



THE UNIVERSITY
OF ARIZONA

MEL AND ENID
ZUCKERMAN COLLEGE
OF PUBLIC HEALTH

Center for Rural Health



ARIZONA
TELEMEDICINE
PROGRAM

Improving Access to Quality Medical Care Webinar Series

Presented by

Southwest Telehealth Resource Center
and the University of Arizona's
Center for Rural Health

Welcome

AZ, UT, CO, NM & NV FLEX Programs

Four Corner's Telehealth Consortium Members

Fellow HRSA Telehealth Resource Centers

All other participants from the US & abroad



The **University of Arizona Center for Rural Health & the Southwest Telehealth Resource Center** welcomes you to this free webinar on the implementation & practice of telemedicine. The practice & deliver of healthcare is changing, with an emphasis on **improving quality, safety, efficiency, & access to care.**

Telemedicine can help you achieve these goals!

Webinar Tips & Notes

- Mute your phone &/or computer microphone
- Time is reserved at the end for Q&A
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recordings will be posted on the SWTRC & CRH websites

<http://www.southwesttrc.org>

<http://crh.arizona.edu/>



“The Future of Natural Medicine”



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Objectives:

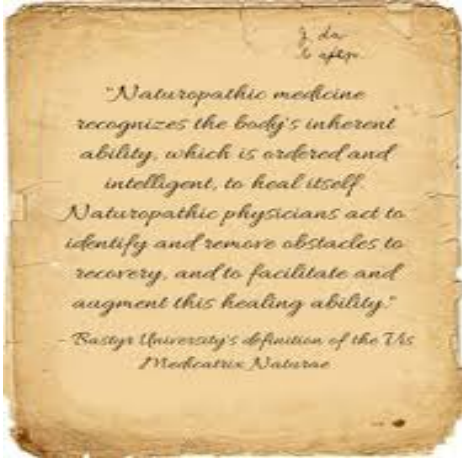
1. Naturopathic Medicine & Telemedicine
1. Naturopathic Physicians' Scope of Practice
2. Naturopathic Medicine in Rural Communities

Bonus: A sneak peak into the mind of how a Naturopathic Physician thinks!

Definitions:

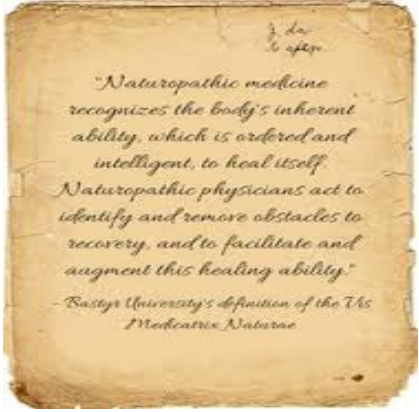
- **Naturopathic Medicine:** a distinct **primary health care profession**, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The practice of naturopathic medicine includes modern, traditional, scientific, and empirical methods. (AANP)
- **Naturopathic Physician (NDs):** Naturopathic physicians **combine the wisdom of nature with the rigors of modern science**. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on **holistic, proactive prevention and comprehensive diagnosis and treatment**. They help facilitate the body's inherent ability to restore and maintain optimal health. It is the naturopathic physician's role to identify and remove barriers to good health by helping to create a healing internal and external environment. They can typically be found working in private practices, hospitals, clinics and community health centers. (AANP)
- **Telemedicine:** Using information and communication technologies for the exchange of valid information for diagnosis, treatment and prevention of disease where distance is a critical factor. The delivery of health care services, by all health care professionals for research and evaluation, and for the continuing education of health care providers, all in the interests of advancing the health of individuals and their communities. (WHO)





Brief History of *Naturopathic Medicine*

- Hippocrates, a Greek physician who lived 2,400 years ago taught the concept that “nature is the healer of all disease.”
- The term “Naturopathy” was coined in 1892 to describe a system of natural therapeutics occurring primarily in Europe.
- 1896 Dr. Benedict Lust, MD brought naturopathy to America. Started the first health food store in NY. Founded the American School of Naturopathy in 1902.
- In 1920 there were over 10,000 naturopathic practitioners.



Brief History of *Naturopathic Medicine*

- Early in the 20th century 20+ colleges and naturopathic physicians were licensed in majority of the states.
- After World War II, the trust of healthcare was placed on the advances in surgical techniques, the introduction of antibiotics and growth of the pharmaceutical industries. The more traditional healing practices lost ground. This thought continued through the 1950's.
- During the 1970's, society was becoming aware of the risk involved with conventional medicine. People started looking for alternative treatments. Naturopathic Medicine started to reemerge.

The Future of Naturopathic Medicine



- **Naturopathic medicine is at the forefront of the paradigm shift occurring** in medicine. The scientific tools now exist to assess and appreciate many aspects of natural medicine.
- Consumers are demanding a wider range of health care services. Patients are looking towards the least invasive of techniques. Naturopathic physicians fill a gap, answer a demand and bring to the public a "bilingual" health care provider with an **understanding of both natural and allopathic medicine**. They are the knowledgeable gateway to **"integrative medicine"** a **true 'health' care system**.

Telemedicine & Naturopathic Physicians

- 4/2014: In the state of AZ the practice & reimbursement of telepractice by NDs was approved.
(Not for Medicare or Medicaid)
- 4/2014: Telemedicine can be used in lieu of a physical exam to establish the patient-physician relationship for the purpose of internet prescribing.
- Informed consent is required for telemedicine services.
- E-scripts can be written if the the patient resides in a state where the ND is licensed to write prescriptions.
- ***American Telemedicine Association*** has the current Practice Guidelines for Primary Care and other specialties in telemedicine.
- Most naturopathic consultations will be Fee For Service (cash) and the patient can summit to private insurance for possible reimbursement.

Principles of Naturopathic Medicine

- The Healing Power of Nature
- Identify and Treat the Cause
- First Do No Harm
- Doctor As Teacher
- Treat the Whole Person
- Prevention



Naturopathic Therapeutic Order



REMOVE OBSTACLES TO HEALTH

When health is disturbed by obstacles (pollution, imbalanced diet, stress, lack of sleep, etc.), this leads to a state of *dis*ease. The first step in returning back to the natural state of health is to remove the obstacle preventing balance in an attempt to change and improve the terrain in which the disease developed. This allows additional therapeutics to have the most beneficial effects possible.



STIMULATE THE VIS (NATURAL HEALING POWER OF NATURE/THE BODY)

Use the healing power of nature to stimulate internal natural vitality. This creates homeostasis and balance between systems. An increase in vitality is an increase in health.



SUPPORT WEAKENED OR DAMAGED SYSTEMS

Naturopathic treatments target specific imbalanced systems such as the immune system, tissue toxicity, systemic inflammation, metabolic systems, hormonal regulation, emotional processing, in order to enhance regeneration and return to harmony throughout the mind/body whole.



CORRECT STRUCTURAL INTEGRITY

Direct physical manipulation of muscle tissue and bone by methods including massage, muscle energy techniques, osseous manipulation, and other physical medicine modalities are used to strive for optimal structural function and comfort.



PRESCRIBE SPECIFIC NATURAL SUBSTANCES

Stronger natural medicines are utilized to reverse specific disease states. Powerful botanicals, medicinal foods, directed vitamin/mineral supplementation, and other modalities are used to restore vitality.



PRESCRIBE PHARMACOLOGICAL SUBSTANCES

Use pharmaceutical drugs to stall deep pathology when other methods are not feasible or imminent risk too great.



USE SURGERY, SUPPRESSIVE DRUGS, RADIATION, AND CHEMOTHERAPY

Use aggressive therapies as needed when gentler, natural therapies just aren't enough for now.

Naturopathic Physician Specialties

- ✧ Clinical and Laboratory Diagnostic Testing
- ✧ Nutritional Medicine
- ✧ Specialized Intravenous and Injection Therapy
- ✧ Botanical/Herbal Medicine
- ✧ Naturopathic Physical Medicine (including naturopathic manipulative therapy)
- ✧ Mind/ Body Medicine
- ✧ Minor Surgery (optional)
- ✧ Homeopathy
- ✧ Hydrotherapy
- ✧ Traditional Chinese Medicine & Acupuncture (optional)
- ✧ Lifestyle Counseling
(Exercise, Stress Management, Forming New Habits)
- ✧ Naturopathic Obstetrics (additional training needed)



Accredited Naturopathic Schools

Southwest College of Naturopathic Medicine: *Tempe, AZ*

Bastyr University: *Kenmore, WA & San Diego, CA*

National College of Natural Medicine: *Portland, OR*

National University of Health Sciences: *Lombard, IL*

University of Bridgeport: *Bridgeport, CT*

Canadian College of Naturopathic Medicine: *Canada*

Boucher Institute of Naturopathic Medicine: *Canada*



Professional Education

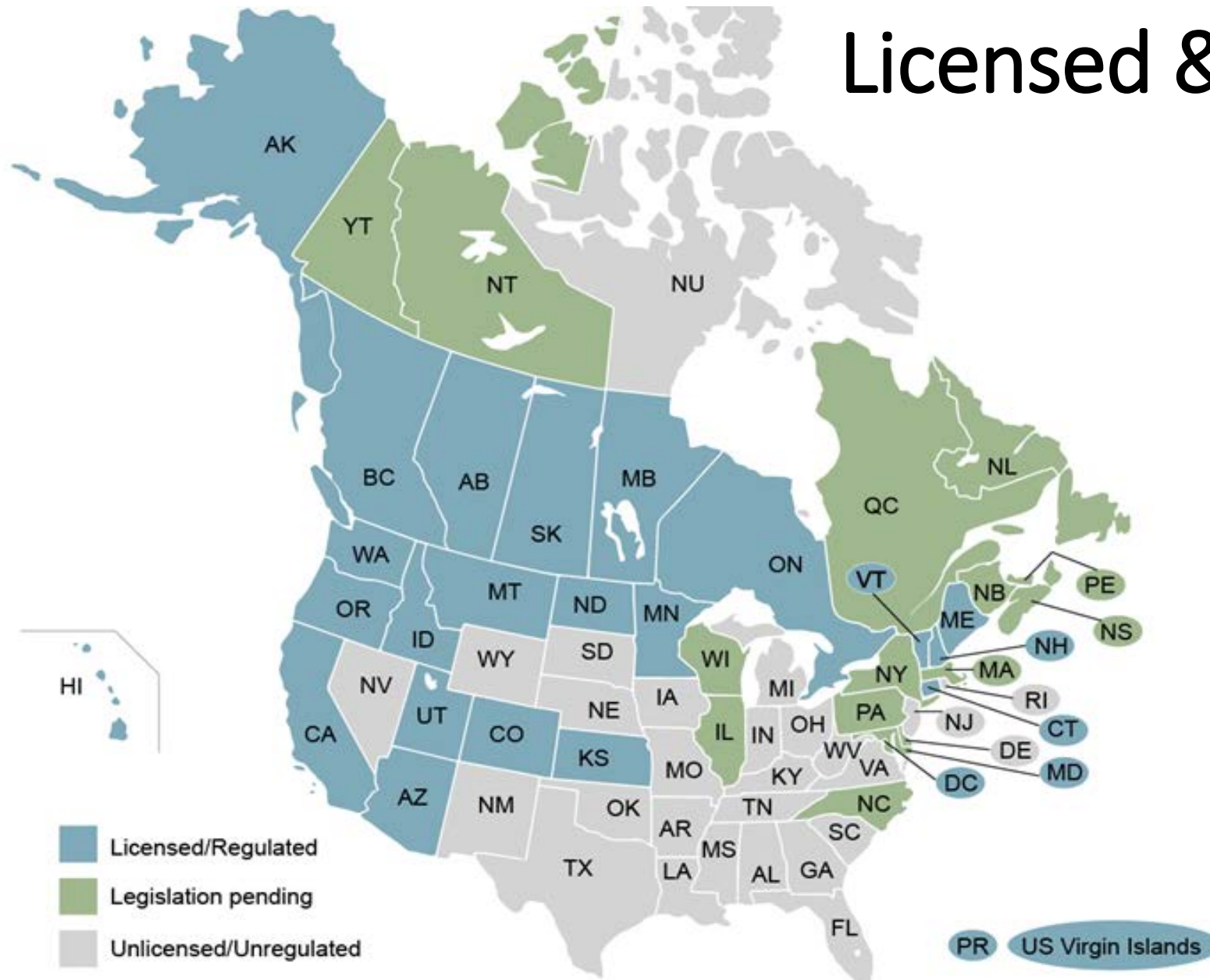
Requirement for Admission:

- University bachelor degree with a minimum 3.0 GPA
- Prerequisites for biology, biochemistry, chemistry, organic chemistry, and psychology

Graduation Requirement & Licensing:

- Completion of more than 4,500 hours of Naturopathic doctor training and 1,500 hours of supervised clinical experience
- Successful completion of a Naturopathic Medical Program at one of the accredited schools.
- Successfully pass the 2-part [NPLEX \(Naturopathic Physicians Licensing Examination\) board exam series regulated by NABNE \(North American Board of Naturopathic Examiners\)](#):
 - Part 1: Biomedical Sciences
 - **Sciences Include:** *Anatomy, Physiology, Biochemistry, Genetics, Pathology, Microbiology and Immunology*
 - Part 2: Core Clinical Science & Practical Clinical Exam
 - Optional: Acupuncture & Minor Surgery
- Annual Continuing Medical Education (CME) required credits as per provincial and state regulations.

Licensed & Unlicensed States



NDs Practicing Telemedicine

- **The ND must follow the Scope of Practice for the state that the PATIENT resides in.**
- **Example:** *AZ has a FULL Scope of Practice*
 - Licensed primary care providers (diagnose & treat)
 - **NDs have the ability to carry out the following duties:** Order Prescription Drugs & Radiologic Tests (with basic understanding of results), Minor Surgery, Hydrotherapy, Physiotherapy, Naturopathic Manipulation, Venipuncture, Obstetrics (extra training req.)/Gynecology, Botanical Medicine, Acupuncture, Electrotherapy, Nutrition, Homeopathy, and IV Therapy.
 - Naturopathic physicians will refer to specialists as needed, either within the profession or to allopathic (MD) or osteopathic (DO) colleagues.

The Naturopathic Physician's Potential Role in Telemedicine





Patients That Are Not Ideal Candidates for Telemedicine

- A patient for which an in-person visit is required to evaluate the patient due to the severity of presenting symptoms.
- Patients requiring a physical exam.
- Patients in need for a particular procedure.
- Patients with:
 - Cognitive disorders
 - Intoxication
 - Language barriers
 - Emergency Situations
- Patients that do not have the required technology to complete a virtual visit.

***Providers shall exercise their professional judgment when deciding whether or not to use telemedicine, taking into account the patient condition, mitigating circumstances, available resources, and their own comfort level and expertise in using telemedicine. ***

Some Conditions Being Treated Using Telemedicine

- Allergies
- Cold & Flu
- Diarrhea
- Pharyngitis
- Conjunctivitis
- Sinusitis
- Bladder Infection
- Vomiting
- Headaches
- Hypertension
- Diabetes
- Sleep Dysfunction
- Renal Failure
- Prevention & Wellness Services
- Smoking Cessation
- Weight Management



Integrative Medicine

- Psychology/ Psychiatry
 - Environmental Medicine
 - Rheumatology
 - Pediatrics
 - Autism
 - Women's & Men's Health
 - Urology
 - Perinatal Care
 - Gastroenterology
 - Endocrinology
 - Orthopedics
 - Neurology
 - Cardiology
 - Pulmonology
 - Geriatrics
 - Oncology
 - Dermatology
- (with correct equipment)

Telemedicine in Rural Communities



Access To Care



<http://mhealthwatch.com/georgia-partnership-for-telehealth-and-amerigroup-bring-telemedicine-to-schools-21343/>



<http://www.healthworkscollective.com/joan-justice/31885/mobile-health-around-globe-telemedicine-india>



Nature Cure

- Return to Nature
- Use Nature as Medicine:
 - Water
 - Air
 - Light
 - Earth
 - Magnetism
 - Electricity

Nature Cure

- Chemical Remedies:
 - Food
 - Homeopathic Medicine
 - Botanical Medicine
- Mechanical Remedies:
 - Exercise
 - Massage
 - Structural adjustment
- Sleep

Nature Cure



- Mental & Spiritual Remedies:
 - Relaxation (Deep Breathing)
 - Constructive Thought Pattern
 - Meditation
 - Prayer of Faith

Summary

- Naturopathic Physicians are licensed primary care physicians in 17+ states & providences.
- We are the Natural Medicine Specialist with the most extensive professional training. We serve as a resource to other healthcare professionals.
- Several naturopathic treatments can be implemented with the use of Telemedicine.
- The use of Telemedicine with an emphasis in Naturopathic Medicine can help heal more people around the world.

Helpful Resources:

- The American Association of Naturopathic Physicians (AANP)
www.naturopathic.org
- AZ Naturopathic Physicians Medical Board
<https://nd.az.gov>
- American Telemedicine Association (Practice Guidelines & Research)
<http://www.americantelemed.org>

References

- www.naturopathic.org
- [https://www.cand.ca/History of Naturopathic Medicine.51.0.html?&L=1&L=0](https://www.cand.ca/History%20of%20Naturopathic%20Medicine.51.0.html?&L=1&L=0)
- <http://www.heartlandnaturopathic.com/history.htm>
- <http://tech.co/predictions-future-digital-marketing-2014-12>
- [http://www.who.int/goe/publications/goe telemedicine 2010.pdf](http://www.who.int/goe/publications/goe_telemedicine_2010.pdf)
- <http://www.thenddc.com/what-to-expect-from-a-naturopathic-doctor/>
- <http://www.scnm.edu/the-scnm-experience/professional-life/where-can-i-practice/>
- <https://nd.az.gov>
- <http://www.americantelemed.org/docs/default-source/standards/primary-urgent-care-guidelines.pdf?sfvrsn=4>
- <http://evisit.com/what-is-telemedicine/#5>
- <http://www.americantelemed.org/home>
- ***Philosophy of Natural Therapeutics*** by Henry Lindlar



Thank You For Your Time...

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Questions ?



Improving Access to Quality Medical Care Webinar Series

Please check our website for upcoming webinars

<http://telemedicine.arizona.edu/webinar>

Announcement of upcoming webinars will be
emailed to all participants



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Your opinion is valuable to us.
Please participate in this brief survey:

<https://www.surveymonkey.com/r/SWTRCWebinarSurvey>

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