



Advancing Naturopathic Medicine For Wisconsin



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What's in The Bill SB866/AB973

The Wisconsin Naturopathic Doctors Association seeks licensure for the profession, joining half of the country that already regulates naturopathic medicine. Without licensure, the State of Wisconsin limits primary care options for its residents, allows a dangerous amount of freedom for someone who wishes to label themselves as a legitimate doctor, and inhibits portability for Naturopathic Doctors, removing incentive for doctors to establish practices and employ Wisconsinites.

ISSUE:

Without licensing, legitimate Naturopathic Doctors are unable to fully serve those who seek out their care. Additionally, the lack of licensing creates a legal loophole in which any person, educated or not, can masquerade as a legitimate health professional. There are no other health professions in the state with these same potentially dangerous loopholes. Wisconsinites would like to choose Naturopathic Doctors as their primary care providers but cannot without licensure. Licensure increases access to primary care providers and expands employment opportunities for Naturopathic Doctors and staff.

BENEFITS OF LICENSING:

With the ongoing primary care shortage, particularly in rural areas, licensing Naturopathic Doctors will increase access to legitimate providers. To better serve Wisconsinites, licensed Naturopathic Doctors can act as the first contact point into the medical system, help coordinate appropriate referrals and establish a working doctor-patient relationship. As it is currently without licensure, patients of Naturopathic Doctors are frequently having to spend additional money and time for their healthcare needs. Licensing Naturopathic Doctors saves healthcare dollars, time, and hassle for Wisconsinites.

Naturopathic Doctors are primary care providers who are uniquely trained in both natural and conventional medicine. Naturopathic Doctors are experts in drug/herb/nutrient interactions. When necessary, Naturopathic Doctors refer patients to other MDs for specialized care. Because of the close relationship with other healthcare providers, the most recent states that have licensed Naturopathic Doctors, including Maryland and New Mexico, have had full support from the state medical societies.

THIS PROPOSED LEGISLATION WILL:

- Create a Naturopathic Medicine Examining Board analogous to examining boards, such as the Dental Examining Board, or Physical Therapy Examining Board. The board determines and upholds the ethical standards of the practice of naturopathic medicine.
- Define the investigation of credible allegations of fraud and the disciplinary process.
- Instill public trust that anyone calling themselves a Naturopathic Doctor has completed pre-med undergraduate requirements, followed by a four-year Naturopathic Medical program from an institution accredited by the U.S. Department of Education.
- Ensure the competency of naturopathic doctors establishing minimum educational requirements, examinations, and continuing education requirements.
- Define the qualifications, practice, and scope of a Naturopathic Doctor
 - Scope of practice
 - Diagnose and treat
 - Conduct physical exams
 - Order and interpret labs and imaging
 - Diet and lifestyle counseling
 - Use of naturopathic therapeutics, which include nutritional therapy, herbs, vitamins, and minerals
 - Prescribe medications consistent with primary care and general family medical practice.
- Under the scope of the licensing, there are no restrictions on natural health practitioners (for example, nutrition counselor, health coach, natural product retailer, or herbalist) who sell vitamins and supplements. This is not a "fence-me-out" bill, this is strictly regulation of Naturopathic Doctors.
- Naturopathic Doctors are independent providers who routinely collaborate in care with and refer to other medical providers.
- Licensure allows Naturopathic Doctors to get malpractice insurance.

What this bill does not allow Naturopathic Doctors to do:

- Hospital based medicine
- Prescribe Act I, II and some Act III controlled substances.
- Perform general surgery
- Spinal anesthetics

The practice and licensing of Naturopathic Medicine is not new. Twenty-four state licensing agencies recognize Naturopathic Doctors in the US, with more legislation being passed each year. Arizona has licensed Naturopathic Doctors since 1935. The majority of Naturopathic Doctors are small business owners and employers, in private practice clinics distributed in both urban and rural communities.

We urge you to sign on to SB866/AB973 to ensure the healthcare choices for Wisconsinites remain ample and safe.



Top 10 Reasons to Regulate Naturopathic Doctors

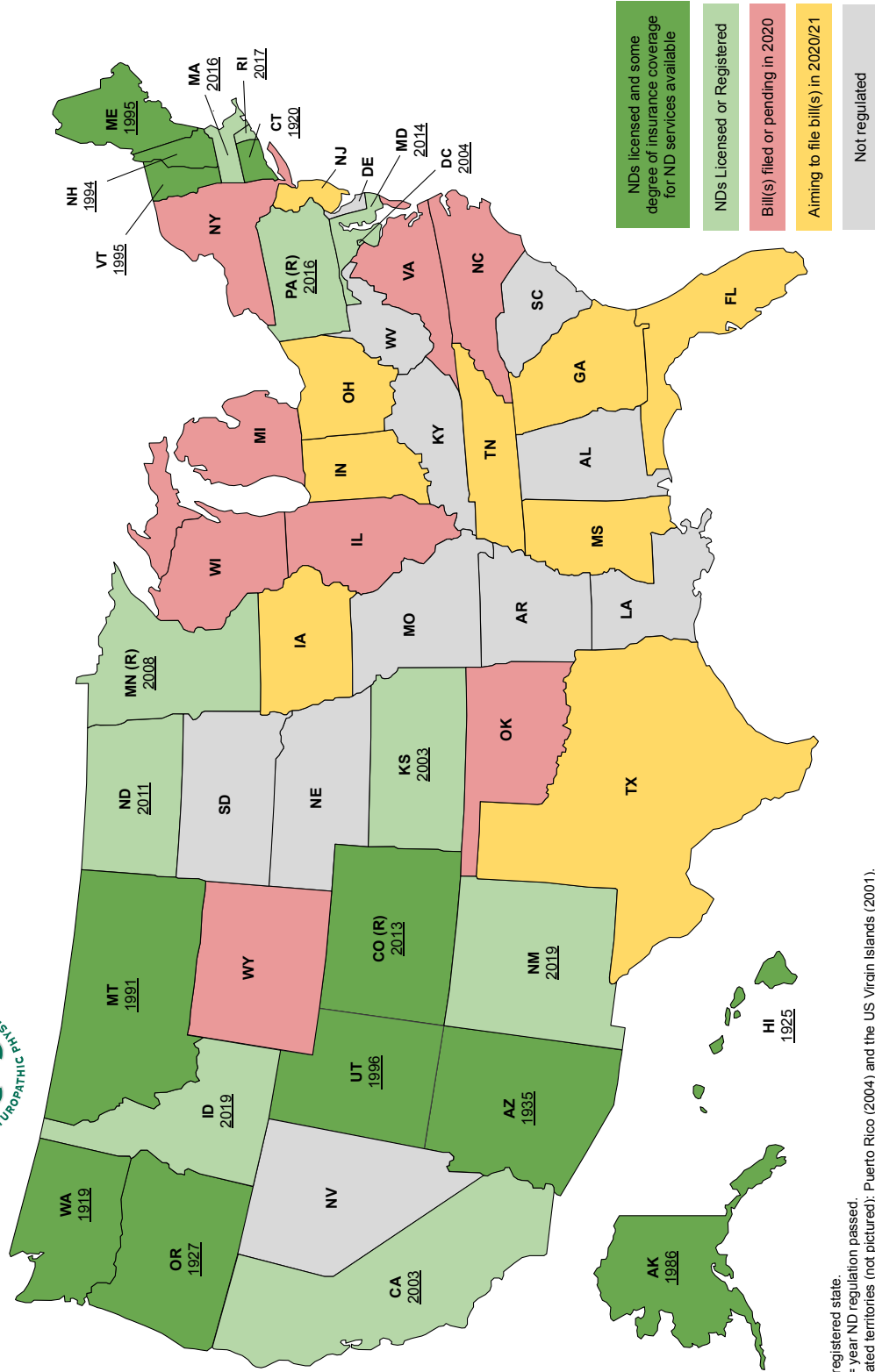
Naturopathic Doctors (NDs) are currently licensed or registered in 22 states and territories – and the benefits of regulation are considerable. Here are 10 of the key benefits of licensing or registering Naturopathic Doctors:

1. **Prevention and Lower Health Care Costs:** Naturopathic Doctors are specially trained in preventing chronic conditions (diabetes, high blood pressure, cardiovascular disease, chronic pain, depression). In 2010, most of the health care costs in this country - upwards of 85 percent - were for people with one or more chronic, potentially preventable diseases.*
2. **Whole-Person Care:** Naturopathic Doctors are trained to spend time with patients, to listen closely, to learn who they truly are, in order for patients to make needed lifestyle modifications to stay healthy.
3. **Treat the Root Cause:** Naturopathic Doctors are qualified to and do prescribe medication, in appropriate circumstances, but their focus is on the root causes of illness and early intervention in illness treatment, rather than symptom management.
4. **Natural, Low Invasive Care:** Naturopathic Doctors' treatment regimen emphasizes natural, holistic approaches (e.g., nutrition, stress management, botanical medicine, mind-body medicine) that reduce the need for drugs and surgery and minimize the risk of harmful side effects.
5. **Strong Education:** Licensed and registered Naturopathic Doctors graduated from 4-year, graduate level naturopathic medical schools that are accredited by agencies approved by the U.S. Department of Education. Regulation gives them a legal framework within which to practice medicine in accordance with their education and training.
6. **Protect the Public:** Regulation of Naturopathic Doctors provides transparency and protects public health. It enables consumers to distinguish between qualified Naturopathic Doctors and “traditional naturopaths” who have little formal training.
7. **Additional Primary Care Providers (PCPs):** Since they are trained as primary care providers, Naturopathic Doctors can help address the nationwide shortage of PCPs – and give patients more choice regarding their care.
8. **Synchrony with MDs and DOs:** Naturopathic Doctors are trained to co-manage patient treatment professionally, and to refer patients to conventional physicians and specialists as appropriate.
9. **Drug-Herb Interactions:** Naturopathic Doctors are skilled in managing patients' medications and coordinating prescription medications with herb/nutritional supplementation.
10. **Patient Empowerment:** By learning about how their minds and bodies work holistically, Naturopathic Doctors' patients are encouraged and empowered to take a more active role in achieving and maintaining wellness.

*Source and for further information: <http://www.cdc.gov/chronicdisease/overview/>.



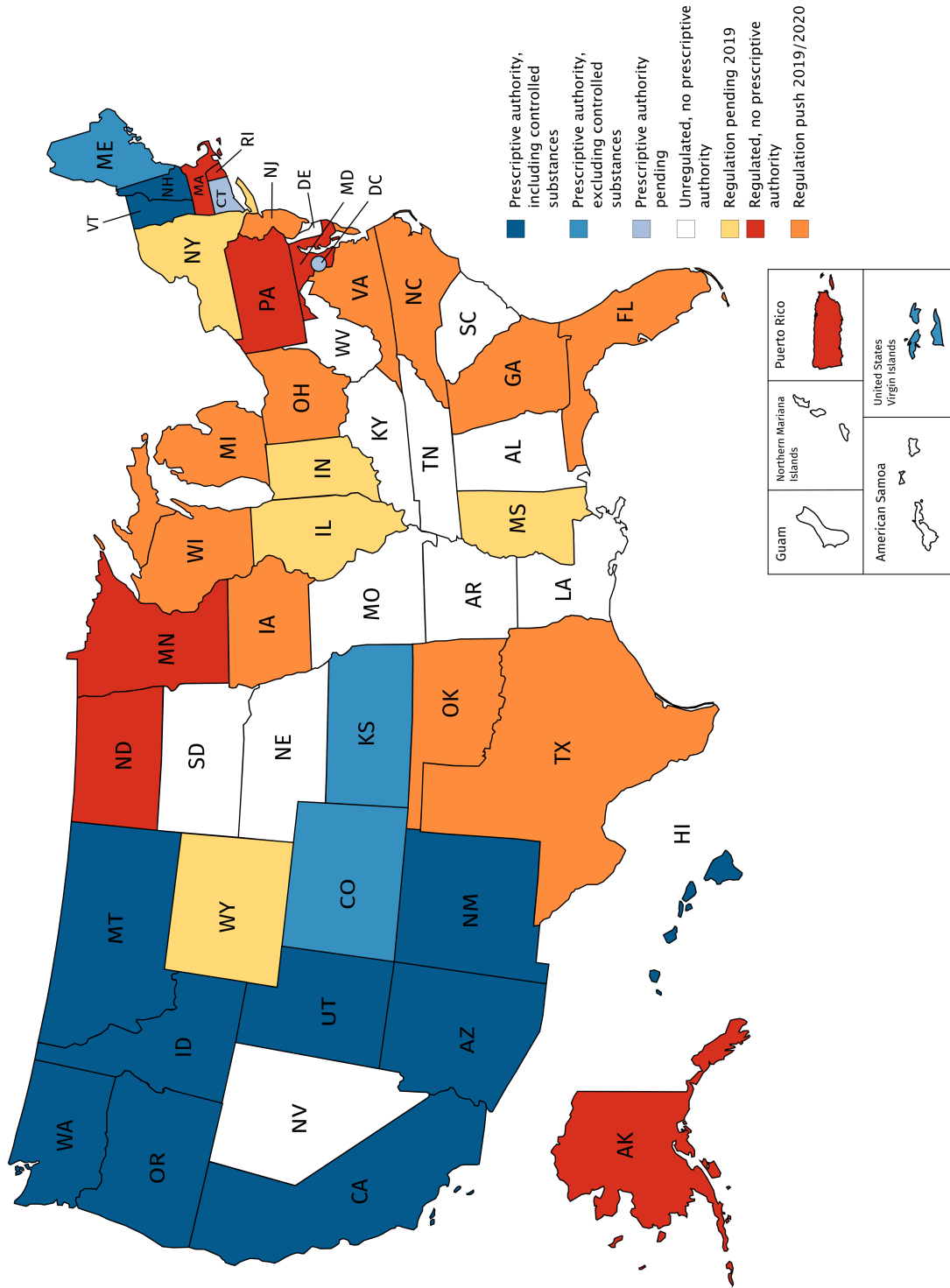
Regulation of Naturopathic Doctors in the United States
(Updated: 2.21.2020)



(R) = registered state.
Year = year ND regulation passed.
Regulated territories (not pictured): Puerto Rico (2004) and the US Virgin Islands (2001).

Naturopathic Medicine Scope of Practice by State

State/Territory	Licensure of Naturopathic Medicine/Naturopathy	Allowed Practice of Naturopathy by Non-Naturopathic Physicians	Title Protection	Referred to as a Physician	Authorized to Prescribe Pharmaceuticals	Minor Surgery	Oseous Manipulation	Soft Tissue Manipulation	Acupuncture	Naturopathic Childbirth
Alaska	Yes	No	Yes	No	No	No	Yes	Yes	Not Addressed	Not Addressed
Arizona	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes – specialty certification
California	Yes	Yes	Partly – individuals with no naturopathic medical training may call themselves naturopaths	No	Yes – limited alone, increased with MD/DO supervisory agreement	Yes – but no suturing	Yes – but not HVIA manipulation	Yes	Not Addressed	Yes – specialty certification
Colorado	No – registration	Yes	Partly – individuals with no naturopathic medical training may call themselves naturopaths	No	Yes – limited	Yes	Yes	Yes	Not Addressed	No
Connecticut	Yes	No	Yes	Yes	No	No	Yes	Yes	Not Addressed	Not Addressed
Hawaii	Yes	No	Yes	Yes	Yes – authorization needed for parental administration	Yes – with jurisprudence exam	Yes	Yes	Not Addressed	Not Addressed
Kansas	Yes	No	Yes	No	Yes – limited	Yes – but no suturing	Yes	Yes	Yes – specialty certification	No
Maine	Yes	No	Yes	No	Yes – limited after 1-year MD/DO supervisory agreement	Yes	Yes	Yes	Yes – specialty certification	Not Addressed
Maryland	Yes	No	Yes	No	Yes – limited	No	Yes – but not HVIA manipulation	Yes	No	Not Addressed
Minnesota	No – registration	Yes	Partly – individuals with no naturopathic medical training may call themselves naturopaths	No	No	Yes	Yes	Yes	Not Addressed	Not Addressed
Montana	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Not Addressed	Yes – specialty certification
New Hampshire	Yes	No	Yes	Not Addressed	Yes	Yes	Yes	Yes	Yes	Yes – specialty certification
North Dakota	Yes	No	Yes	Not Addressed	No	No	Yes – but not of the spine	Yes	Not Addressed	Not Addressed
Oregon	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Not Addressed	Yes – specialty certification
Utah	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes – specialty certification
Vermont	Yes	No	Yes	Yes	Yes – with passing jurisprudence exam	No	Yes	Yes	Yes	Yes – specialty certification
Washington	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Not Addressed	Not Addressed
District of Columbia	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Not Addressed	Yes – specialty certification
Puerto Rico	Yes	Yes – naturopaths must obtain license	Partly – licensed naturopaths may call themselves naturopaths	Not Addressed	No	Not Addressed	Not Addressed	Yes	Not Addressed	Not Addressed
Virgin Islands	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Not Addressed



Patients' Stories

5 year old boy with recurring ear infections, Rock County, WI. Child has had 3-5 ear infections every year of his life and has had tubes placed in both of his ears. His ear infections were treated with antibiotics 90% of the time. Parents brought him to my office to learn what's causing the ear infections, how to prevent them from occurring, and natural alternatives to antibiotics. Since making significant improves to his diet, adding in fresh fruits and vegetables daily, eliminating most of sugar intake and refined food intake, and determining and removing food allergies, the child has had 2 years of being earache free. In addition, the parents have learned how to intervene early with immune-boosting natural therapies when he gets sick so it does not progress to an ear infection.

12 year old girl with severe anxiety, abdominal pain and insomnia in Niagara, WI. Parents are seeking non-drug ways to address daughter's health issues. It was determined the girl had abdominal pain due to constipation and anxiety. The insomnia was also due to anxiety. Her diet was overhauled to include high-fiber, low sugar fruits, veggies and grains. All stimulants including caffeine and sugar were removed from the diet. Her parents and the girl were taught gentle abdominal massage techniques and relaxing breathing exercises which they did every night. The girl was given gentle, calming herbal tea to use at night before bed and as needed for anxiety. After the first month of working with the ND, the girl had vast improvements in her sleep, bowel movements and anxiety.

16 year old with severe pain after shoulder injury, addicted to opiates in Janesville, WI. Teen and his parents want to decrease dependence on drugs to relieve pain. ND utilized diet, herbal medicine, homeopathy and physical medicine and referred the teen to counseling with biofeedback therapy. Teen was diligent with the plan and after six months of working with the ND, the teen was off opiates and healing well from his shoulder injury.

45 year old woman with significant gas and bloating in Dane County, WI She has always been healthy, exercises daily, eats well. She hasn't been eliminating every day and is sure she is just "backed up". She had significant lower abdominal swelling and pain with palpation. ND referred her to Urgent Care for immediate work up and imaging. She then spent the next several hours waiting to see the MD at Urgent Care. The MD did not do imaging, as ND had recommended. She was prescribed Miralax and sent home. Two days later, she reported to the ND she had not had a BM and was even more uncomfortable. ND recommended she go again to Urgent Care and insist on having imaging. She returned to Urgent Care, had a different MD, insisted on imaging and ended up having ovarian cancer. All of this hassle, money and time could have been saved if NDs could refer for imaging directly and serve as primary care providers.

60 year old man with high cholesterol, fatigue and pain in Milwaukee, WI. Has been on statin cholesterol-lowering medication for 6 months. Was referred by his MD because patient did not want to use pharmaceuticals. ND recommended he start on CoQ10 immediately. With the ND, his diet was overhauled to include loads of fresh veggies, fish, healthy fats. His pain had already started to improve and so he started to walk 2 miles per day. In 6 months, his MD retested his lipids, found them to be dramatically improved, and agreed to decrease his statin by 50%. Patient was pain free and continued with healthy diet and exercise. 6 months later, MD retested lipids again and again found to be low, and agreed to eliminating statin drug all together. 6 months later, 18 months after starting working with the ND, patient had lost 25 pounds, was pain free, off the statin and also off the CoQ10, maintaining health with diet and exercise.

58 year old construction worker with chronic pain in LaCrosse, WI. He is managing his pain with pain drugs and wants an alternative to opiate medications. With a personalized treatment plan, focus on diet, exercise and herbal anti-inflammatories, the patient was able to wean off of his pain medication safely and effectively.

42 year old man with insomnia in Janesville, WI. Patient is overweight, works over 65 hours per week at a high stress, sedentary, unsatisfying job. He also has mildly elevated blood pressure and is pre-diabetic. He is seeking ND care because he does not want sedatives to fall asleep, he wants to address the root cause of his issues. Working with the ND, he enlisted healthy diet changes, avoiding soda and fast foods, and adopting a whole foods diet. He also started a daily exercise routine and began to make steps towards changing his job to a satisfying, less stressful, 40 hour per week profession. Within the first month, this man started to sleep through the night and had lost over ten pounds. With the NDs help, he is making changes that prevent heart disease, diabetes and positively impact his quality of life.



Quotes from MDs: NDs have great support from MDs who understand NDs are medically trained and work collaboratively within the healthcare system.

“I have collaborated with several very qualified Naturopathic Physicians as a family physician in Wisconsin. Their extensive training certainly rivals or exceeds that of many other health professionals that are licensed to provide care in Wisconsin.” - Tiffany Mullen, DO, Family Physician, Whitefish Bay, WI

“I am happy to note of my own personal association with Naturopathic Doctors in the greater Milwaukee area and enjoy a wonderful, mutually respected, collaborative, relationship which have been very beneficial for the patients we serve.”
-Aruna Tummala, MD, CEO and Medical Director Trinergy Health, New Berlin, WI

“For complex, chronic, challenging health conditions, which now affect a great majority of our population, Naturopathic Physicians have an excellent track record resulting improved patient outcomes. I have witnessed this time and time again.” -Kristen Reynolds, MD, Aurora Medical Group, Wauwautosa, WI

“I am a graduate of the University of Wisconsin medical school, and completed my family medicine residency in Seattle, where I was on faculty at a naturopathic medical school (Bastyr University). The latter position provided me the opportunity to learn first-hand about naturopathic training, and work side-by-side with naturopathic doctors in clinical practice. They are invaluable colleagues and important in helping to meet the health care needs throughout the country.” - David Keifer, MD, Associate Professor UW- Family Medicine

“Naturopathic doctors are experts in the safe and appropriate use of natural-based therapies. As the popularity and use of supplements and herbal remedies grows, licensure for naturopathic doctors will ensure that citizens of Wisconsin will have access to qualified health-care practitioners to monitor for drug-herb interactions or safe dosages of nutritional supplements.” -David Rakel, MD, (formerly) Director of Integrative Medicine, UW Medical School

“When I learned that some of my patients were seeing an ND in tandem with me, I felt compelled to learn more. I spent several weeks shadowing the ND. She had an in-depth knowledge and a very effective set of skills to promote health and wellness in the patient.”
-Karen Ekwueme, MD, (formerly) Dean Care, Lake Geneva, WI

“In my personal experience by working with Naturopathic Doctors, I have found them to be very professional and very efficient in their treatment of chronic disease.”-Gojko Stula, MD, Shorewood, WI

“I have had the opportunity to work with many Naturopathic Doctors and have seen the outcomes in patient care and satisfaction” - Denise Elizondo, MD, Milwaukee, WI

“I believe it is time to have Wisconsin join the ranks of licensed states, and offer our patients more options for their care, especially with respect to the management and prevention of chronic disease.”
-Paul Berquist, MD, Medical Director Vernon Memorial Hospital Family Practice and Complementary Medicine



Contact list

The following individuals are ready and willing to discuss any further questions you may have including the benefits of licensing NDs, how NDs are trained, and how NDs fit into the health care continuum.

re: licensure for NDs in other states - NM passed a bill to license NDs in 2019.

Randy Marshall
Executive Director
New Mexico Medical Society
316 Osuna NE Suite 501
Albuquerque, NM 89107
505-263-4912

Juliette Sweet, ND
President
NM Association of Naturopathic Doctors
541- 232-5205

re: MDs from UW
David Keifer, MD
Adjunct Faculty, Family Practice
UW School of Medicine
608-212-7917

David Rakel, MD
Past Founder and Director- UW Integrative
Medicine
Current Professor and Department Chair- Family
Medicine
University of New Mexico
505-272-8251

re: NDs in hospitals

Ken Weizer, ND
Providence Integrative
Medicine
Providence Medical Center
Portland, OR
971-404-1676

Jennifer Havens, ND
Integrative Pediatric Oncology
Children's Hospital of WI
Milwaukee, WI
501-831-1333

Decker Weiss, ND
Integrative Cardiology
Chambers Clinic
Scottsdale, AZ
480-389-3265

re: NDs in rural health setting

Paul Bergquist, MD
Medical Director, Vernon Memorial Hospice,
Medical Director, Vernon Memorial Hospital Family Practice & Complementary Medicine Clinic,
Medical Director, Soldiers Grove Health Services Nursing Home
608-778-7447



NDs in Hospitals:

Typically NDs practice in hospitals in one of two capacities:

1) In an Integrative Medicine Department.

- When Dr. David Rakel designed the Integrative Medicine Department at UW, he wanted to hire NDs to be a part of the team because he recognizes the value NDs bring to an Integrative Medicine Program. Without licensure for NDs, NDs do not have malpractice coverage, and therefore the UW was reluctant to hire Naturopathic Doctors.
- Dr. Ken Weizer is an ND in Portland who established an Integrative Medicine Department within Providence Medical Center in Portland, Oregon several years ago. The program has grown to having 6 NDs on staff. To learn more, visit www.oregon.providence.org/our-services/p/providence-integrative-medicine-program/

2) As a specialist, on a team. These NDs typically have had further training in a specialty.

- Dr. Jennifer Havens, ND, has established an Integrative Medicine Department in Pediatric Oncology at the Children's Hospital of Wisconsin. Dr. Havens has completed additional clinical training as a resident in Naturopathic Oncology at the Cancer Treatment Centers of America, Philadelphia, PA.
- Dr. Decker Weiss, ND, became the first Naturopathic Cardiologist after hospital-based training in the Columbia Hospital system, the Arizona Heart Institute, and the Arizona Heart Hospital and became a fellow of the American Society of Angiology. Dr. Weiss kept privileges at the Arizona Heart Hospital, while opening the breakthrough Scottsdale Heart Institute, where he helped thousands of patients reduce medication safely, eliminate the need for angioplasty and bypass surgery, and reverse heart disease and many arrhythmias naturally.

ND Collaborate in Care:

- NDs are medically trained and trained to know when to refer.
- NDs are trained to recognize the need for greater medical care that is beyond their scope of training.
- NDs collaborate in care with other primary care providers and specialists.
- NDs follow HIPPA guidelines, maintain patient medical records and share health information with other providers per HIPPA guidelines.



Infrastructure of the Naturopathic Profession in the United States

American Association of Naturopathic Physicians www.naturopathic.org

Founded in 1985, the American Association of Naturopathic Physicians (AANP) is the national professional society representing licensed naturopathic physicians. AANP increases awareness of and expands access to naturopathic doctors and supports naturopathic medicine research.

Association of Accredited Naturopathic Medical Colleges www.aanmc.org

The AANMC was established in 2001, to propel and foster the naturopathic medical profession by actively supporting the academic efforts of accredited and recognized schools of naturopathic medicine. The AANMC supports accredited and recognized member naturopathic medicine schools and colleges in an effort to improve their quality of education, operations, research and patient care.

Council of Naturopathic Medical Education www.cnme.org

The CNME was founded in 1978. It is accepted as the programmatic accrediting agency for naturopathic medical education by the four-year naturopathic colleges and programs in the United States and Canada, by the American and Canadian national naturopathic professional associations, and by NABNE. The U.S. Secretary of Education recognizes CNME as the national accrediting agency for programs leading to the Doctor of Naturopathic Medicine (N.D. or N.M.D.) or Doctor of Naturopathy (N.D.) degree. The CNME also approves postdoctoral programs (i.e., residency programs) in naturopathic medicine. The CNME is a member of the Association of Specialized and Professional Accreditors (ASPA) and abides by ASPA's Code of Good Practice. The CNME is also a member of the Association of Accrediting Agencies of Canada.

North American Board of Naturopathic Examiners www.nabne.org

NABNE was established in 1999. NABNE is responsible for qualifying applicants to take the NPLEX Examinations, administering the examinations to examinees, and preparing and sending exam results and transcripts to licensing/regulatory authorities.

Naturopathic Physicians Licensing Examination (NPLEX)

The NPLEX, formed in 1986, is the examination that graduates of an approved naturopathic medical college must pass to be eligible for licensure. It is administered by NABNE (see above). It provides a national, standardized board examination to be used by all the states and provinces that have laws that regulate the naturopathic profession. There are 2 parts to the NPLEX:

Part I - Basic Science Examinations that are taken by students to ensure that they have the knowledge foundation needed to enter the clinical phase of their training.

Part II - Core Clinical Science Examination taken by students after graduation to ensure they have the clinical skills to perform the duties of a naturopathic physician.

The Federation of Naturopathic Medicine Regulatory Authorities www.fnmra.org

The mission of FMNRA is to protect the public by connecting regulatory authorities and promoting standards of excellence in the regulation of naturopathic medicine in North America.



Naturopathic Medical Education: Hours of training for licensable NDs are similar to MDs

<i>Accreditation</i>	<i>Federally Accredited Medical Schools</i>					<i>Not Accredited</i>
<i>Type</i>	<i>Naturopathic Medical Schools</i>		<i>Conventional Medical Schools</i>			<i>Correspondence</i>
<i>School Name</i>	National University of Natural Medicine (NUNM)	BASTYR University Naturopathic Medical Program	YALE University Medical School	JOHNS HOPKINS Medical School	Medical College of Wisconsin	Trinity College of Natural Health
<i>Total Hours</i>	4668 + thesis	4472 + thesis	4311 + residency*	5162 + residency*	3774 + residency*	784 +dissertation
<i>Basic & Clinical Sciences</i>	1548	1639	1420	1771	1463	272
<i>Conventional Therapeutics</i>	2244	1925	2891	3391	2311	0
<i>Naturopathic Therapeutics</i>	588	633	0	0	0	336
<i>Therapeutic Nutrition</i>	144	132	0	0	0	176
<i>Counseling</i>	144	143	Included above	Included above	Included above	0

Federally Accredited Naturopathic Medical Schools

Bastyr University - Seattle WA: bastyr.edu/academics/naturopathic-medicine

Bastyr University - San Diego CA: bastyr.edu/academics/naturopathic-medicine/doctoral/naturopathic-doctorate

National University of Health Sciences - Lombard IL: www.nuhs.edu

National University of Natural Medicine - Portland OR: www.ncnm.edu

Southwest College of Naturopathic Medicine - Tempe AZ: www.scnm.edu

University of Bridgeport - College of Naturopathic Medicine - Bridgeport CT: www.bridgeport.edu/naturopathy

***Residencies are federally funded and available to all MDs. For NDs, residencies are privately funded and too few for all ND graduates.**

Basic and Clinical Sciences: anatomy, physiology, cell biology, histology, pathology, biochemistry, lab diagnosis, neuroscience, clinical physical diagnosis, radiology, genetics, pharmacognosy & pharmacology, biostatistics, epidemiology, public health, history & philosophy, ethics, and other coursework.

Conventional Therapeutics: lecture and clinical instruction in family medicine, pediatrics, obstetrics, gynecology, geriatrics, dermatology, gastroenterology, urology, neurology, psychiatry, minor surgery, ophthalmology, and clinical electives.

Naturopathic Therapeutics: botanical medicine, homeopathy, hydrotherapy, Chinese medicine, naturopathic physical medicine, Ayurvedic medicine, naturopathic case analysis & management, naturopathic philosophy, advanced naturopathic therapeutics.



National University of Natural Medicine, Portland, Oregon 2019 Curriculum, ND (Doctorate in Naturopathic Medicine)

ND Four-Year Curriculum

First Year

Fall

- BAS 5110 - Structure and Function I Credit(s): 13.00
- Lecture: 156 | Total Hours: 156
- BAS 5110T - Structure and Function I Tutorial Credit(s): 3.00
- Tutorial: 36 | Total Hours: 36
- BAS 5110L - Structure and Function I Lab Credit(s): 0.50
- Lab: 12 | Total Hours: 12
- BAS 5111 - Clinical Anatomy I Credit(s): 3.00
- Lecture: 36 | Total Hours: 36
- BAS 5111T - Clinical Anatomy I Tutorial Credit(s): 1.00
- Tutorial: 12 | Total Hours: 12
- BAS 5111L - Clinical Anatomy I Lab Credit(s): 1.50
- Lab: 36 | Total Hours: 36
- PHL 5110 - Naturopathic History and Philosophy I Credit(s): 1.00
- Lecture: 12 | Total Hours: 12
- PHL 5113 - Introduction to Medical Systems Credit(s): 2.00
- Lecture: 24 | Total Hours: 24
- Electives Credit(s): 1.00 *
- Lecture: 12 | Total Hours: 12

First-Year Fall Totals - Tutorial: 48 | Lab: 48 | Lecture: 240 | Total Hours: 336 | Credits: 26.00

Winter

- BAS 5120 - Structure and Function II Credit(s): 8.00
- Lecture: 96 | Total Hours: 96
- BAS 5120T - Structure and Function II Tutorial Credit(s): 3.00
- Tutorial: 36 | Total Hours: 36
- BAS 5120L - Structure and Function II Lab Credit(s): 0.25
- Lab: 6 | Total Hours: 6
- BAS 5121 - Clinical Anatomy II Credit(s): 3.00
- Lecture: 36 | Total Hours: 36
- BAS 5121T - Clinical Anatomy II Tutorial Credit(s): 1.00
- Tutorial: 12 | Total Hours: 12
- BAS 5121L - Clinical Anatomy II Lab Credit(s): 1.50
- Lab: 36 | Total Hours: 36
- PHL 5120 - Naturopathic History and Philosophy II Credit(s): 1.00
- Lecture: 12 | Total Hours: 12
- THR 5120 - Therapeutic Modalities I Credit(s): 6.00
- Lecture: 72 | Total Hours: 72
- THR 5120T - Therapeutic Modalities I Tutorial Credit(s): 2.00
- Tutorial: 24 | Total Hours: 24
- THR 5120L - Therapeutic Modalities I Lab Credit(s): 1.00
- Lab: 24 | Total Hours: 24
- CLE 5120 - Clinical Observation I Credit(s): 1.25
- Clinic: 20 | Lecture: 5 | Total Hours: 25
- Electives Credit(s): 1.00 *
- Lecture: 12 | Total Hours: 12

First-Year Winter Totals - Clinic: 20 | Tutorial: 72 | Lab: 66 | Lecture: 233 | Total Hours: 391 | Credits: 29.00

Spring

- BAS 5130 - Structure and Function III Credit(s): 8.00
- Lecture: 96 | Total Hours: 96



- BAS 5130T - Structure and Function III Tutorial Credit(s): 3.00 Tutorial: 36 | Total Hours: 36
- BAS 5130L - Structure and Function III Lab Credit(s): 0.25
- Lab: 6 | Total Hours: 6
- PHL 5130 - Naturopathic Medicine Retreat Credit(s): 0.75
- Lab: 18 | Total Hours: 18
- THR 5131 - Therapeutic Modalities II Credit(s): 6.00
- Lecture: 72 | Total Hours: 72
- THR 5131T - Therapeutic Modalities II Tutorial Credit(s): 2.00
- Tutorial: 24 | Total Hours: 24
- THR 5131L - Therapeutic Modalities II Lab Credit(s): 0.50
- Lab: 12 | Total Hours: 12
- BAS 5131 - Microbiology, Public Health and Immunology Credit(s): 3.00
- Lecture: 36 | Total Hours: 36
- BAS 5131T - Microbiology, Public Health and Immunology Tutorial Credit(s): 2.00
- Tutorial: 24 | Total Hours: 24
- CLE 5130 - Clinical Observation II Credit(s): 1.00
- Clinic: 20 | Lecture: 2 | Total Hours: 22
- CLE 5131 - Introduction to Community Education Credit(s): 0.25
- Lecture: 3 | Total Hours: 3
- Electives Credit(s): 1.00 *
- Lecture: 12 | Total Hours: 12

First-Year Spring Totals - Clinic: 20 | Tutorial: 84 | Lab: 36 | Lecture: 221 | Total Hours: 361 | Credits: 27.75

First-Year Totals - Clinic: 40 | Tutorial: 204 | Lab: 150 | Lecture: 694 | Total Hours: 1088 | Credits: 82.75



Second Year

Fall

- CLS 6210 - Musculoskeletal, Orthopedics, Exercise Physiology and Rehabilitation Credit(s): 9.00
- Lecture: 108 | Total Hours: 108
- CLS 6210T - Musculoskeletal, Orthopedics, Exercise Physiology and Rehabilitation Tutorial Credit(s): 6.00
- Tutorial: 72 | Total Hours: 72
- CLS 6210L - Musculoskeletal, Orthopedics, Exercise Physiology and Rehabilitation Lab Credit(s): 3.00
- Lab: 72 | Total Hours: 72
- CLS 6211 - Neurology Credit(s): 5.50
- Lecture: 66 | Total Hours: 66
- CLS 6211T - Neurology Tutorial Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- CLS 6211L - Neurology Lab Credit(s): 0.25
- Lab: 6 | Total Hours: 6
- CLE 6212 - Introduction to Clinic Credit(s): 0.25
- Lecture: 3 | Total Hours: 3

Second-Year Fall Totals - Tutorial: 90 | Lab: 78 | Lecture: 177 | Total Hours: 345 | Credits: 25.50

Winter

- CLS 6220 - Cardiology and Pulmonology Credit(s): 9.00
- Lecture: 108 | Total Hours: 108
- CLS 6220T - Cardiology and Pulmonology Tutorial Credit(s): 4.00
- Tutorial: 48 | Total Hours: 48
- CLS 6220L - Cardiology and Pulmonology Lab Credit(s): 0.50
- Lab: 12 | Total Hours: 12
- CLS 6221 - Hematology and Oncology Credit(s): 7.00
- Lecture: 84 | Total Hours: 84
- CLS 6221T - Hematology and Oncology Tutorial Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- CLS 6221L - Hematology and Oncology Lab Credit(s): 0.25
- Lab: 6 | Total Hours: 6
- CLE 6222 - Hydrotherapy Rotation Credit(s): 2.00
- Clinic: 48 | Total Hours: 48

Second-Year Winter Totals - Clinic: 48 | Tutorial: 66 | Lab: 18 | Lecture: 192 | Total Hours: 324 | Credits: 24.25

Spring

- CLS 6230 - Gastroenterology and Proctology Credit(s): 8.50
- Lecture: 102 | Total Hours: 102
- CLS 6230T - Gastroenterology and Proctology Tutorial Credit(s): 2.00
- Tutorial: 24 | Total Hours: 24
- CLS 6230L - Gastroenterology and Proctology Lab Credit(s): 0.25
- Lab: 6 | Total Hours: 6
- CLS 6231 - Urology and Nephrology Credit(s): 5.50
- Lecture: 66 | Total Hours: 66
- CLS 6231T - Urology and Nephrology Tutorial Credit(s): 3.00
- Tutorial: 36 | Total Hours: 36
- CLS 6232 - Metabolism and Endocrinology Credit(s): 7.00
- Lecture: 84 | Total Hours: 84
- CLS 6232T - Metabolism and Endocrinology Tutorial Credit(s): 3.00
- Tutorial: 36 | Total Hours: 36

Second-Year Spring Totals - Tutorial: 96 | Lab: 6 | Lecture: 252 | Total Hours: 354 | Credits: 29.25

Second-Year Totals - Clinic: 48 | Tutorial: 252 | Lab: 102 | Lecture: 621 | Total Hours: 1023 | Credits: 79.00

Third Year

Fall

- CLS 7310 - Reproductive Systems (Andrology, Gynecology and Natural Childbirth) Credit(s): 11.00 Lecture: 132 | Total Hours: 132
- CLS 7310T - Reproductive Systems Tutorial (Andrology, Gynecology and Natural Childbirth) Credit(s): 3.00 Tutorial: 36 | Total Hours: 36
- CLS 7310L - Reproductive Systems Lab (Andrology, Gynecology and Natural Childbirth) Credit(s): 0.50 Lab: 12 | Total Hours: 12
- CLS 7311 - Rheumatology and Clinical Immunology Credit(s): 4.00 Lecture: 48 | Total Hours: 48
- CLS 7311T - Rheumatology and Clinical Immunology Tutorial Credit(s): 2.00 Tutorial: 24 | Total Hours: 24
- CLE 7300 - Secondary Rotation Credit(s): 2.50 Clinic: 60 | Total Hours: 60
- CLE 7311 - Community Education Credit(s): 2.00 Tutorial: 24 | Total Hours: 24

Third-Year Fall Totals - Clinic: 60 | Tutorial: 84 | Lab: 12 | Lecture: 180 | Total Hours: 336 | Credits: 25.00

Winter

- CLS 7320 - Eyes, Ears, Nose and Throat (EENT) Credit(s): 5.00 Lecture: 60 | Total Hours: 60
- CLS 7320T - Eyes, Ears, Nose and Throat (EENT) Tutorial Credit(s): 2.00 Tutorial: 24 | Total Hours: 24
- CLS 7320L - Eyes, Ears, Nose and Throat (EENT) Lab Credit(s): 0.25 Lab: 6 | Total Hours: 6
- CLS 7321 - Dermatology and Minor Surgery Credit(s): 7.50 Lecture: 90 | Total Hours: 90
- CLS 7321T - Dermatology and Minor Surgery Tutorial Credit(s): 2.00 Tutorial: 24 | Total Hours: 24
- CLS 7321L - Dermatology and Minor Surgery Lab Credit(s): 1.00 Lab: 24 | Total Hours: 24
- BUS 7320 - Business I: Human Relations Management Credit(s): 1.00 Lecture: 12 | Total Hours: 12
- CLE 7300 - Secondary Rotation Credit(s): 2.50 Clinic: 60 | Total Hours: 60

Third-Year Winter Totals - Clinic: 60 | Tutorial: 48 | Lab: 30 | Lecture: 162 | Total Hours: 300 | Credits: 21.25

Spring

- CLS 7332 - Psychology and Mental Health Credit(s): 4.00 Lecture: 48 | Total Hours: 48
- CLS 7332T - Psychology and Mental Health Tutorial Credit(s): 3.00 Tutorial: 36 | Total Hours: 36
- CLS 7330 - Pediatrics and Geriatrics Credit(s): 6.00 Lecture: 72 | Total Hours: 72
- CLS 7330T - Pediatrics and Geriatrics Tutorial Credit(s): 2.00 Tutorial: 24 | Total Hours: 24
- CLS 7331 - Parenteral Therapy and Environmental Medicine Credit(s): 3.50 Lecture: 42 | Total Hours: 42
- CLS 7331T - Parenteral Therapy and Environmental Medicine Tutorial Credit(s): 2.00 Tutorial: 24 | Total Hours: 24
- CLS 7331L - Parenteral Therapy and Environmental Medicine Lab Credit(s): 0.50 Lab: 12 | Total Hours: 12
- BUS 7330 - Business II: Operations Management Credit(s): 1.00 Lecture: 12 | Total Hours: 12
- CLE 7300 - Secondary Rotation Credit(s): 2.50 Clinic: 60 | Total Hours: 60

Third-Year Spring Totals - Clinic: 60 | Tutorial: 84 | Lab: 12 | Lecture: 174 | Total Hours: 330 | Credits: 24.50

Third-Year Totals - Clinic: 180 | Tutorial: 216 | Lab: 54 | Lecture: 516 | Total Hours: 966 | Credits: 70.75



Fourth Year

Summer

- CLE 8400 - Primary Rotations Credit(s): 2.50 credits each (3 rotations)
- Clinic: 180 | Total Hours: 180
- BUS 8400 - Jurisprudence Credit(s): 1.00
- Lecture: 12 | Total Hours: 12
- CLE 8400T - Case Integration Mentorship Tutorial I Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- CLE 8401 - Community Experience (ComEx) Preceptorship Credit(s): 5.00 ***
- Clinic: 120 | Total Hours: 120
- Electives Credit(s): 3.00 *
- Lecture: 36 | Total Hours: 36

Fourth-Year Summer Totals - Clinic: 300 | Tutorial: 18 | Lecture: 48 | Total Hours: 366 | Credits: 18.00

Fall

- CLE 8400 - Primary Rotations Credit(s): 2.50 credits each (3 rotations)
- Clinic: 180 | Total Hours: 180
- CLE 8411 - Grand Rounds Credit(s): 1.50
- Lecture: 18 | Total Hours: 18
- CLE 8410T - Case Integration Mentorship Tutorial II Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- BUS 8410 - Business III: Portfolio and Development Credit(s): 1.00
- Lecture: 12 | Total Hours: 12
- Electives Credit(s): 3.00 *
- Lecture: 36 | Total Hours: 36

Fourth-Year Fall Totals - Clinic: 180 | Tutorial: 18 | Lecture: 66 | Total Hours: 312 | Credits: 14.50

Winter

- CLE 8400 - Primary Rotations Credit(s): 2.50 credits each (3 rotations)
- Clinic: 180 | Total Hours: 180
- CLE 8421 - Grand Rounds Credit(s): 1.50
- Lecture: 18 | Total Hours: 18
- CLE 8420T - Case Integration Mentorship Tutorial III Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- BUS 8420 - Business IV: Business Plan Development Credit(s): 1.00
- Lecture: 12 | Total Hours: 12
- Electives Credit(s): 4.00 *
- Lecture: 48 | Total Hours: 48

Fourth-Year Winter Totals - Clinic: 180 | Tutorial: 18 | Lecture: 78 | Total Hours: 276 | Credits: 15.50

Spring

- CLE 8400 - Primary Rotations Credit(s): 2.50 credits each (4 rotations) **
- Clinic: 240 | Total Hours: 240
- CLE 8431 - Grand Rounds Credit(s): 1.50
- Lecture: 18 | Total Hours: 18
- CLE 8430T - Case Integration Mentorship Tutorial IV Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- BUS 8430 - Business V: Capstone Credit(s): 1.50
- Tutorial: 18 | Total Hours: 18
- CLE 8432 - Community Experience (ComEx) Preceptorship Credit(s): 4.00 ***
- Clinic: 96 | Total Hours: 96
- Electives Credit(s): 3.00 *
- Lecture: 36 | Total Hours: 36

Fourth-Year Spring Totals - Clinic: 336 | Tutorial: 36 | Lecture: 54 | Total Hours: 426 | Credits: 21.50

Fourth-Year Totals - Clinic: 996 | Tutorial: 90 | Lecture: 246 | Total Hours: 1380 | Credits: 69.50*

Program Totals - Clinic: 1264 | Tutorial: 762 | Lab: 306 | Lecture: 2077 | Total Hours: 4457 | Credits: 302.00



NDs Practice Evidence-Based Medicine

Conventional medical professionals recognize the scientific basis: Increasing numbers of medical and osteopathic medical colleges offer courses in alternative medicine.(1)(2)

Curriculum at accredited Naturopathic Medical colleges focuses on science, offering the most complete evidence-based medical training in complementary medicines available.

- Rigorous training through classes such as research methods and design with hours of training in Pubmed/Mesh browser.
- Basic and clinical sciences are taught on par with standard medical schools.
- These universities have their own clinical research centers, such as Bastyr University's Research Center for Integrative Oncology and Integrative Neurology, or National University of Natural Medicines' Helfgott Research Institute.

Professional evidence-based organizations are corroborating Naturopathic Medicine:

- **Cochrane reviews** - 10% of Cochrane reviews have complementary medicine interventions as primary or secondary focus (3)
- **National institutes of Health (NIH)/National Center for Complementary and Integrative Health (NICCIH)**- U.S. Department of Health sponsors much research on natural medicine.
- **Clinical Trials.gov** lists hundreds of studies that are currently being done on dietary supplements, herbal medicine, and other types of complementary and alternative medicine.
- **Others:** Governments, international agencies and corporations are increasingly investing in traditional herbal medicine research(4).

Naturopathic doctors themselves are leading the charge in evidence-based medicine:

- **Continuing education requirements** are on par with conventional medical doctor licenses
- **Peer-reviewed medical journals are focused on natural medicine:** *Naturopathic Doctors News and Review (NDNR)*, *Naturopathic Medicine Journal (NMJ)*, *International Journal of Natural Medicine (IJNM)*, *Alternative Medicine Review*, etc.



Naturopathic Doctors are viewed as respected, vital contributors of science-based expertise in the area of natural medicine.

Naturopathic doctors and medical colleges collaborate with major universities, hospitals, and conventional medical schools. A partial list of collaborating institutions includes:

- Arizona State University
- Columbia University
- Emory University
- Fred Hutchinson Cancer Center
- Kaiser-Permanente
- Mayo Clinic - Scottsdale, Arizona
- Oregon Health Sciences University
- Phoenix Veterans Affairs Hospital
- University of Arizona
- University of Connecticut
- University of Florida
- University of Michigan
- University of Minnesota
- University of North Carolina
- University of Washington
- University of Washington Medical College
- Yale University
- Yale-Griffin Hospital

1. Wetzel MS, Eisenberg DM, Kaptchuk TJ. Courses involving complementary and alternative medicine at US medical schools. *JAMA*. 1998;280(9):784–787. PMID 9729989.

2 Saxon DW, Tunnicliff G, Brokaw JJ, Raess BU. Status of complementary and alternative medicine in the osteopathic medical school curriculum. *J Am Osteopath Assoc*. 2004;104(3):121–6

3. <https://cam.cochrane.org/cochrane-reviews-related-complementary-medicine>

4. [Bull World Health Organ](#). 2008 Aug; 86(8): 594–599. doi: [10.2471/BLT.07.042820](https://doi.org/10.2471/BLT.07.042820)



Naturopathic Medicine is Safe and Effective

Naturopathic doctors (NDs) are specialists in cost-effective, safe, evidence-based natural medicine treatment approaches. Multiple studies find those patients seen by naturopathic doctors get well and stay well for less cost, due to less expensive treatments, lower technology interventions, and naturopathic medicine's emphasis on disease prevention, lifestyle modification and health promotion. A few treatment studies include:

Among Canadian postal employees with cardiovascular disease, naturopathic patients needed fewer medications, had better blood pressure and cholesterol levels, better mood, less fatigue and better productivity at work. *Total societal cost savings estimated at \$1,025/year per employee.*

(Weeks J. Model Whole Practice Study Finds Treatment by Naturopathic Doctors Effective & Cost-Saving for Canada Post Employees with Cardiovascular Disease. 2010; http://theintegratorblog.com/index.php?option=com_content&task=view&id=682&Itemid=189. Accessed July 25, 2015)

Postal workers are at increased risk of rotator cuff injuries that may settle into chronic inflammation and pain. In one trial, conventional treatment for these injuries was compared to naturopathic treatment. While both arms improved, the ND arm improved to a greater and faster rate, with better function, and better quality of life measures than conventional treatment.

(Naturopathic Treatment of Rotator Cuff Tendinitis Among Canadian Postal Workers: A Randomized Controlled Trial. *Arthritis & Rheumatism (Arthritis Care & Research)*, Vol. 61, No. 8, August 15, 2009, pp 1037–1045.)

A study in poorly controlled diabetic patients found that in those treated by NDs, improvements were noted in self-monitoring of glucose, diet, self-efficacy, motivation and mood. Participants also had reductions in blood glucose that exceeded those for similar patients who did not receive ND care.

(Bradley RD, Sherman KJ. "Adjunctive naturopathic care for type 2 diabetes: patient-reported and clinical outcomes after one year." *BMC Complementary and Alternative Medicine* 2012, Apr 18;12:44)

An internal Blue Shield study in King County, WA, presented evidence showing naturopathic doctors treated 7 of the top 10 most expensive health conditions more cost effectively than MDs or other conventional providers, and estimated that a *naturopathic-centered managed care program could cut the costs of chronic and stress related illness by up to 40% and lower the costs of specialist utilization by 30%.*

(Henny, GC, Alternative Health Care Consultant, King County Medical Blue Shield (KCMBS), Phase I Final Report: Alternative Healthcare Project, 1995)

Back pain is one of the most common complaints doctors see. In one trial, those treated by NDs experienced less pain, more weight loss, and importantly, fewer days off work.

(Szczurko O, Cooley K, Busse JW, et al. Naturopathic care for chronic low back pain: a randomized trial. *PLoS One*. 2007;2(9):e919.)

A second trial on back pain found effectiveness to be similar between NDs and conventional treatment, yet QALY was better for the ND arm, and medical cost of ND was \$629 per person versus \$700 for conventional arm. Importantly, there was a *total cost benefit of \$188 per person for the ND arm, versus total cost spending of \$1,212 for standard care if absenteeism was included.*

(Herman PM, et al. Cost-effectiveness of naturopathic care for chronic low back pain. *Alt Ther Heal Med* 2008; 14(2): 32-39.)

As one example in women's health, and regarding menopausal symptoms, naturopathic patients smoked less, exercised more, and were *seven times* more likely to report improvement in insomnia and increased energy than those receiving conventional treatment.

(Cramer EH, Jones P, Keenan NL, Thompson BL. Is naturopathy as effective as conventional therapy for treatment of menopausal symptoms? *J Altern Complement Med.* Aug 2003;9(4):529-538.)

As an example of benefits of whole body treatment, significant improvements in anxiety, fatigue, mental health, concentration, social functioning, vitality, and overall quality of life than by conventional psychotherapy alone.

(Cooley K, Szczurko O, Perri D, et al. Naturopathic care for anxiety: a randomized controlled trial ISRCTN78958974. *PLoS One.* 2009;4(8):e6628.)

An example of a study demonstrating that for insured patients, approaches used by NDs lower insurance expenditures, at the time lowering it from \$4,153 to \$3,797 $p=0.0001$.

(Lind BK, Lafferty WE, Tyree PT, Diehr PK. Comparison of health care expenditures among insured users and nonusers of complementary and alternative medicine in Washington State: a cost minimization analysis. *J Altern Complement Med.* 2010;16(4):411-17.)

Naturopathic doctors delivering the same Medicaid services in Oregon are 57.5% more cost effective than MD/DO/NP PCPs providing the same services.

(Lafferty, et al. Insurance Coverage and Subsequent Utilization of Complementary and Alternative Medicine Providers. *Journal of Managed Care.* July 2006.)

Aside from patient satisfaction in these treatments, patients that see CAM practitioners have a reduction of conventional drug use.

(Stewart D, Weeks J, Bent S. Utilization, patient satisfaction, and cost implications of acupuncture, massage, and naturopathic medicine offered as covered health benefits: a comparison of two delivery models. *Alternative Therapies in Health & Medicine.* 2001;7:66-70)

As an example of perception of clinical care, Bastyr Center for Natural Health, the teaching clinic of the naturopathic medical school Bastyr University in Seattle, ranked in the top 3 among 46 Seattle-area primary care clinics for overall patient satisfaction.

(Your Voice Matters: Patient Experience with Primary Care Providers in the Puget Sound Region. 2012; http://www.wacomcommunitycheckup.org/Media/Default/Documents/psha_your_voice_matters_patient_experience_report_5_2012.pdf. Accessed July 28, 2015.)

A Washington study found that in a majority of cases naturopathic care is not “add-on” medical care.

(Cherkin DC, Deyo RA, Sherman KJ et al. Characteristics of visits to licensed acupuncturists, chiropractors, massage therapists, and naturopathic physicians. *J Am Board Fam Pract.* 2002; 15:463-472.)



Naturopathic Doctors' Approach to Prevention/Treatment of Opioid Addiction

As an example of the work to limit opioid addiction and mitigate the opioid epidemic, former U.S. Army Surgeon General Eric Schoomaker, MD, PhD, characterized the military's engagement of complementary and integrative medicine as imperative.

(Schoomaker E. The Imperative for Integrative Medicine in the Military: A Personal and System Perspective. May 15, 2014, International Research Congress on Integrative Medicine and Health, Miami, Florida. <http://webcast.ircimh.org/>, accessed 7/29/2015.)

NDs collaborate with other professional organizations to modify national prescribing habits to limit opioid prescription. One example is the new policy brief **“Never Only Opioids” Policy Brief: The Imperative for Early Use of Non-Pharmacological, Approaches and Practitioners in Pain Care**, developed by the Pain Action Alliance to Implement a National Strategy (PAINS), a consortium made up of MDs, NDs as well as several dozen leaders working in professional societies, patient advocacy organizations, policy groups, consumers, payers and the private sector working together toward a common vision and mission to improve the treatment of pain. Essentially, the concept is to move integrative approaches from last resort when all else fails to earlier, first line treatment.

(<http://www.painsproject.org/wp/wp-content/uploads/2014/09/pain-policy-issue-5.pdf>, accessed 7/15/2015)

As a consequence, AMVETS, one of the nation's largest veterans service organizations, supports a letter circulating in the US House of Representatives calling on the VA to assign an employment code so that licensed NDs can be brought into the agency's healthcare system. By signing the letter, Representatives will be on record as stating that, “We need a new approach to veterans' pain management. Our veterans deserve accessibility to all forms of care when making their healthcare decisions, including the services provided by naturopathic physicians.”

As well, students at naturopathic medical schools have taken part in the Betty Ford Medical Student on Addiction Medicine immersion classes open to MDs, Dos and NDs to train in inpatient facilities to work with opiate addiction, withdrawal, pain management, and addiction identification.

ND students at Bastyr Naturopathic Medical school have an 11 week addiction medicine education—where they explore a number of facets of addiction, as compared to as little as 2 hours of education in conventional medicine.



Some small examples of NDs integrated into addiction work in states where naturopathic doctors are licensed.

<http://www.addictionpro.com/article/naturopathic-approach-treatment>

<http://www.sundancecenter.com/about-us/holistic-approach/naturopathic-medicine/>

<http://www.hawaiinaturopathicretreat.com/conditions/addiction/opiates-opioids-addiction/>

As an example of research on opioid addiction issues, a naturopathic doctor from Massachusetts, Paul Herscu ND, MPH, is finalizing a research paper, in collaboration with several physicians from a tertiary neonatal unit from an urban population (Ohio) on Neonatal Abstinence Syndrome (NAS), which is a constellation of symptoms due to maternal opiate ingestion during pregnancy. This is a 5-year retrospective analysis to be used to describe demographics of current patients.

Lastly, as an example of both treatment and perception of clinical care, which includes addiction work, the Bastyr Center for Natural Health, one of the teaching clinics at Bastyr University, the naturopathic medical school in Seattle, ranked in the top 3 among 46 Seattle-area primary care clinics for overall patient satisfaction.

(Your Voice Matters: Patient Experience with Primary Care Providers in the Puget Sound Region. Puget Sound Health Alliance 2012; http://www.wacommunitycheckup.org/Media/Default/Documents/psha_your_voice_matters_patient_experience_report_5_2012.pdf. Accessed 7/28/2015.)



Naturopathic Doctors and Pain Relief

Chronic and acute pain is one of the most common complaints seen in medical practice. Ineffective pain control and relief has led to 300 billion dollars in lost productivity, including missed days from work.

As a consequence of pain, there has been a galloping increase in the prescription use of opioid pain relievers, leading to unintended consequences, such as increased addiction and drug abuse.

Naturopathic doctors use a variety of safe and effective therapies to relieve pain which in head to head studies show at the least a similar pain relief, with an increase of quality of life, diminished costs, fewer missed work days, and best of all no addiction to prescription medications. Some of the studies include:

1. In one trial, naturopathic therapies were estimated to save nearly \$1,000 per patient with low back pain. Importantly, missed work due to illness diminished by 6.7 days, leading to return on investment of 7.9%.

(Herman PM, Szczurko O, Cooley K, Mills EJ. Cost-effectiveness of naturopathic care for chronic low back pain. (2008) *Altern Ther Health Med* Mar-Apr 14 (2):32-39.)

2. In a CAM pain clinic, naturopathic doctors achieved a 60% pain reduction.

(Secor ER, Markow MJ, Mackenzie J, Thrall RS. Implementation of outcome measures in a complementary and alternative medicine clinic: evidence of decreased pain and improved quality of life. (2004) *J Altern Complement Med* 10: 506-513)

3. In a RCT study on rotator cuff tendinitis in postal workers, naturopathic doctor therapies decreased pain by over 54%, better than other arms in the trial, as well as diminished disabilities.

(Szczurko O, Cooley K, Mills EJ, Zhou Q, Perri D. Naturopathic treatment of rotator cuff tendinitis among Canadian postal workers: a randomized controlled trial. (2009) *Arthritis Rheum* 61: 1037-1045)

4. In a RCT, naturopathic therapies were compared to standard therapies for low back pain and were found to significantly benefit patients, both in decreasing pain and increasing range of motion, and were at the very least comparable to standard therapies, yet without the use of prescription medications. Quality of life improved significantly.

(Szczurko O, Cooley K, Busse JW, Seely D, Bernhardt B. Naturopathic care for chronic low back pain: a randomized trial. (2007) *PLoS One* 2: e919)

5. In a pilot clinical trial at an HMO, naturopathic doctors showed significant decrease in temporomandibular jaw pain as compared to standard care.

(Ritenbaugh C, Hammerschlag R, Calabrese C, Mist S, Aickin M. A pilot whole systems clinical trial of traditional Chinese medicine and naturopathic medicine for the treatment of temporomandibular disorders. (2008) *J Altern Complement Med* 14: 475-487)

An example of this approach is found at Southwest College of Naturopathic Medicine, where the Pain Relief Center is housed, using a collaborative interdisciplinary approach of NDs, MDs, and acupuncturists. Contact person: Paul Mittman, ND, EdD; President/CEO Southwest College of Naturopathic Medicine. p.mittman@scnm.edu



Prepared by:

Allison Becker, ND, LAc

Dawn Ley, ND

Aaron Henkel, ND

Legislative Team, Wisconsin Naturopathic Doctors Association

Alice O'Connor, Lobbyist

Legislative Council

Contact Information:

email: wndalegisteam@gmail.com

cell: 608-225-9391 (Alice O'Connor)

email: aoc@constituencyservices.org (Alice O'Connor)