

Bureau of Naturopathic Medicine

A Bureau of the California Department of Consumer Affairs



Findings and Recommendations Regarding the Practice of Naturopathic Childbirth Attendance

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* For copies of items listed in the appendix, please contact the Bureau of Naturopathic Medicine at (916) 574-7991

Acknowledgements

The Bureau of Naturopathic Medicine charged the Childbirth Attendance Committee with the responsibility of developing specific findings and recommendations to be presented in this report to the Legislature. These committee members unanimously agreed upon the findings and recommendations presented in the report. Although some of the recommendations crossover between recommending statutory and/or regulatory changes, all recommendations were included so that a complete picture could be presented to the Legislature.

The Bureau would like to acknowledge and thank the members of the Committee for their hard work and dedication. The Committee was comprised of naturopathic doctors, medical doctors, a certified nurse-midwife, and a licensed midwife. The Committee held five meetings and worked diligently in conducting research for the background material and findings presented in the report. In all recommendation decisions, patient safety and efficacy were given the utmost importance.

As the Bureau Chief, I was impressed by the commitment on the part of each member of the Committee. They served without compensation giving graciously of their evenings and overall time to share their vast knowledge and invaluable professional expertise. These reports speak to the facts gathered, research done, and the outcome of specific recommendations.

I am very pleased to have served as the Bureau Chief during the development of this report and to be able to present the report with the unanimous findings and recommendations of the Committees. Without their extensive knowledge, experience, and commitment to the field of naturopathic medicine, this report would not have been possible.

Sincerely,

Tonya Blood, Chief
Bureau of Naturopathic Medicine

Introduction

Senate Bill 907 (Burton; Chapter 485, Statutes of 2003) established the Naturopathic Doctors Act (the Act) and created the Bureau of Naturopathic Medicine (the Bureau) within the Department of Consumer Affairs to administer the Act. The Act sets up criteria for the licensure and regulation of Naturopathic Doctors (NDs), and establishes a scope of practice for the profession.

The Act established California Business and Professions Code Section 3628¹ that specifies:

- The Bureau of Naturopathic Medicine shall establish a naturopathic childbirth attendance advisory committee (the Committee) to issue recommendations concerning the practice of naturopathic childbirth attendance based upon a review of naturopathic medical education and training.
- The Committee shall review naturopathic education, training, and practice and make specific recommendations to the Legislature regarding the practice of naturopathic childbirth attendance in California.
- The Committee and the Bureau shall consult with physicians and surgeons [medical doctors (MDs)], midwives, and licensed naturopathic doctors in developing the findings and recommendations submitted to the Legislature.
- The Committee shall be composed of an equal number of representatives from the clinical and academic settings of medical doctors, midwives, and naturopathic doctors.

Assembly Bill 302 (Committee on Business and Professions; Chapter 506, Statutes of 2005) extended the date that the Bureau was to make recommendations to the Legislature to January 1, 2007. The purpose of this report is to fulfill that legislative mandate.

¹ All further section references are to the Business and Professions Code unless otherwise indicated.

Naturopathic Childbirth Attendance Advisory Committee

Committee members were required to file an application for committee appointment with the Department of Consumer Affairs; Director Charlene Zettel approved those applications. The Committee is comprised of two naturopathic doctors, two medical doctors, and two midwives, of whom one from each profession is a clinical practitioner and one is an academic as required by statute. Dr. Donnalee Hart, ND, is Chairperson and Dr. Cynthia Watson, MD, is Vice-Chair (see Biographies in Appendix).

The Naturopathic Childbirth Attendance Advisory Committee was the last of three committees formed as a result of the Act; the Formulary Committee and Minor Office Procedures Committees were formed in 2005. The Bureau chaired the first Childbirth Attendance Advisory Committee meeting on February 22, 2006, at which time introductions were made and a chairperson and vice-chairperson were elected. The Committee, the Bureau, and members of medical and professional organizations reviewed and discussed the following topics: 1) statutory requirements for this report, 2) applicable code sections relating to certification of childbirth attendance, 3) naturopathic childbirth attendance in other states, 4) educational requirements and testing for certified professional midwives and nurse midwives, and 5) curriculum at approved naturopathic colleges as it relates to childbirth attendance.

The second and third meetings of the Committee laid the groundwork for this report. That is, the Committee identified goals, tasks to meet those goals, and the conflicts/issues that must be addressed in order to establish a naturopathic childbirth attendance certification process relative to the training and testing of NDs. Working groups were established to review the educational and testing requirements for naturopathic doctors as specified in the Act.

Due to the great physical distances between each of the committee members and because the practice hours of those persons attending childbirth are unpredictable, all of the scheduled public meetings have been held via teleconference. Most of the committee members have not met one another and have not met the staff members of the Bureau. Working groups conducted business primarily utilizing the phone, Internet, and e-mail in compliance with the Bagley-Keene Open Meeting Act.

Brief History of Naturopathic Medicine

Naturopathic medicine is one of the oldest continuously licensed health care professions in the country. Its roots lie in German traditions of “Water Cure” or hydrotherapy advocated by Sebastian Kneipp in the mid-19th century. Dr. Benedict Lust, considered to be the Father of Naturopathic Medicine, expanded upon the European water cure and herbal therapies to develop a comprehensive philosophy and system of health which he brought to the United States around the turn of the century.

In 1901, Dr. Lust opened the American School of Naturopathy in Manhattan. Its approach emphasized diet, exercise, physical medicine, herbs, and homeopathy as ways to improve and maintain good health. Naturopathic medicine grew quickly as a profession and by 1925 there were approximately 2,500 practicing naturopathic doctors and more than a dozen schools. During this period, regulations were enacted in many states, with about half of the states licensing or regulating naturopathic medicine. This rise in popularity created strong opposition from allopathic medicine, which labeled naturopathic medicine as “quackery.”

Naturopathic medicine experienced a significant decline in popularity from the post World War II era until the 1970s as most health care at that time centered on the allopathic medical model and the increased use and development of drugs and antibiotics. In the 1970s, with increased interest in holistic and alternative health care, naturopathic medicine experienced a resurgence of interest with expanded educational programs and state licensure. In the past 30 years, naturopathic medicine has experienced dramatic growth with new schools being established, standardization of education and accreditation, and expanded research on safety and efficacy of naturopathic practices.

In 2003, California became the 13th state to recognize naturopathic medicine and provide licensure to naturopathic doctors.

Naturopathic Medicine Today

Naturopathic medicine is a distinct and comprehensive system of primary health care that uses natural methods and substances to support and stimulate the body's self-healing process. In 2003, California became the 13th state to recognize naturopathic medicine and provide licensure to naturopathic doctors.

Currently, 14 states, the District of Columbia, and the US territories of Puerto Rico and the US Virgin Islands have licensing laws for naturopathic doctors. The states of Illinois and Virginia are currently considering licensing naturopathic doctors and there are movements toward licensure in several other states. Although the scope of practice varies widely from state to state, all naturopathic doctors abide by the same six principles:

➤ **The Healing Power of Nature:**

Naturopathic medicine recognizes an inherent healing process in the person that is ordered and intelligent. The body is capable of healing itself. The role of the naturopathic doctor is to identify and remove obstacles to healing and recovery and to facilitate and augment this inherent natural tendency of the body.

➤ **Identify and Treat the Cause:**

Naturopathic doctors seek to identify and remove the underlying causes of illness, not merely eliminate or suppress symptoms.

➤ **First Do No Harm:**

Naturopathic doctors follow three guidelines to avoid harming patients:

1. Utilize methods and medicinal substances that minimize risks of side effects, using the least force needed to diagnose and treat.
2. Avoid, when possible, the harmful suppression of symptoms.
3. Acknowledge and work with the individual's self-healing process.

➤ **Doctor as Teacher:**

Naturopathic doctors recall that the origin of the word "doctor" is the Latin word, "to teach." A fundamental emphasis in naturopathic medicine is patient education.

➤ **Treat the Whole Person:**

Naturopathic doctors attempt to take into consideration all the factors that make up patients' lives and affect their health and well-being.

➤ **Prevention:**

Naturopathic medicine emphasizes the prevention of disease, assesses risk factors, and makes appropriate interventions with patients to prevent illness.

Most naturopathic doctors provide primary care natural medicine through office-based, private practice. In states where NDs have been licensed for many

years, they often work in collaboration with medical doctors, and routinely refer patients to each other for optimum management of a patient's healthcare.

Bureau Information

The Act, which created the Bureau, was effective January 1, 2004. Before the Bureau could issue any licenses, a Bureau Chief and staff were hired. Equipment was purchased to support the Bureau's activities. Emergency regulations were drafted to implement the Act. An application process was developed, files were set up, application forms developed, and a website created. The first ND license was issued on January 14, 2005. There are currently 211 licensed NDs in California.

The Bureau is staffed by one full-time analyst. The analyst is responsible for all activities of the Bureau, including answering phones, analyzing qualifications for licensure, issuing licenses, responding to correspondence, coordinating legislative, regulatory, and budgetary activities, preparing reports, and administering all disciplinary and enforcement activities. The Bureau is completely funded by application and licensing fees.

Requirements for Licensure General Naturopathic Practice

In order to be licensed as an ND in California, the Act and the California Code of Regulations require an applicant to:

- Have obtained a degree in naturopathic medicine from an approved naturopathic medical school. (Section 3630)
- Pass Parts I and II of the Naturopathic Physicians Licensing Examination [An applicant who graduated prior to 1986 must have passed a state or Canadian provincial exam.] (Section 3631)
- Submit fingerprints, and not have been convicted of any crime that would be grounds to deny licensure. (Sections 144, 480, 3630)
- Request verification of good standing for any other licenses held in California or another state be submitted directly to the Bureau from the licensing entity. (Section 3633)
- Pay to the Bureau an application fee of \$400 and a biennial license fee of \$800, prorated in the first license period. (Title 16 California Code of Regulations § 4240)

Requirements for Certification Naturopathic Childbirth Attendance

A naturopathic doctor must complete additional education and training requirements and be granted a certificate of specialty practice by the Bureau In order to practice naturopathic childbirth in California (Section 3650). There are currently no regulations in place to implement the issuance of a certificate to practice naturopathic childbirth attendance.

Approved Schools

To be eligible for licensure in California, an applicant must have graduated from one of six approved naturopathic medical schools. Each of these schools has met the requirements for accreditation by the Council on Naturopathic Medical Education. Four of the approved schools are located within the United States and two are in Canada. A brief listing of the schools is given below. Detailed information on each of the schools, including admission requirements and curriculum may be found in the Appendix.

School	Year Established	2006 Graduates
National College of Naturopathic Medicine (NCNM) Portland, Oregon	1956	81
Bastyr University Seattle, Washington	1977	260
Southwest College of Naturopathic Medicine and Health Sciences (SCNM) Scottsdale, Arizona	1993	65
University of Bridgeport College of Naturopathic Medicine Bridgeport, Connecticut	1996	19
Canadian Naturopathic Medical College (CCNM) Toronto, Ontario, Canada	1978	135
Boucher Institute of Naturopathic Medicine (BIN) New Westminster, British Columbia, Canada	2001	16

Education and Training General Naturopathic Practice

An applicant for licensure must have graduated from a naturopathic medical education program accredited by the Council on Naturopathic Medical Education (CNME). For accreditation, the schools must meet the following minimum requirements:

- Admission requirements that include a minimum of three-quarters of the credits required for a bachelor's degree from a regionally accredited or preaccredited college or university or the equivalency, as determined by the CNME.
- Program requirements for its degree or diploma of a minimum of 4,100 total hours in basic and clinical sciences, naturopathic philosophy, naturopathic modalities, and naturopathic medicine. Of the total requisite hours, not less than 2,500 hours shall consist of academic instruction and not less than 1,200 hours shall consist of supervised clinical training approved by the naturopathic medical school.
- A naturopathic medical education program in the United States shall offer graduate-level full-time studies and training leading to the degree of Doctor of Naturopathy or Doctor of Naturopathic Medicine. The program shall be an institution, or part of an institution of, higher education that is either accredited or is a candidate for accreditation by a regional institutional accrediting agency recognized by the United States Secretary of Education and the Council on Naturopathic Medical Education, or an equivalent federally recognized accrediting body for naturopathic doctor education.
- To qualify as an approved naturopathic medical school, a naturopathic medical program located in Canada or the United States shall offer a full-time, doctoral-level, naturopathic medical education program with its graduates being eligible to apply to the Bureau for licensure and to the North American Board of Naturopathic Examiners that administers the naturopathic licensing examination.

Education and Training Naturopathic Childbirth Attendance

Education and training of NDs relative to childbirth attendance varies amongst the accredited naturopathic colleges. All colleges require one course in obstetrics while some colleges offer all courses required for certification or midwifery licensure separate from the general ND program. For example:

- Two schools offer basic education in obstetrics, but no practical training (CCNM & BIN).
- One school offers basic education in obstetrics, with practical training provided by another institution (Bridgeport).
- One school offers basic and additional education in obstetrics, and offers an additional Women’s Integrative Medicine Program, which includes a 30 hours obstetrics course, with practical training provided through community outreach programs (SCNM).
- One school offers basic and certification education in obstetrics, with practical training provided under a preceptorship outside the college with an approved physician or midwife (NCNM).
- One school offers basic education in obstetrics and provides education required for separate midwifery certification in that state, with practical training provided under a preceptorship outside the college with an approved physician or midwife (Bastyr).

The following chart compares (1) obstetrics education offered at each college for general naturopathic degree; (2) clinical training required toward certification to attend childbirth; and (3) obstetrics education toward certification/midwifery license to attend childbirth:

Naturopathic Medical College	Offers Nat. Childbirth or Nat. Midwifery Program	Obstetrics Lecture Credits Required	Obstetrics Clinical Credits Required
Bastyr	Yes	3 general 29 midwifery license	0 general 37.5 midwifery license
National (NCNM)	Yes	2 general 18 certification	0 general 16 certification
Southwest (SCNM)	No	3 general	0 general
Boucher (BIN)	No	2 general	0 general
Bridgeport	No	2 general	0 general
Canadian (CCNM)	No	2 general	0 general

Statutory Requirements for Naturopathic Childbirth Attendance

The curriculum and testing requirements for NDs wanting to practice childbirth attendance were copied from the California statutes for midwifery and made part of the Act. The California midwifery statutes require a three-year educational program that assumes no prior medical education. It includes roughly two years of the same courses required of a degree in naturopathic medicine (i.e., anatomy, physiology, biochemistry, etc.). As a result, the law requires approximately 1000 hours of redundant educational requirements already fulfilled by NDs who have received their doctorate of naturopathic medicine.

A committee member has begun the task of comparing classes required for a doctorate of naturopathic medicine with childbirth attendance classes required by California law in order to identify which naturopathic classes fulfill the childbirth requirements. That task was not completed at the time this report was written. It is the consensus of the Committee and the Bureau that there are overriding factors in other areas of naturopathic childbirth attendance that need to be addressed before the Committee can make recommendations for changes to the education requirements. Those factors are listed under "Findings" at the end of this report.

The laws pertaining to naturopathic childbirth attendance education are found in Section 3651 which states that educational requirements for certification are "... compliance with one of the following requirements:

(a) Successful completion of midwifery or naturopathic obstetrics specialty from an approved naturopathic medical education program consisting of not less than 84 semester units or 126 quarter units with the following educational standards and requirements:

- (1) The curriculum is presented in semester or quarter units under the following formula:
 - (A) One hour of instruction in the theory each week throughout a semester or quarter equals one unit.
 - (B) Three hours of clinical practice each week throughout a semester or quarter equals one unit.
- (2) The program provides both academic and clinical preparation that is substantially equivalent to that provided in a program accredited by the American College of Nurse Midwives. The program includes, but is not limited to, preparation in all of the following areas:
 - (A) The art and science of midwifery, one-half of which shall be in theory and one-half of which shall be in clinical practice. Theory and clinical practice shall be concurrent in the areas of maternal and child health, including, but not limited to, labor and delivery, neonatal well care, and postpartum care.
 - (B) Communications skills that include the principles of oral, written, and group communications.
 - (C) Anatomy and physiology, genetics, obstetrics and gynecology, embryology and fetal development, neonatology, applied microbiology, chemistry, child growth and development,

pharmacology, nutrition, laboratory diagnostic tests and procedures, and physical assessment.

- (D) Concepts in psychosocial, emotional, and cultural aspects of maternal and child care, human sexuality, counseling and teaching, maternal and infant and family bonding process, breast feeding, family planning, principles of preventive health, and community health.
 - (E) Aspects of the normal pregnancy, labor and delivery, postpartum period, newborn care, family planning, or routine gynecological care in alternative birth centers, homes, and hospitals.
- (3) The program integrates the following subjects throughout its entire curriculum:
- (A) Midwifery process.
 - (B) Basic intervention skills in preventive, remedial, and supportive midwifery.
 - (C) The knowledge and skills required to develop collegial relationships with health care providers from other disciplines.
 - (D) Related behavioral and social sciences with emphasis on societal and cultural patterns, human development, and behavior related to maternal and child health, illness, and wellness.
- (4) Instruction in personal hygiene, client abuse, cultural diversity, and the legal, social, and ethical aspects of midwifery.
- (5) Instruction in the midwifery management process which shall include all of the following:
- (A) Obtaining or updating a defined and relevant database for assessment of the health status of the client.
 - (B) Identifying problems based upon correct interpretation of the database.
 - (C) Preparing a defined needs or problem list, or both, with corroboration from the client.
 - (D) Consulting, collaborating with, and referring to, appropriate members of the health care team.
 - (E) Providing information to enable clients to make appropriate decisions and to assume appropriate responsibility for their own health.
 - (F) Assuming direct responsibility for the development of comprehensive, supportive care for the client and with the client.
 - (G) Assuming direct responsibility for implementing the plan of care.
 - (H) Initiating appropriate measures for obstetrical and neonatal emergencies.
 - (I) Evaluating, with corroboration from the client, the achievement of health care goals and modifying the plan of care appropriately,

or

(b) Successful completion of an educational program that the bureau has determined satisfies the criteria of subdivision (a) and current licensure as a midwife by a state with licensing standards that have been found by the bureau to be substantially equivalent to those adopted by the bureau pursuant to this article.”

Naturopathic Physicians Licensing Examination General Naturopathic Physician

In order to qualify for licensure, NDs must take and pass Parts I and II of the Naturopathic Physicians Licensing Examination (NPLEX). The NPLEX is a rigorous, standardized licensing examination that is used in all states that license NDs. Administered by the North American Board of Naturopathic Examiners (NABNE), the NPLEX became the first national test, replacing state exams in 1986.

Part I of the NPLEX, the Basic Science Examinations, is designed to test the naturopathic student's skills and knowledge prior to their clinical training. Students are encouraged to take this portion of the examination as soon as they finish their basic science coursework. Part I has five individual exams. Candidates are given 60 minutes to complete each of the five exams:

- Anatomy
- Physiology
- Biochemistry
- Microbiology
- Pathology

Part I of the exam must be passed before a student is allowed to sit for Part II.

Part II, the Core Clinical Science Examination consists of eight separate exams which are designed to test the skills and knowledge that an ND needs in order to practice safely. The eight separate exams in Part II are:

- Physical & Clinical Diagnosis
- Lab Diagnosis & Diagnostic Imaging
- Emergency Medicine
- Botanical Medicine
- Pharmacology
- Nutrition
- Psychology
- Physical Medicine

Examinees have 180 minutes (3 hours) to complete the Physical & Clinical Diagnosis Examination (150 items), 90 minutes to complete the Lab Diagnosis & Diagnostic Imaging Examination (75 items), and 60 minutes to complete each of the other examinations. Part II of the NPLEX is taken over a two-day period.

Beginning with the August 2007 NPLEX Exam administration, the Part II - Core Clinical Science Series will be integrated into a single examination that will include Homeopathy. In comparison to the current exam format which consists of 50 to 150 "stand-alone" questions on each of the eight exams, the integrated

exam format will consist of extensive clinical case summaries for which the candidate must answer a series of questions relevant to diagnosis and treatment for each case.

Part I of the examination is also being restructured and updated. The new integrated Part I of the examination will be administered to candidates beginning in 2008.

The Bureau must receive a report directly from NABNE with an applicant's passing scores on both Parts I and II of the NPLEX before a license will be issued.

The NPLEX is administered twice a year at six different test sites through the U.S. and Canada.

Licensing Examinations - Naturopathic Childbirth Attendance

A naturopathic doctor must be licensed in California in order to obtain certification to practice naturopathic childbirth. Section 3651 states that "in order to be certified for the specialty practice of naturopathic childbirth attendance, a doctor shall obtain a passing grade on the American College of Nurse Midwives (ACNM) Written Examination or a substantially equivalent examination approved by the Bureau"

The American College of Naturopathic Obstetricians (ACNO) administers a nationally accredited qualifying test for naturopathic childbirth attendance for NDs licensed in states in which childbirth attendance is included in the ND scope of practice (where NDs are not required to obtain separate midwifery licensure e.g., California, Oregon, etc.). This exam is the standard for most states and has been successfully utilized in other states to certify NDs for the practice of childbirth attendance and midwifery. The United States Department of Education approved accreditation for ACNO through the Midwifery Education Accreditation Council (MEAC).

The North American Registry of Midwives (NARM) validates the educational experiences and administers a written examination to candidates seeking to become a Certified Professional Midwife (CPM). The NARM examination is used nationally by many states as a route for legal recognition of CPMs. In addition, NARM is utilized where NDs need separate licensure for midwifery (Washington). The Department of Education through MEAC also approves NARM for accreditation.

The American Midwifery Certification Board (AMCB) administers the American College of Nurse Midwives (ACNM) written examination to certify nurse-midwives. Passing the ACNM is required by California statute to obtain a naturopathic childbirth attendance certificate. Yet, the ACNM certifies nurse midwives, unlike NARM and ACNO, which certify naturopathic doctors to practice midwifery. The ACNM is the least likely of the three midwifery examinations to

be taken by NDs and is not utilized by any state that certifies naturopathic doctors for childbirth attendance.

Section 3651(b) states that as an option to the ACNM examination, NDs are allowed by California law to take a substantially equivalent examination approved by the Bureau. The Bureau will utilize the expertise of the Committee to establish the equivalency of the ACNO or NARM examinations to the ACNM examination. A working group was formed by two of the Committee members in consultation with Dr. Morgan Martin, ND, CPM, and staff member at Bastyr University (see Biographies in Appendix). Recommendations relative to examinations can be found in the “Findings” portion of this report.

Continuing Education General Naturopathic Medicine

In order to retain licensure, a ND applying for his or her second renewal and each renewal thereafter shall prove satisfactory completion of 60 hours of approved continuing education. The continuing education submitted must meet the following requirements (Section 3635):

- At least 20 hours shall be in pharmacotherapeutics.
- No more than 15 hours may be in naturopathic medical journals or osteopathic or allopathic medical journals, or audio or videotaped presentations, slides, programmed instruction, or computer-assisted instruction or preceptorships.
- No more than 20 hours may be in any single topic.
- ***No more than 15 hours of the continuing education requirements for the specialty certificate in naturopathic childbirth attendance shall apply to the 60 hours of continuing education requirement.***

The continuing education requirements may be met through continuing education courses approved by the California Naturopathic Doctors Association, the American Association of Naturopathic Physicians, the Medical Board of California, the California State Board of Pharmacy, the State Board of Chiropractic Examiners, or the Bureau.

Continuing Education - Naturopathic Childbirth Attendance

Section 3652 states that in order to retain a certificate to attend naturopathic childbirth, the licensed ND must complete:

- Thirty hours of continuing education credits in naturopathic childbirth, midwifery, or obstetrics.
- Fifteen hours of the 30 hours may be applied to the 60 hours of continuing education required for naturopathic doctors.

The certificate of specialty practice in naturopathic childbirth attendance expires concurrently with the licensee's naturopathic doctor's license and is renewed concurrently as long as the continuing education requirements are met.

Scope of Practice General Naturopathic Medicine

The Act authorizes a ND to:

- Order and perform physical and laboratory examinations for diagnostic purposes, including, but not limited to, phlebotomy, clinical laboratory tests, speculum examinations, orificial examinations, and physiological function tests [Section 3640(a)].
- Order diagnostic imaging studies, including X-ray, ultrasound, mammogram, bone densitometry, and others, consistent with naturopathic training as determined by the Bureau, but shall refer the studies to an appropriately licensed health care professional to conduct the study and interpret the results [Section 3640(b)].
- Dispense, administer, order, and prescribe or perform the following [Section 3640(c)]:
 - (1) Food, extracts of food, nutraceuticals, vitamins, amino acids, minerals, enzymes, botanicals and their extracts, botanical medicines, homeopathic medicines, all dietary supplements and nonprescription drugs as defined by the federal Food, Drug, and Cosmetic Act, consistent with the routes of administration as specified.
 - (2) Hot or cold hydrotherapy; naturopathic physical medicine inclusive of the manual use of massage, stretching, resistance, or joint play examination but exclusive of small amplitude movement at or beyond the end range of normal joint motion; electromagnetic energy; colon hydrotherapy; and therapeutic exercise.
 - (3) Devices, including, but not limited to, therapeutic devices, barrier contraception, and durable medical equipment.
 - (4) Health education and health counseling.
 - (5) Repair and care incidental to superficial lacerations and abrasions, except suturing.
 - (6) Removal of foreign bodies located in the superficial tissues.
- Utilize routes of administration that include oral, nasal, auricular, ocular, rectal, vaginal, transdermal, intradermal, subcutaneous, intravenous, and intramuscular. [Section 3640(d)] [The California Code of Regulations [Section 4323(d)] further specifies that an ND may only utilize the ocular and intravenous routes of administration if he or she is clinically competent in those areas.]
- Independently prescribe epinephrine to treat anaphylaxis, and natural and synthetic hormones (Section 3640.7).

- Furnish or order drugs, including Schedule III-V Controlled Substances under supervision of a medical doctor, with requirements for standardized procedures and protocols identical to those for nurse practitioners (Section 3640.5).

The Act restricts an ND from performing any of the following functions (Section 3642):

- Prescribe, dispense, or administer a Controlled Substance, except as authorized.
- Administer therapeutic ionizing radiation or radioactive substances.
- Practice or claim to practice any other system or method of treatment for which licensure is required, unless otherwise licensed to do so.
- Administer general or spinal anesthesia.
- Perform an abortion.
- Perform any surgical procedure.
- Perform acupuncture or traditional Chinese and Asian medicine, including Chinese herbal medicine, unless also licensed in California as an acupuncturist.

Scope of Practice - Naturopathic Childbirth Attendance

The laws that establish childbirth attendance requirements vary from state to state. Some states require a certification separate from general naturopathic practice to attend births, other states incorporate childbirth attendance into their general naturopathic practice, and still others either prohibit childbirth attendance or are silent on the matter. Arizona does not have specific statutes defining naturopathic childbirth attendance; instead, Arizona’s naturopathic physician laws contain a “competency clause” which allows an ND to practice those modalities for which he or she has been trained. The “State’s Requirements/Scope of Practice” chart in the Appendix illustrates these variations.

The Naturopathic Doctors Act specifies the following scope of practice for naturopathic childbirth attendance:

- A naturopathic doctor certified for the specialty practice of naturopathic childbirth attendance shall do both of the following (Section 3651):
 - (a) Maintain current certification in neonatal resuscitation and cardiopulmonary resuscitation.
 - (b) File with the bureau a written plan for the following:
 - (1) Consultation with other health care providers.
 - (2) Supervision by a licensed physician and surgeon who has current practice or training in obstetrics to assist a woman in childbirth so long as progress meets criteria accepted as normal. The plan shall provide that all complications shall be referred to a physician and surgeon immediately.

- (3) Emergency transfer and transport of an infant or a maternity patient, or both, to an appropriate health care facility, and access to neonatal intensive care units and obstetrical units or other patient care areas.
- Naturopathic childbirth attendance does not include the use or performance of any of the following (Section 3653):
 - (a) Forceps delivery.
 - (b) General or spinal anesthesia.
 - (c) Cesarean section delivery.
 - (d) Episiotomies, except to the extent that they meet the same supervision requirements set forth in Section 2746.52. (b) Naturopathic childbirth attendance does not mean the management of complications in pregnancy, labor, delivery, or the neonatal period. All complications shall be referred to an obstetrician or other licensed physician and surgeon as appropriate.
- A naturopathic doctor who holds a specialty certificate in naturopathic childbirth attendance may administer, order, or perform any of the following (Section 3654):
 - (a) Postpartum antihemorrhagic drugs.
 - (b) Prophylactic ophthalmic antibiotics.
 - (c) Vitamin K.
 - (d) RhoGAM.
 - (e) Local anesthetic medications.
 - (f) Intravenous fluids limited to lactated ringers, 5 percent dextrose with lactated ringers, and heparin and 0.9 percent sodium chloride for use in intravenous locks.
 - (g) Epinephrine for use in maternal anaphylaxis pending emergency transport.
 - (h) Measles, mumps, and rubella (MMR) vaccine to nonimmune, nonpregnant women.
 - (g) HBIG and GBV for neonates born to hepatitis B mothers, per current Centers for Disease Control guidelines.
 - (h) Antibiotics for intrapartum prophylaxis of Group B Betahemolytic Streptococcus (GBBS), per current Centers For Disease Control guidelines.
 - (i) Equipment incidental to the practice of naturopathic childbirth, specifically, dopplers, syringes, needles, phlebotomy equipment, suture, urinary catheters, intravenous equipment, amnihooks, airway suction devices, neonatal and adult resuscitation equipment, glucometer, and centrifuge.
 - (j) Equipment incidental to maternal care, specifically, compression stockings, maternity belts, breast pumps, diaphragms, and cervical caps.
- A licensee holding a speciality certificate in naturopathic childbirth attendance shall disclose to each client, in writing, the following (Section 3655):
 - (a) The qualifications and credentials of the naturopathic doctor.

- (b) A copy of the written plan for consultation, emergency transfer, and transport.
- (c) A description of the procedures, benefits, and risks of birth in the home or outside of a hospital setting.
- (d) The status of liability coverage of the licensee for the practice of naturopathic childbirth attendance.

The form must be signed by the client, filed in the client's chart, and a copy given to the client.

COMMITTEE FINDINGS

Safety

- In a recent survey by the Bureau of states that allow naturopathic childbirth attendance, it was found that there have been no disciplinary actions taken by any state against a ND for patient harm associated with childbirth attendance. (Washington State licenses naturopathic doctors as midwives under the Midwifery Board and does not keep statistics on whether or not a disciplined midwife is a naturopathic doctor.)

Scope of Practice

- California is the only state that requires medical doctor supervision of naturopathic doctors who attend births. Other states require referral of a patient to a medical doctor by a naturopathic doctor when the birth progresses outside the criteria of “normal.”
- Medical doctors cannot agree to provide supervision and stay within the requirements of malpractice insurance providers, thus tying the hands of those MDs who wish to supervise NDs. The malpractice insurance companies are prohibiting MDs from supervising naturopathic doctors by canceling insurance coverage, thus eliminating the naturopathic birthing alternative for California consumers.
- NDs in other states are statutorily required to establish relationships with medical professionals in hospitals to facilitate a smooth transfer of care for those patients who are referred for reasons of safety.

Education and Training

- California naturopathic childbirth attendance education laws are a “cut and paste” of the midwifery laws, requiring NDs to spend an additional two years taking excessive and redundant courses.
- Course work requirements in California are three to twelve times higher than other states.
- Clinical training in childbirth attendance for some naturopathic colleges is accomplished utilizing off-site facilities and programs that may not lend themselves to accurate reporting requirements.
- Testing requirements in California are not comparable to the testing required by other states.

- Testing requirements for California NDs do not relate to naturopathic doctors. Statutory testing requirements were written for midwives not naturopathic doctors, so naturopathic practices are not being tested.
- There are no regulations pertaining to the issuance of a certificate of naturopathic childbirth, including the establishment of which test(s) is substantially equivalent to the ACNM and equivalent education.

COMMITTEE RECOMMENDATIONS

Due to the complexity of each of the findings listed above, the Committee has not had sufficient time to develop the substantial recommendations needed to change the educational and testing requirements that would allow for the issuance of a certificate to practice naturopathic childbirth attendance. Notwithstanding the challenges of educational and testing standards, naturopathic childbirth attendance cannot be implemented in California without the cooperation of malpractice insurance companies who disallow the supervision of naturopathic doctors by medical doctors by promising to cancel their coverage.

Following are recommendations to facilitate implementation by the Bureau of a certificate to practice naturopathic childbirth attendance:

- The Bureau should develop regulations governing the issuance of a certificate to practice naturopathic childbirth attendance.
- The Department of Consumer Affairs should propose clean-up legislation that would change Section 3651 by replacing “ACNM” with “AMCB” and add the “ACNO and NARM tests;”
or
- The Bureau should recognize that the ACNO and NARM tests are equivalent to the ACNM and develop regulations stating such.
- The Committee should continue to analyze childbirth education offered by the naturopathic colleges in order to make future recommendations for regulations and/or legislation to establish reasonable standards of education in place of the midwifery language currently in Section 3651(a).
- California naturopathic doctors should dialog with the medical community and malpractice insurance companies to communicate the level of naturopathic childbirth education and training in order to allow medical doctors the ability to supervise naturopathic doctors without MDs losing their insurance.

Biographies

Chairperson: Donnalee Hart, Naturopathic Doctor

Dr. Hart is a 2002 graduate of the Bastyr University of Naturopathic Medicine. She is a member of the California Naturopathic Doctors Association (CNDA) and the American Association of Naturopathic Physicians (AANP). Dr. Hart is currently in private practice as a primary care physician in Laytonville, California.

Co-Chairperson: Cynthia Watson, Medical Doctor

Cynthia Mervis Watson is board certified in family medicine and is the medical director of Watson Wellness in Santa Monica, California. She is a staff member of Santa Monica UCLA and St. John's Hospital and also serves as a clinical faculty instructor in the Department of Family Medicine at UCLA. In her practice, Dr. Watson takes an integrative healing approach to medicine using natural hormone therapy, nutrition, herbal medicine, and homeopathy.

Dr. Watson has written several books and articles. Love Potions, A Guide to Aphrodisiacs and Sexual Pleasures was initially published in 1993 and an updated edition was released in June of 2003. Her other publications include: User's Guide to Easing Menopausal Symptoms Naturally, a guide for women wanting to use a natural approach to menopause and All About Lipoic Acid. She was a co-author on "Improved Immune Activation Markers in Chronic Fatigue and Immune Dysfunction (CFIDS) Patients Treated with Thymic Protein A", published in the Journal of Nutritional and Environmental Medicine.

In 1973, Dr. Watson studied herbal and homeopathic medicine in a one-year work-study program at a naturopathic hospital in the Black Forest region of Germany. From there she returned to the U.S. to complete her bachelor's degree in chemistry at Duquesne University in Pittsburgh, graduating Magna Cum Laude. She received an award for Excellence in the Sciences as well as the American Chemical Society Award for Research in Physical Chemistry.

After graduating, Dr. Watson worked as a research technician at the University of Southern California School of Medicine, where she went on to complete her medical training and residency in Family Medicine. She was awarded an ARCS scholarship for gifted students. In 1999, she completed the UCLA training in medical acupuncture.

Dr. Watson is a case reviewer for the Medical Board of California. She is a member of the American Academy of Family Medicine, the American Academy of Medical Acupuncture, the National Institute of Homeopathy, and the American College for Advancement in Medicine. In 2004, Dr. Watson was appointed to be a physician representative on the California Bureau of Naturopathic Medicine Advisory Council. She serves on both the Formulary Committee and the Naturopathic Childbirth Attendance Committee. Dr. Watson has lectured on

various aspects of integrative medicine and nutrition at hospitals, schools and CME programs including Kaiser, UCLA and St. Johns Hospital.

Paul Crane, Medical Doctor

Dr. Paul Crane was born and raised in St. Paul, Minnesota where he attended the University of Minnesota. He came to California to train at Cedars-Sinai Hospital and the University of Southern California.

Dr. Crane has been in practice as an obstetrician and gynecologist for thirty-two years and is an advocate for natural birthing. He has had a midwife associate for the past sixteen years. He is married and has six children.

Faith Gibson, Licensed Midwife

Faith Gibson is a California licensed community midwife, a religious practitioner, and a nationally Certified Professional Midwife under the auspices of the North American Registry of Midwives. Prior to her practice as a midwife, she was employed in labor and delivery rooms, premature birth nurseries, and emergency rooms as a vocational nurse. She also completed the curriculum for an associate of science in nursing.

Ms. Gibson was the Interim Director for the California College of Midwives, a liaison to the California Medical Board for the California Association of Midwives, and a member of the Midwifery Implementation Committee for California. She currently serves as Director of the American College of Community Midwives.

Amy Levi, Ph.D., Certified Nurse Midwife

Ms. Levi has been certified and licensed as a registered nurse practitioner, registered nurse, midwife, and nurse-midwife. She received her Ph.D. in nursing from the University of Pennsylvania in 2000. Ms. Levi served as a lecturer, clinical instructor, and assistant professor in Pennsylvania and Vermont and is a member of the American College of Nurse-Midwives and International Childbirth Education.

Ms Levi is currently the Interim Director of the Interdepartmental Nurse-Midwifery Education Program at San Francisco General Hospital. She is responsible for the coordination of educational program activities including the administration of two federally funded nursing education grants for distance learning activities and the support of students in rural and frontier areas of California. She also provides full scope nurse-midwifery care as part of the “Midwives of San Francisco” organization.

Farra Swan, Naturopathic Doctor, Certified Professional Midwife

Dr. Swan holds B.S.(1969) and M.A. (1971) degrees from Tufts University. She received her N.D. degree from Bastyr University, where she was a member of the first graduating class (1982), as well as completing the school's first Obstetric Residency (1983). One of her responsibilities during her residency was to work with the Washington State Department of Health to facilitate accreditation of Bastyr as a midwifery school according to state regulations. She also held a Washington midwifery license for many years.

Dr. Swan has taught at Tufts University, the Universite de Paris VII, Bastyr University, and is currently an adjunct associate professor at the Southwest College of Naturopathic Medicine, where she teaches Obstetrics and serves as a preceptor site. She is an AHA/APA certified Neonatal Resuscitation Instructor and a Red Cross HIV/AIDS educator.

Dr. Swan has been in private practice in Tempe, AZ since 1983, where she focuses on women's health care, pediatrics, homebirth, and mind/body medicine. Her current interests include transformational experiences, mediation as a means of accessing options, and the effect of life experiences on physical and emotional health.

Morgan Martin, Naturopathic Doctor, Licensed Midwife

Dr. Morgan Martin is a Naturopathic Physician and Licensed Midwife in Washington State. She is active in a group practice providing maternity care to women and families choosing to birth at home or in a birth center. In that setting, she also oversees the training of future naturopathic midwives.

As Chair of the Bastyr University Naturopathic Midwifery Program, Dr. Martin teaches the midwifery model of care to naturopathic physicians-in-training and conducts the administration of the program. She was Chair of the Washington State Department of Health Midwifery Advisory Council for many years and a member of both the Home Birth Reimbursement subcommittee for Medicaid in Washington and the Washington State Perinatal Advisory Committee's Homebirth QA/QI Subcommittee.

Dr. Martin is currently a member of the Midwives Alliance of North America, the American Association of Naturopathic Physicians, the American College of Naturopathic Obstetrics, the Midwives Association of Washington State and the Washington Association of Naturopathic Physicians. She is also a member of the Academic Consortium for Complementary and Alternative Health Care, the Association of Prenatal and Perinatal Psychology and Health, and is Vice President of the American Association of Naturopathic Midwives.