

The background of the slide features a dense pattern of vibrant green leaves, likely from a tree or shrub, with prominent veins. At the bottom of the image, there are soft, circular ripples in a light blue-green color, suggesting water. The overall aesthetic is natural and fresh.

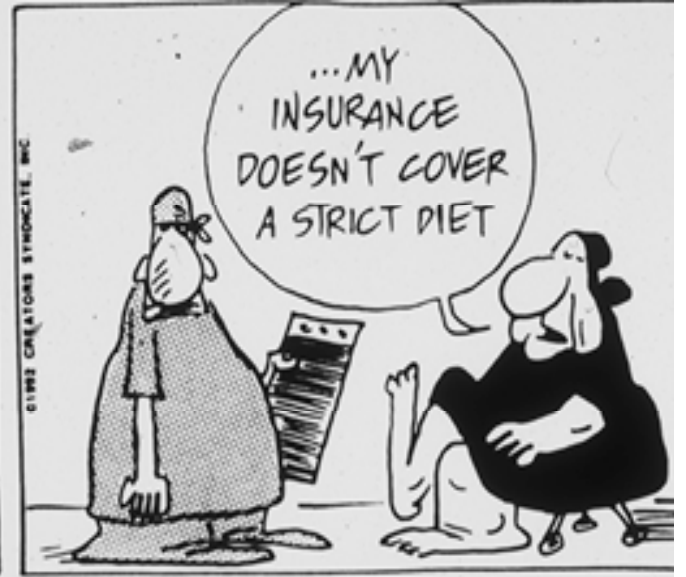
Naturopathic Medicine

SchoolCare Presentation

November 3, 2010

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Today's presentation

- ✿ About naturopathic medicine
- ✿ Education and accreditation
- ✿ Licensing and credentialing
- ✿ Naturopathic medicine in practice
- ✿ Billing and cost structure
- ✿ Q&A



Naturopathic Medicine

To “Diagnose, treat, and help prevent diseases using a system of practice that is based on the natural healing capacity of individuals. May use physiological, psychological or mechanical methods.

May also use natural medicines, prescription or legend drugs, foods, herbs, or other natural remedies.

U.S. Dept of Labor definition, 2008



Naturopathic Medicine

✿ NDs are trained and licensed as PCPs who:

- ✿ Works to initiate the healing response in an individual
- ✿ Emphasizes the importance of whole-person medicine
- ✿ Integrate diet and lifestyle changes, scientifically validated natural therapies and pharmaceutical medicines



Education and Accreditation

- ✿ Dually accredited by the U.S. Dept of Education
 - ✿ Council of Naturopathic Medical Education (CNME)
 - ✿ A regional accrediting body.
- ✿ Both the U.S. Dept of Education and the Carnegie Institute classify the N.D. degree as a First-Professional degree, on par with M.D. and D.O. degrees
- ✿ Naturopathic medical students are eligible for the same federal loan programs as M.D. and D.O. students.



Naturopathic Education

- ✿ Premedical background and bachelor's degree required for admission into ND program
- ✿ 4 year, clinically-based program
- ✿ Over 3000 classroom hours
- ✿ Over 1000 clinical hours (outpatient and hospital training)
- ✿ Training focused on primary care medicine
- ✿ Increasing availability of residency programs

Naturopathic Education

	Allopathic- MD	Naturopathic- ND
Basic Science Education		
Anatomy and Embryology	13	19
Histology	6	5
Physiology	5	14
Biochemistry	8	12
Pathology	10	12
Microbiology and Immunology	11	10.5
Therapeutic Modality Training		
Nutritional Biochemistry	0-2	12
Counseling & Health Psychology	0-5	12
Physical Medicine	0	11.5
Botanical Medicine	0	11
Pharmacology	8	5
Homeopathy	0	8

Figures compare number of credits for each area of study between Bastyr University and University of Washington Medical School for 2007.



Naturopathic Licensing

- ✿ Requires successful completion of an accredited naturopathic medical program
- ✿ Successful completion of a 2-part national licensing exam (NPLEX)
 - ✿ Part 1= Basic sciences
 - ✿ Part 2= Clinical sciences
- ✿ Renewal requires completion of 45 hours of CME (including 12 pharmacy CME) every 3 years



Naturopathic Medicine in NH

- ✿ Naturopathic Health Care Practice Act passed in 1995 (Chapter 328-E)
- ✿ Currently 72 licensed Naturopathic Doctors
- ✿ Since state licensure in 1995, there has been no action taken against a state licensed ND based on ethical or malpractice violations
- ✿ In 2010, the NH Board of Pharmacy doubled the prescribing rights of Naturopathic Doctors.



Credentialing Requirements

- ✿ NDs not currently credentialed with insurance companies in NH.
- ✿ However, NDs meet most standard credentialing requirements



Credentialing Requirements

- ✿ CAQH Application
- ✿ Copy of state license/certificate
- ✿ Proof of professional liability insurance
- ✿ DEA License
- ✿ National Provider Identifier (NPI)

Credentialing Requirements

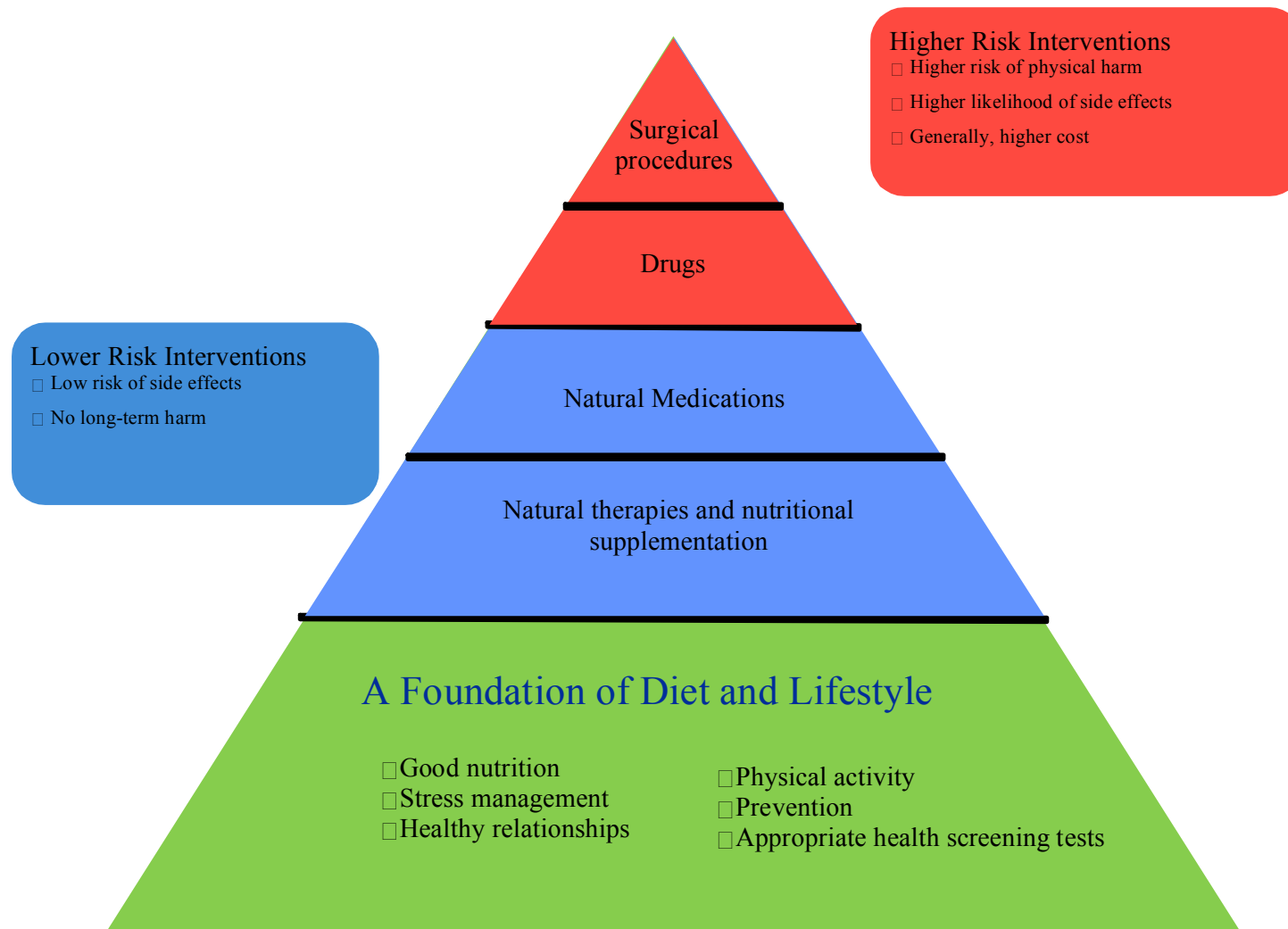
- ✿ Verification of education and training
- ✿ Verification of prior sanctioning activities by regulatory bodies
- ✿ Review of malpractice claims history
- ✿ Site visit
- ✿ Verification of clinical privileges at a participating hospital *

*Several options for getting around this include a sponsoring MD for hospital admittance or, more commonly, all patients (including those with a MD PCP) are assigned a hospitalist physician upon admission.

NH Scope of Practice

- ✿ Diagnose and treat disease
- ✿ Perform physical examinations
 - ✿ Includes oraficial exams such as PAP smears
- ✿ Order and perform laboratory testing
- ✿ Order and perform imaging tests
 - ✿ X-Ray, MRI, CT Scan, Ultrasound, EKG, etc
- ✿ Prescribe and administer natural and pharmaceutical medicines (including IV, injection, etc)

The Naturopathic Model



Reaching a Diagnosis

- ✿ Patient history

- ✿ Physical Exam

- ✿ Laboratory Testing

- ✿ Blood testing, urine and stool samples, PAP smears, bacterial cultures, etc.

- ✿ Imaging Studies

- ✿ X Ray, MRI, CT scans, mammograms, DEXA scans, etc.



Treatment Modalities

- ✿ Diet and Lifestyle changes
- ✿ Nutritional medicines
- ✿ Counseling and psychotherapy
- ✿ Botanical medicines
- ✿ Homeopathic medicines
- ✿ Physical manipulation and physical therapies
- ✿ Pharmaceutical medicines
- ✿ Acupuncture
- ✿ Naturopathic Obstetrics
- ✿ Minor surgery

Case Study

- ✿ 56 year old man with type-2 diabetes
- ✿ 2.5 year old child with bacterial pneumonia
- ✿ 26 year old woman with migraine headaches

Visit Costs

- ✿ First office visit
 - ✿ 45-90 minutes
 - ✿ \$150-\$300
- ✿ Return office visits
 - ✿ 15-60 minutes
 - ✿ \$150-\$250/hour
- ✿ Frequency of visits

Billing

- ✿ NDs utilize the same CPT and ICD-9 codes as MD/DO practitioners
 - ✿ Part of ND curriculum
- ✿ Many already provide superbills to patients

Why integrate?

- ✿ The CDC estimates that 90% of our health care dollars are spent on treating diseases that are completely preventable!
- ✿ NDs are the only PCPs whose training focuses on preventative medicine
- ✿ In Washington state, where naturopathic medicine is fully covered, ND visits constitute 1% of all outpatient visits, yet account for only 0.3% of all dollars paid out by insurers.

Why integrate?

✿ Significant demand

- ✿ According to the National Center for Complementary and Alternative Medicine (NCCAM), almost 40% of Americans regularly use an “alternative” medicine.
- ✿ 35% of current third party payer subscribers say that they would switch their carrier to one that offers coverage for alternative therapies above current chiropractic benefits.

Henry, G. King County Medical Blue Shield Phase 1 Final Report. 1995

Market research conducted by Group Health in Washington and M-CARE in Michigan



Why integrate?


- ✿ Provide safe alternatives

- ✿ “With Naturopathic doctors, the combination of conventional medical training and alternative/integrative training, characteristic of the education received by licensed NDs, makes them an excellent bridge between the two healthcare traditions and provider groups.”

Henry, G. King County Medical Blue Shield Phase 1 Final Report. 1995

Why integrate?

- ✿ Improve SchoolCare's bottom line
 - ✿ Practitioners of alternative therapies can be highly cost-effective compared to conventional providers
 - ✿ Especially true with treatment of chronic and stress-related conditions
 - ✿ Heart disease
 - ✿ Chronic pain
 - ✿ Respiratory illness
 - ✿ Diabetes
 - ✿ Arthritis
 - ✿ GI problems
 - ✿ Substance abuse



The healthcare system of the future will value healthcare expenditures that improve health as much as those that treat disease.

Joseph E. Pizzorno, ND, President Emeritus
Bastyr University, 2003