

The background of the slide features a dense pattern of vibrant green leaves, likely from a plant like basil, with visible veins. At the bottom of the image, there are soft, circular ripples in a light blue-green water, creating a natural and fresh aesthetic. The text is centered within a semi-transparent white rounded rectangle.

# **Naturopathic Medicine**

SchoolCare Presentation

November 7, 2011

THE WIZARD OF ID

Brant parker and Johnny H



# Today's presentation

- ✿ About naturopathic medicine
- ✿ Education
- ✿ Naturopathic medicine in practice
- ✿ 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.

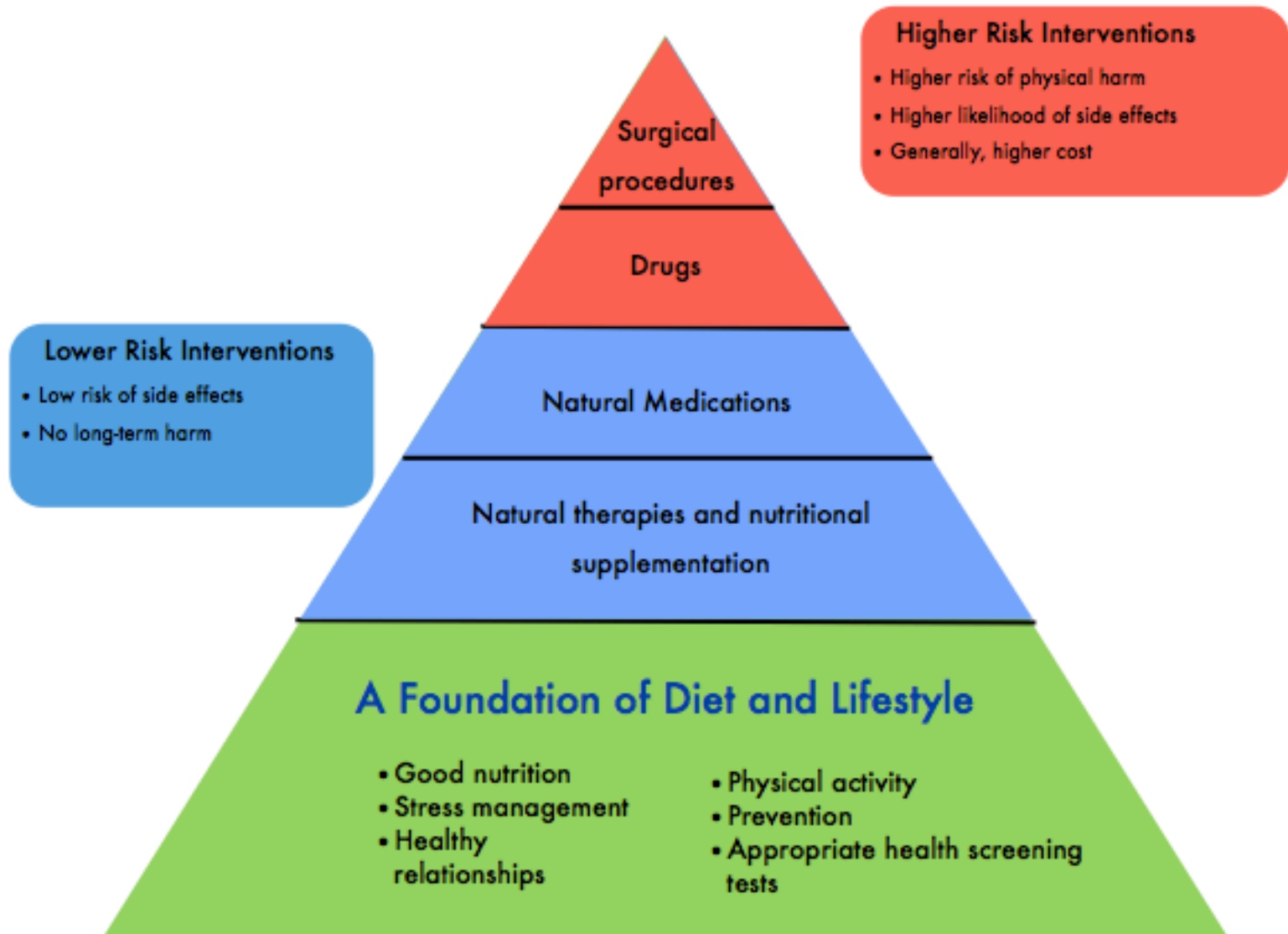
May also use natural medicines, prescription or legend drugs, foods, herbs, or other natural remedies.

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

# The Naturopathic Model



# 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
<b>Basic Science Education</b>		
Anatomy and Embryology	13	19
Histology	6	5
Physiology	5	14
Biochemistry	8	12
Pathology	10	12
Microbiology and Immunology	11	10.5
<b>Therapeutic Modality Training</b>		
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 Medicine in NH

- ✿ Naturopathic Health Care Practice Act passed in 1995 (Chapter 328-E)
- ✿ Currently 80 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.

# 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)

# 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

# Finding an ND in NH

 [www.NHAND.org](http://www.NHAND.org)

 [www.naturopathic.org](http://www.naturopathic.org)



*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