting for bioindividual factors (e.g., symptom reactivity patterns, resilience capacity, and genetic susceptibility concepts discussed in the text).

AGENDA:

1. Module 1 : Mold 101 (1 hour 15 minutes)
2. Module 2 : Mold Illness Physiology (3 hours)
3. Module 3 : Mold and Environmental Toxin Exposure (30 minutes)
4. Module 4 : Mold Illness Testing (3 hours)
5. Module 5 : Mold Illness D.R.E.S.S. Strategies (2.5 hours)

Total: 10.25 hours This course expires 2/28/2028

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REFERENCES:

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DISCLOSURES:

The Advanced Education Department of AFDNP, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Provider #P1005

California Board of Registered Nursing Contact Hours Provided by AFDNP Inc. Provider approved by the California Board of Registered Nursing. Provider # 18098.

All faculty and planning members participating in this program have reported no relevant financial relationships with ineligible companies.

To receive continuing education credit, participants must complete the entire course, the post-quiz with a passing score of 80% or better, and an end-of-course evaluation.

This course is 10.25 contact hours and will expire on 2/28/2028