

STATE OF CALIFORNIA
DEPARTMENT OF CONSUMER AFFAIRS

NATUROPATHIC MEDICINE COMMITTEE

Dr. David Field, ND, LAc, Chair

Dr. Tara Levy, ND, Vice Chair

Rebecca Mitchell, Executive Officer

Medical Board of California meeting

July 28, 2017



Topics of Discussion

- What is Naturopathy
- What are Naturopathic Doctors (ND)
- Education of Naturopathic Doctors
- Safety Records
- Malpractice
- Formularies
- Scopes

What is Naturopathy?

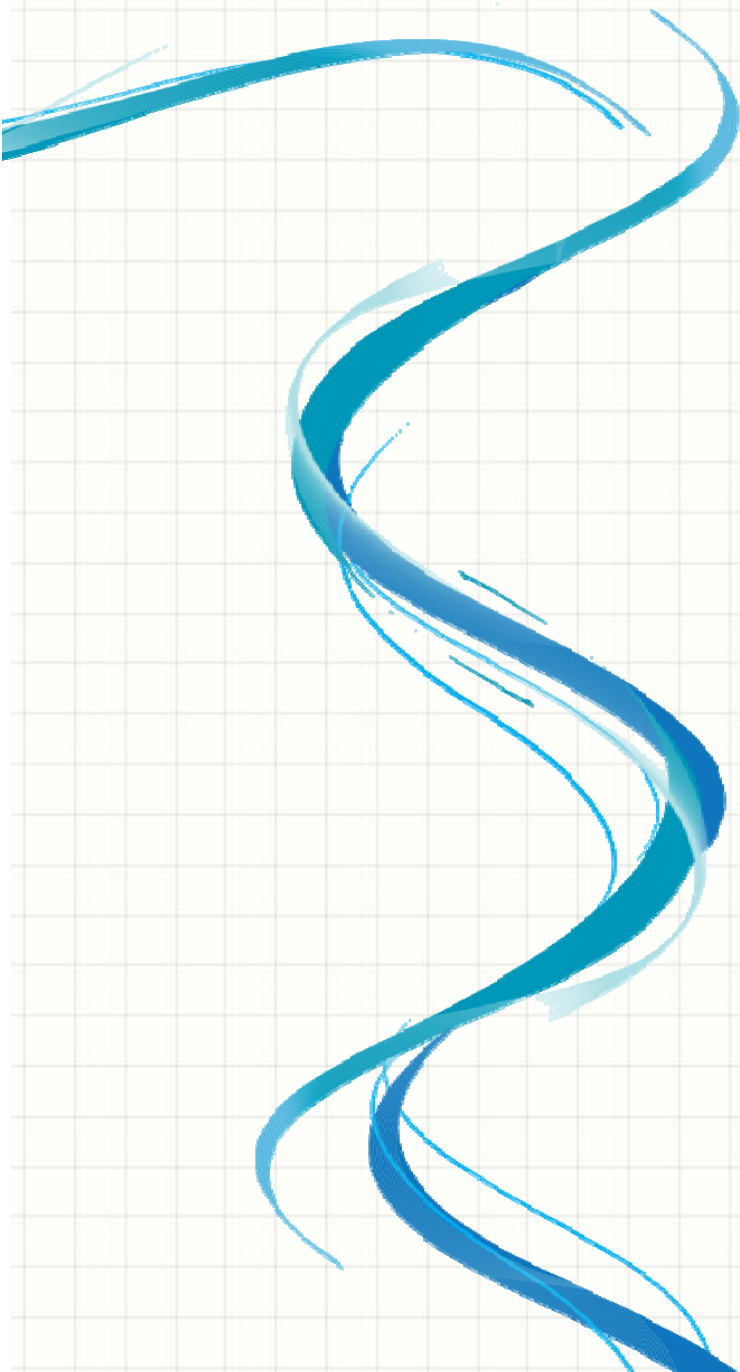
- Naturopathic Medicine is a distinct and comprehensive system of primary health care that uses primarily natural methods and substances to support and stimulate the body's self-healing process.
- In 2003, California became the 13th state to recognize the profession and provided licensure to naturopathic doctors.
- Currently 17 states, the District of Columbia, and the US territories of Puerto Rico and the US Virgin Islands have licensing laws for naturopathic physicians.
- In most of the other licensing states and territories, NDs are titled as naturopathic physicians.



Naturopathic Philosophy



- First, Do No Harm
- Identify and Treat the Cause
- Doctor as Teacher
- Treat the Whole Person
- Prevention



What are Naturopathic Doctors (ND)?

Naturopathic Doctors

Naturopathic Doctors are trained in a wide variety of primary care, complementary and alternative therapies, including:

- Conventional Medications and Drugs
- Minor Office Procedures
- Naturopathic Childbirth Attendance
- Hormone Replacement Therapies
- Herbal and Homeopathic Medicines
- Clinical Nutrition and Diet
- Vitamins, Amino Acids, Minerals, Enzymes, and Nutraceuticals
- Physical Medicine such as Massage, Bodywork, Exercise Therapy, and Hydrotherapy
- Counseling and Behavioral Therapies
- Health and Lifestyle Counseling



Education of Naturopathic Doctors

Naturopathic Education

- Bachelor's Degree from a regionally accredited college or university
- ND Degree or diploma of a minimum 4,100 total hrs. in basic and clinical sciences, naturopathic philosophy, naturopathic modalities, and naturopathic medicine.
- Not less than 2,500 hrs. shall consist of instruction.
- Not less than 1,200 hrs. shall consist of supervised clinical training.
- NDs are clinically trained in both natural and conventional approaches to medicine.
- NDs are required to complete at least 72 hrs. of pharmacology course hours in school and must complete a minimum of 20 hours of pharmacotherapeutic training every two years of their continuing education requirement.

Standards of Naturopathic Education

The Counsel of Naturopathic Medical Education (CNME) sets the standards for naturopathic colleges in the areas of finances, faculty education, ethics, program development, education, and clinical competencies.



Standards of Naturopathic Education

Basic & Diagnostic Sciences	Anatomy, neuroanatomy, neurosciences, physiology, histology, pathology, biochemistry, genetics, microbiology, immunology, lab diagnosis, clinical diagnosis, physical diagnosis, medical research, epidemiology, public health, medical ethics, and others.
Clinical Sciences	Family medicine, ENT, cardiology, pulmonary medicine, gastroenterology, rheumatology, neurology, dermatology, urology, infectious disease, pediatrics, geriatrics, obstetrics, gynecology, pharmacology, pharmacognosy, minor surgery, ophthalmology, psychiatry, and others.
Naturopathic Therapeutics	Clinical nutrition, botanical medicine, homeopathy, naturopathic manipulative therapy, hydrotherapy, lifestyle counseling, naturopathic philosophy, naturopathic case management, advanced naturopathic therapies, acupuncture and traditional Chinese medicine, & Ayurvedic medicine.
Source: Handbook of Accreditation for Naturopathic Medicine Programs. <i>Counsel of Naturopathic Medical Education</i> April 2016; 34-52	

Typical Educational Breakdown by Year:

- **First year** studies include the normal structure and function of the body with solid introduction to naturopathic theory, philosophy, and therapeutics.
- **Second year** focuses on the study of disease and diagnosis while beginning course work in botanical medicine, therapeutic manipulation, clinical nutrition, and homeopathic medicine sequences. To enter into the clinical training of the third year, students must pass all basic science courses and diagnostic courses, as well as a clinic entrance examination.

Typical Educational Breakdown by Year:

- **Third year** continues focusing on the botanical medicine, manipulation, clinical nutrition, and homeopathic medicine sequences, begins the organ systems courses (which emphasize case management), and gives major emphasis to clinical training. Students must pass a clinical primary status exam to proceed in the clinic.
- **Fourth year** continues the organ systems courses. The major focus of the fourth year is practical clinical training, working side by side with licensed physicians caring for patients. A clinic proficiency exam ensures clinical competency prior to graduation.

Comparison of the Basic Science Education

	Naturopathic	Allopathic	Osteopathic
Anatomy (gross & dissection)	350	380	362
Physiology	250	125	126
Biochemistry	125	109	103
Pharmacology	100	114	108
Pathology	125	166	152
Microbiology / Immunology	175	185	125
TOTAL HOURS	1,125	1,079	976

Above is a comparison of the basic science education of naturopathic doctors to that of an allopathic or osteopathic physician and surgeon, according to the Journal of Family Practice.

Naturopathic Physicians Licensing Examination (NPLEX)

California and all other licensing states require naturopathic physicians to pass Parts I and II of the NPLEX. The NPLEX is a rigorous, nationally standardized licensing exam implemented in 1986, replacing individual state exams.

- **NPLEX Part I:** Biomedical Science Examination is an integrated, case-based examination that covers the topics of anatomy, physiology, biochemistry & genetics, microbiology & immunology, and pathology. This examination is designed to test whether the examinee has the scientific knowledge necessary for successful completion of clinical training.
- **NPLEX Part II:** Core Clinical Science Examination is an integrated case-based examination that covers the following topics: diagnosis (using physical & clinical methods, lab tests & imaging studies), materia medica (botanical medicine and homeopathy), nutrition, physical medicine, health psychology, emergency medicine, medical procedures, public health, pharmacology, and research. This examination is designed to test the skills and knowledge that an entry-level naturopathic physician must have in order to practice safely.

Safety Records

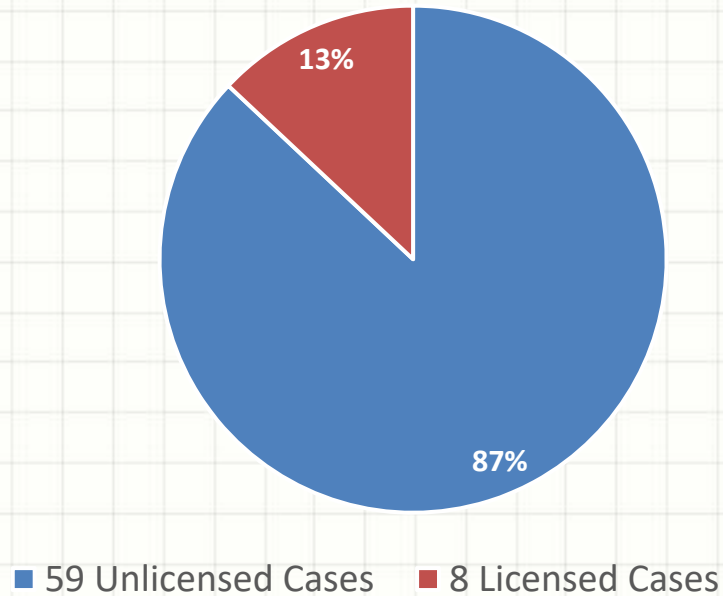
Naturopathic Doctors have the Best Safety Records

- The Naturopathic Medicine Committee rarely receives complaints about licensed naturopathic doctors
- Majority of complaints are for unlicensed practice violations.

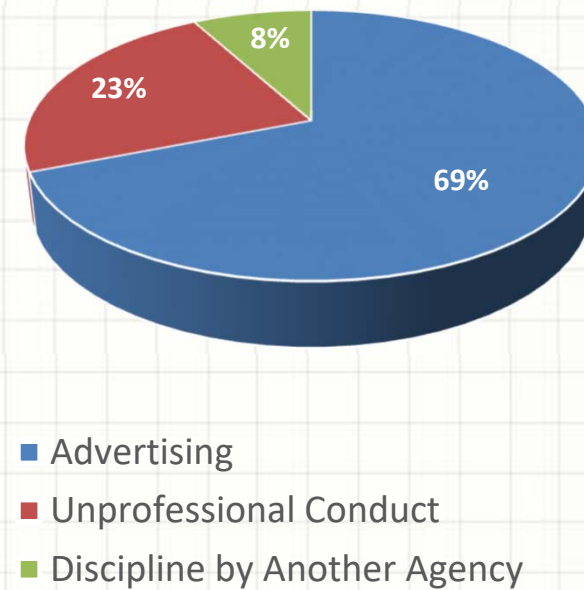


Types of Enforcement Cases

Licensed vs. Unlicensed Cases



Licensee Case Violation Types





Malpractice Insurance

Malpractice Insurance

- Most malpractice companies issue the same policy to NDs vs. other healing arts professionals for half the cost due to low risk factors of naturopathic medicine.
- Malpractice claims are lowest for ND profession across the nation.





Drug Formularies

Drug Formularies for Naturopathic Doctors

- Most ND Regulatory Boards allow Independent Prescribing of:
 - Schedule III through V Controlled Substances
 - All Legend Drugs
 - Hormones (natural and synthetic)
 - Natural Substances
- Formularies
 - Exclusionary

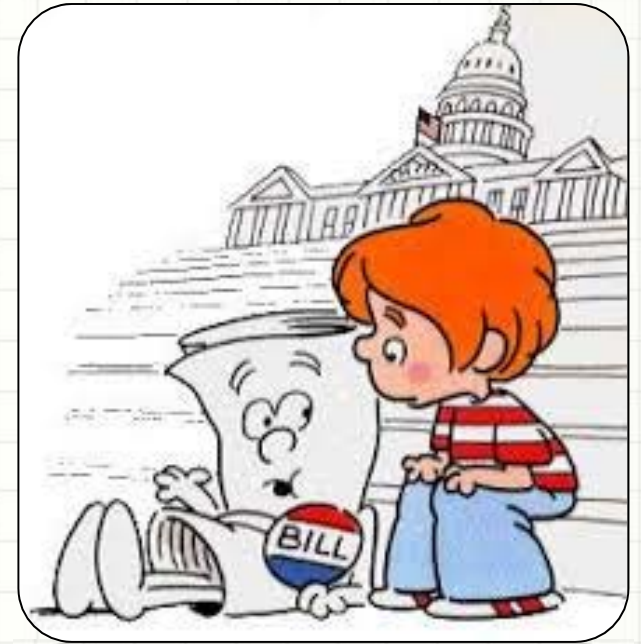




Naturopathic Scopes

Naturopathic Medicine Scope

- In most states includes minor office procedures and independent prescribing rights.
- California is limited in its scope, but the Committee plans to implement the Legislature's original intent to include the minor office procedures and independent prescribing rights by sponsoring a scope bill.





QUESTIONS?