

26 August 2016

Annex 1 to the ERT Guideline

Aim, content and learning outcomes for core and specialised topics for theoretical training

Section B of the ERT guideline describes the topics that need to be addressed in the framework of the theoretical training to become a European Registered Toxicologist (ERT).

A candidate for registration needs to demonstrate basic knowledge in the core topics (B1-B14) that are considered as being essential for every toxicologist. In addition, the candidate needs to demonstrate knowledge in two specialised topics. The guideline lists a number of specialised topics (B15-B23). National registration boards can decide that they accept additional specialised topics.

Each topic will involve approximately 3-10 days of theoretical training.

Annex 1 describes the aim, content and learning outcomes for each topic.

LIST OF DESCRIPTIONS FOR CORE TOPICS

Topic B1: Principles of Toxicology

Aim: Knowledge and understanding of the basic principles of the science of toxicology.

Content:

- History, tasks and scope of toxicology
- Ethical principles
- Spectrum of adverse (toxic) effects
- Association between exposure to chemical substances and adverse effects
- Principles of dose-response relationships
- Modulation of adverse effects (individual and environmental factors, species differences)

Learning outcomes:

- Understand the basic principles of toxicology

Topic B2: Laboratory Animal Science including 3R

Aim: Knowledge and understanding of the main animal species used and their husbandry, and of the performance of animal experiments in the context of the pertinent ethical rules.

Content:

- Husbandry and welfare of laboratory animals
- Genetics, physiology, anatomy, nutrition and frequent diseases of laboratory animals
- Interspecies comparisons and extrapolation to humans, differences in anatomy, physiology, pathology and metabolism between laboratory animals and man
- Genetically modified laboratory animals
- Design protocols and performance of studies on animals
- Legislation and international guidelines on the protection of animals used for scientific purposes
- Implementation of the Refine, Reduce, Replace (3 R) principles

Learning outcomes:

- Understand the specific conditions, strengths and weaknesses of animal studies
- Be able to plan an animal experiment according to legislation and ethics
- Be able to interpret and evaluate the quality and relevance for humans of animal models in toxicological studies

Topic B3: Experimental Design and Biostatistics

Aim: Knowledge and understanding of major principles of biostatistics and their relevance for the design and statistical evaluation of toxicological studies, and awareness of major terms used in biostatistics.

Content:

- Definition of working hypothesis/experimental question, selection of methodology, data recording, good laboratory practice (GLP)
- Dose selection
- Normal and other distributions
- Principles of hypothesis testing
- The confidence limits approach
- Multiple comparisons problem
- Correlation and regression (linear and logistic)
- Sample size calculation
- Selection of appropriate statistical tests

Learning outcomes:

- Understand the concepts of experimental design and meaning of statistical terms and of statistical results
- Be able to apply statistical concepts, terms and procedures in the design and evaluation of toxicological studies
- Be able to assess and interpret the results of statistical testing

Topic B4: Molecular and cellular toxicology

Aim: Knowledge and understanding of cells as the primary target of organ toxicity, the molecular mechanisms involved in cellular toxicity, and the technological approaches available to identify and understand molecular and cellular toxicity.

Content:

- Normal structure and functions of cells and organs, homeostasis and adaptation, systems biology and toxicology, structure-activity relationships
- Biochemical and molecular mechanisms of cell toxicity in relation to target organs, e.g. necrosis, autophagy and apoptosis, typical endpoints of tissue injury, signalling pathways central to the control of the toxic outcome
- State-of-the art methods in molecular and cellular toxicology (molecular, biochemical, *in vivo*, *in vitro*, genetic, cell and animal engineering, reporter systems, bio-imaging, cell-sorting, proteomics, transcriptomics and metabolomics)

Learning outcomes:

- Understand the molecular and cellular concepts of toxicity in relation to target organs
- Be able to assess and use data from appropriate technologies in molecular and cellular toxicology

Topic B5: Absorption, Distribution, Metabolism and Excretion

Aim: Knowledge and understanding of the kinetics of chemical substances: absorption, distribution, metabolism and excretion (ADME).

Content:

- Qualitative and quantitative aspects of ADME processes as well as their importance for the toxicity of the chemical substances
- Relationship between the physico-chemical properties of chemical substances and passive or active (i.e. transporter-driven) membrane transport
- Absorption and tissue distribution of chemical substances
- Biotransformation processes and their role in toxicity and excretion; multiplicity and properties of the xenobiotic/drug metabolising enzymes in activation and inactivation of chemical substances
- Enzyme induction and inhibition and polymorphisms related to metabolism: toxicological, pharmacological and clinical consequences
- Species specificities in toxicokinetic/ADME studies
- Biokinetic analysis of concentration vs. time profiles of chemical substances and their metabolites in body fluids and tissues
- Modelling and mathematical description of the time course of disposition (ADME) of chemical substances in the whole organism using classic toxicokinetics model and physiologically based toxicokinetic model approaches

Learning outcomes:

- Understand the principles of absorption, distribution, metabolism and excretion (ADME)
- Be able to describe, qualitatively as well as quantitatively, the biokinetic profile of a chemical substance
- Be able to interpret the biokinetic behaviour of a chemical substance, and how this contributes to the toxicity of the substance

Topic B6: Target Organ Toxicology and Histopathology

Aim: Knowledge and understanding of the pathophysiology of organ systems and the pathological manifestations of toxic effects.

Content:

- Normal physiology of organs and their role in the homeostasis of the organism; normal gross and microscopic morphology
- Fundamental aspects of adverse effects: integrating biochemical, cellular and immunological knowledge of disease mechanisms at the level of cells and tissues
- Different forms of organ dysfunction and its consequences for the organism, as well as means of detecting, diagnosing and interpreting organ dysfunction
- Pathophysiology of the main organ systems involved in toxicology of chemical substances.
- Techniques applied in studying the morphology and histopathology of organs, including functional parameters and microscopic techniques

Learning outcomes:

- Understand the pathophysiological processes underlying toxic effects and the principal aspects of target organ pathology
- Be able to interpret the pathology of toxic effects at the level of organ systems and the macroscopic and microscopic aspects of pathological processes
- Understand the general procedures used in clinical/diagnostic and toxicological pathology (and the application of these techniques/approaches)

Topic B7: Toxicity of Environmental Pollutants

Aim: Knowledge and understanding of the toxicity and toxicology of pollutants in air, dust, sediment, soil and water, and natural toxins in the environment.

Content:

- Environmental pollutants and natural toxins
- Exposure to toxic chemical substances and systems occurring in the natural and living environments
- Models in environmental exposure assessment
- Persistence, bioaccumulation, biomagnification
- Characterization of environmental health risks
- Diseases caused by environmental pollutants
- International and national guidelines and regulations on human health and environmental pollutants

Learning outcomes:

- Understand changes in cells and organs and potential health effects caused by environmental pollutants and natural toxins
- Be able to evaluate potential risks relevant to humans from environmental pollutants and natural toxins
- Be able to apply the knowledge in preventive measures and regulatory decisions

Topic B8: Exposure assessment

Aim: Knowledge and understanding of exposure as an integral and necessary component in the sequence of events leading to potential health consequences.

Content:

- Scenarios, determinants and routes of exposure
- Strategies and design for exposure studies
- Measuring external and internal (biomonitoring) human exposures
- Quality assurance in exposure studies
- Statistical methods in exposure assessment
- Deterministic vs. probabilistic approaches
- Modelling of exposure and dose
- Aggregate and cumulative exposures to chemical substances
- Assessing exposures with biological markers

Learning outcomes:

- Understand the principles of the exposure assessment, differences of routes and absorption of chemical substances as well as limitations and accuracy of exposure measurements in both environmental and biological monitoring
- Be able to apply exposure assessment in multiple contexts
- Be able to use data from exposure measurements and models in risk assessments of chemical exposures

Topic B9: Epidemiology

Aim: Knowledge and understanding of the basic principles of epidemiology in relation to toxicology and how to understand epidemiological studies.

Content:

- Epidemiological study design and analysis
- Statistical methods used in epidemiological studies
- Types, strengths and limitations of epidemiological studies
- Systematic reviews and meta-analyses
- Exposure assessment in epidemiological studies
- Associations and causality between exposure and effect

Learning outcomes:

- Understand the basic terms in epidemiological research, differentiate between study designs and recognise the weaknesses and strengths
- Be able to evaluate epidemiological studies and use the data in risk assessment

Topic B10: Occupational Toxicology

Aim: Knowledge and understanding of the discipline of anticipating, recognising, evaluating and controlling health hazards in the working environment with the objective of protecting worker health and well-being.

Content:

- Principles and scope of occupational toxicology
- Occupational exposure routes
- Toxicity of occupationally relevant chemical substances
- Occupational toxicology of target organs and systems
- Ambient and biological monitoring in workplace assessment
- Principles of measuring airborne gases, vapours, aerosols and particulates
- Regulation of occupational exposures and exposure limits

Learning outcomes:

- Understand the role of occupational toxicology in worker health and safety
- Be able to interpret the results of occupational exposure assessments within the context of safety assessments
- Be able to provide toxicological input into occupational safety assessments

Topic B11: Genotoxicity and Carcinogenicity

Aim: Knowledge and understanding of the concepts by which genotoxic and non-genotoxic chemical substances act.

Content:

- Mechanism of action of mutagenic/genotoxic chemicals incl. metabolic activation and deactivation and repair mechanisms
- Mechanism of action of non-genotoxic carcinogens
- Epigenetics
- Identification of potential mutagenicity/genotoxicity by *in silico*, *in vitro* and *in vivo* methods
- Cancer: Major types and frequency in humans, natural history of cancer, mutation and selection, epigenetic changes, oncogenes and suppressor genes, risk factors
- Testing, evaluation and regulation of genotoxicity and carcinogenicity studies: Assays *in vitro*, short-term and long-term animal studies, QSAR methods, “omics” signature of carcinogens
- International classification schemes (e.g. IARC, CLP)

Learning outcomes:

- Understand main effects and mechanisms of action, testing strategies and human relevance of test results of chemical mutagens as well as genotoxic and non-genotoxic carcinogens
- Be able to design testing strategies for mutagenic and/or carcinogenic properties of chemicals, and to apply information on kinetics and metabolism in the analysis
- Be able to interpret data resulting from such studies

Topic B12: Reproductive and Developmental Toxicology

Aim: Knowledge and understanding of how chemical substances can interfere with fertility and the development of an organism, and how these effects are studied.

Content:

- Physiology and morphology of the male and female reproductive systems in experimental animals and in man
- Prenatal and postnatal organ development
- Effects and mechanisms of action of reproductive and developmental toxicants, role of maternal toxicity
- Germ cell mutations and methods of detection
- Standard testing for fertility impairment and developmental toxicity
- *In vitro* methods for assessing reproductive and developmental toxicity
- Hormonally active substances and their role in reproductive toxicology
- International classification schemes (e.g. CLP)

Learning outcomes:

- Understand the function of the reproductive organs, prenatal and postnatal organ development and effects and mechanisms of action of reproductive and developmental toxicants and hormonally active substances
- Be able to interpret data of reproductive and developmental toxicity tests

Topic B13: Risk Assessment of Chemicals

Aim: Knowledge and understanding of the basic principles and methods used in risk assessment of chemical substances.

Content:

- Problem formulation
- Hazard identification
- Hazard characterisation
- Exposure assessment
- Risk characterisation
- Risk management
- Risk perception and communication
- Application of risk assessment in different chemical sectors (e.g. chemicals, human pharmaceuticals, veterinary pharmaceuticals, pesticides and biocides, cosmetics, household and consumer products, food additives and contaminants)

Learning outcomes:

- Understand the basic principles and methods used in risk assessment
- Be able to interpret and assess a risk assessment report

Topic B14: Clinical and Forensic Toxicology

Aim: Knowledge and understanding of the toxic effects of natural and synthetic chemical substances and products in humans and how to treat patients exposed to toxic substances. Knowledge and understanding of the use of toxicology and related disciplines such as analytical and clinical chemistry to aid medical or legal investigation of death, poisoning and drug use.

Content:

Clinical toxicology

- Signs and symptoms of poisoning
- Important classes of poisons: pharmaceuticals in overdose, alcohol and drugs of abuse, household chemicals, industrial chemicals, pesticides, animal and plant poisons, natural toxins
- First aid and medical management of poisoning; use of antidotes
- Prevention of poisoning
- The role of poison information centres
- Surveillance of poisoning

Forensic toxicology

- Post-mortem toxicology
- Bio-analysis applied to clinical and forensic toxicology (analysis of post-mortem body fluids and tissues)
- Human performance toxicology
- Doping and doping control
- Drugs of abuse

Learning outcomes:

Clinical Toxicology

- Understand signs and symptoms of important toxic syndromes
- Understand the role of poison information services and systems for the surveillance of poisonings
- Be able to use clinical and laboratory findings in the risk assessment of acute toxic exposures

Forensic toxicology

- Understand the role of alcohol, drugs and poisons in causation of death
- Understand of the rules regarding performance enhancing drug use
- Be able to interpret the effects of alcohol and drugs on human performance
- Be able to apply this knowledge in the context of the medico-legal consequences of alcohol and drug use, and doping control

LIST OF DESCRIPTION OF SPECIALISED TOPICS

Topic B15: Drug Safety Assessment

Aim: Knowledge and understanding of the role of safety assessment in the drug discovery and development process, including the post-marketing phase.

Contents:

- The different steps of the entire process of drug discovery and development (including small molecules and biopharmaceuticals), and the role that safety assessment plays in each of them, from target identification to the post-marketing phase
- Toxicologically relevant *in silico*, *in vitro* and *in vivo* methods used during the discovery phase
- Regulatory requirements covering both the preclinical and clinical studies in the development phase
- Translational safety assessment, bridging the gap between animal and human studies
- Pharmaceuticals in the environment

Learning outcomes:

- Understand safety assessment in the process of drug discovery and development, and the types of data required over the course of the process
- Be able to critically discuss how different types of toxicological data (including data from predictive methods) can be assessed
- Understand how assessments affect decisions in a drug project and to identify important parameters when going from preclinical to clinical studies

Topic B16: Regulatory Toxicology

Aim: Knowledge and understanding of methods of toxicological risk assessment in regulatory processes for different categories of chemicals.

Content:

- Methodology for the different steps in risk assessment (hazard identification, hazard characterisation, exposure assessment, risk characterisation)
- Uncertainty in risk assessment
- Use of Adverse Outcome Pathways and Mode of Action Frameworks in risk assessment
- Derivation and use of health-based guidance values (e.g. RfD, ADI, AOEL, DNEL etc.)
- Application of regulations and guidelines for different sectors (e.g. chemicals, human pharmaceuticals, veterinary pharmaceuticals, pesticides and biocides, cosmetics, household and consumer products, food additives and contaminants)

Learning outcomes:

- Understand the application of risk assessment in different regulatory systems
- Be able to perform a basic risk assessment using toxicological and exposure data
- Be able to interpret data submitted for the purpose of registration and labelling of different types of chemicals substances

Topic B17: Ecotoxicology

Aim: Knowledge and understanding of the toxicology of contaminants and their harmful effects on constituents of the biosphere.

Content:

- Source and stressor characteristics
- Complexity of exposure
- Ecotoxicity tests
- Aquatic, sediment and terrestrial toxicity
- Ecotoxicant effects: change in population structure, health of individual species and damage to ecosystem
- Ecotoxicological endpoints
- Ecosystems potentially at risk
- Interconnections between ecosystems and human health
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Learning outcomes:

- Understand the multidisciplinary nature of ecosystem health
- Be able to apply the knowledge in ecotoxicology risk assessment and management

Topic B18: Nanomaterials

Aim: Knowledge and understanding of nanomaterial toxicology concerning natural and engineered materials.

Content:

- Characterisation of nanomaterials
- Special properties of nanomaterials
- Uses and occurrence of nanomaterials
- Exposure of workers and the general population to nanomaterials
- Toxicity study and screening strategy for nanomaterials
- Risk analysis of nanomaterial toxicity

Learning outcomes:

- Understand special properties and toxic effects of nanomaterials
- Be able to interpret data obtained from toxicological studies with nanomaterials
- Be able to apply the knowledge of nanotoxicology in regulatory and safety management purposes

Topic B19: In vitro Testing Methods

Aim: Knowledge and understanding of possibilities and the limitations of the use of *in vitro* methods in the process of hazard and risk assessment.

Content:

- Application of *in vitro* methods to assess toxic mechanisms
- Methodologies used in *in vitro* toxicology
- *In vitro-in vivo* extrapolations
- Integrated testing strategies
- Ethical aspects of developing and validating non-animal methods
- Using *in vitro* methods in hazard and risk assessments

Learning outcomes:

- Understand the possibilities and limitations of *in vitro* methods in toxicology
- Be able to compare the different strategies in hazard and risk assessment based on *in vivo* and *in vitro* data
- Be able to apply data produced with *in vitro* methods in hazard and risk assessment strategies

Topic B20: In Silico Toxicology

Aim: Knowledge and understanding of computer-aided methods in the area of toxicology

Content:

- (Quantitative) structural parameters of chemicals in relation to their physico-chemical and toxicological properties (QSAR)
- Read-across
- Data-mining techniques for prediction
- Data clustering tools (K-means, self-organizing maps (SOM), graph-based clustering)
- Use of databases, both relational and object-oriented for the archiving, management and derivation of toxicologically relevant data
- Computer-aided calculations of toxicity and biokinetics/dynamics (PBPK/TD)
- Computational structural biology

Learning outcomes:

- Understand the possibilities and limitations of *in silico* methods, computational tools and mathematical background for supporting the application of computational methods in toxicological analysis and hazard and risk assessment.
- Be able to apply knowledge of computer-aided techniques and technologies in toxicological science and chemical risk assessment

Topic B21: Immunotoxicology

Aim: Knowledge and understanding of the effects of chemical substances on the immune system and immunomodulatory mechanisms.

Content:

- Structure and function of the immune system
- Theory, principles, methodologies and mechanisms in immunotoxicity
- Immunosuppression
- Hypersensitivity and autoimmunity
- *In vivo* and *in vitro* assessment of immunotoxicity
- Regulatory immunotoxicology: examples of drugs, industrial chemicals, household chemicals, plant protection products and food additives affecting the immune system

Learning outcomes:

- Understand the methods and procedures used in immunotoxicology
- Be able to interpret immunotoxicological data

Topic B22: Neurotoxicology

Aim: Knowledge and understanding of the adverse effects of natural and synthetic neurotoxicants on the structure or function of the developing and adult nervous system.

Content:

- Structure and physiology of the (developing) nervous system
- Biochemical and molecular aspects of (developmental) neurotoxicity taking into account both cytotoxicity and functional toxicity
- Selected groups of (developmental) neurotoxicants
- Methods to assess (developmental) neurotoxicity

Learning outcomes:

- Understand (developmental) neurotoxic effects and the testing strategies and methods used in (developmental) neurotoxicology
- Be able to interpret and apply (developmental) neurotoxicity data

Topic B23: Analytical Methods in Toxicology

Aim: Knowledge and understanding on techniques for the identification, characterization and quantification of chemicals in different matrices.

Content:

- Sampling, storage and preservation
- Sample preparation
- State-of-the-art analytical technologies including
 - gas and liquid chromatography, electrophoresis
 - mass spectrometry
 - AAS and ICPMS
 - immunoassays
 - microarrays
- Data processing and analysis
- Analytical method validation (sensitivity, LOD, LOQ, specificity, repeatability)
- Internal and external quality assessment schemes
- Reference values

Learning outcomes:

- Understand analytical techniques to identify and quantify chemicals in the environment and in living organisms
- Be able to apply appropriate analytical techniques for toxicological questions and interpret the data