



T&CM Experiences and Capacity at National University of Natural Medicine (NUNM)

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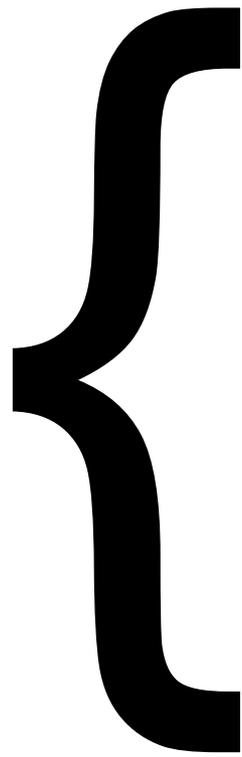


Relevant Experience in T&CM: Education

- NUNM: Founded in 1956
 - Over 60 years of education experience in T&CM
- Doctoral degrees:
 - Naturopathy (ND)
 - Classical Chinese Medicine (DAOM)
- Masters of Science (MS) degrees:
 - Whole Foods Nutrition
 - Integrative Medicine Research
 - Global Health (focused on T&CM)
 - Integrative Mental Health
- Bachelors degrees:
 - Integrative Health Sciences
 - Nutrition



T&CM



What **Makes** Us Healthy



What We **Spend** On Being Healthy





Diet is the number 1 risk factor
in the global burden of disease
Lancet, September 10, 2015

Relevant Experience in T&CM: Practice Models

- Naturopathy as Primary Attention (Primary Care) Providers
- Teaches pluralism & “articulative” medicine
- Health care on a foundation of:
 - Health promotion, self-care and preventive services
 - Nutrition
 - Mind-Body therapies/stress management
 - Herbal medicine
 - Hydrotherapy
 - (Evidence-based prescriptive therapies)



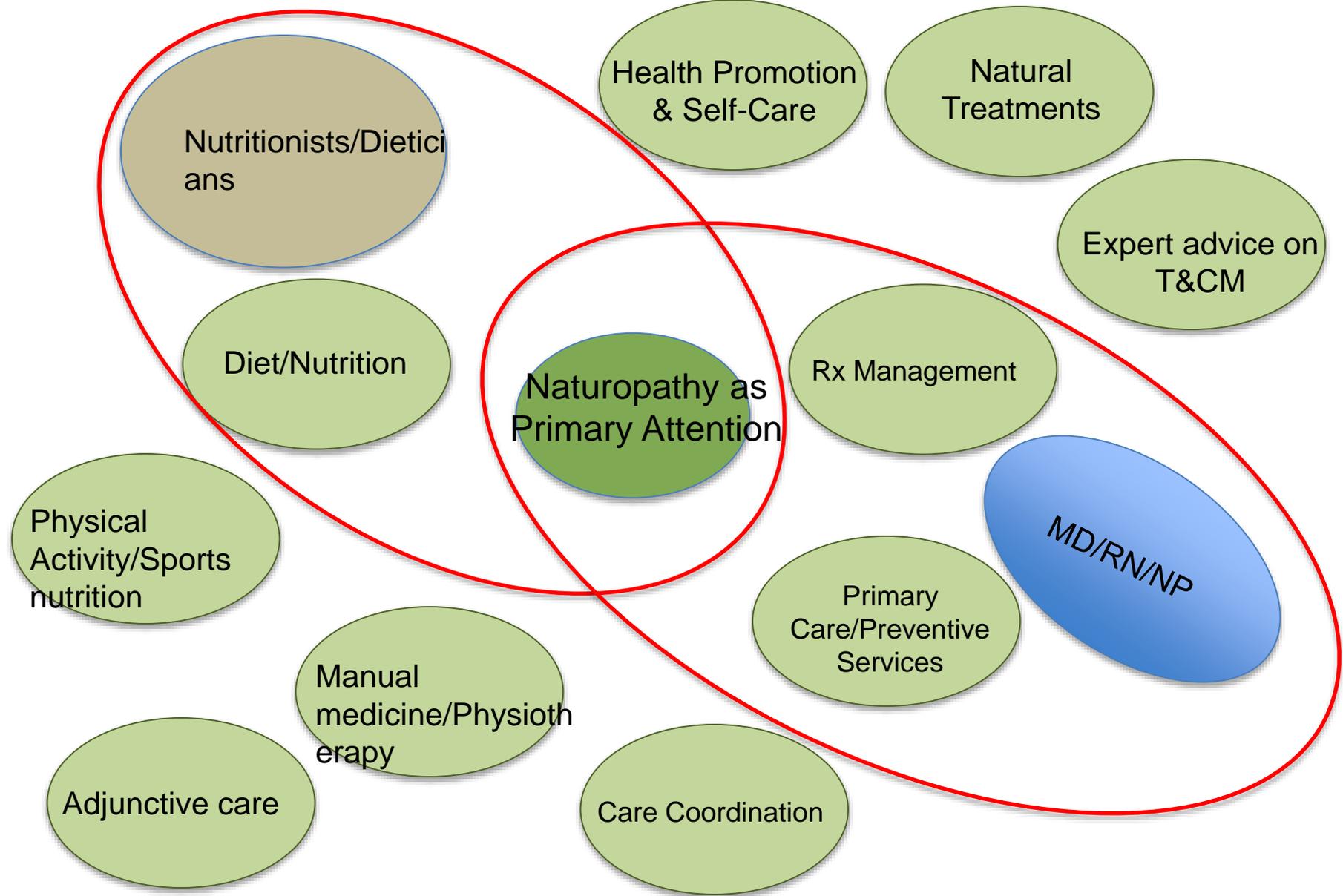
Compassionate CARE

Starting July 1, 2016, patients who are uninsured or whose insurance doesn't cover the cost of care may participate in NUNM's Compassionate Care Program.

[Click here to learn about the program.](#)

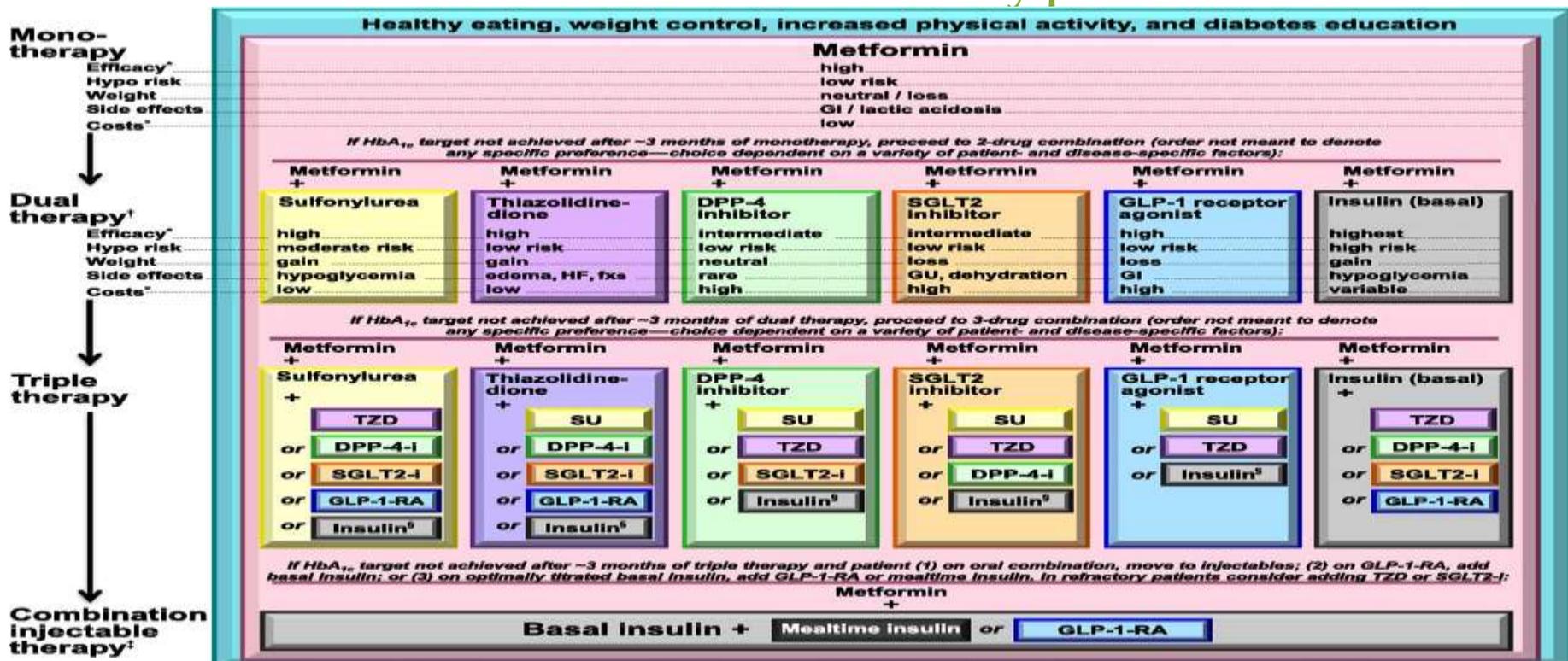
Your Health, Your Way

NUNM Health Centers offer naturopathic and Chinese medicine care that meets your needs. We offer patients a full spectrum of naturopathic and Chinese medicine interventions and educational services. Our health centers are staffed by the best naturopathic physicians, classical Chinese medicine providers, and the brightest medical students in a team based model. **We are a Tier 3 Patient Centered Primary Care home as certified by Oregon Health Authority.**



T&CM: Many contributions...to Health.

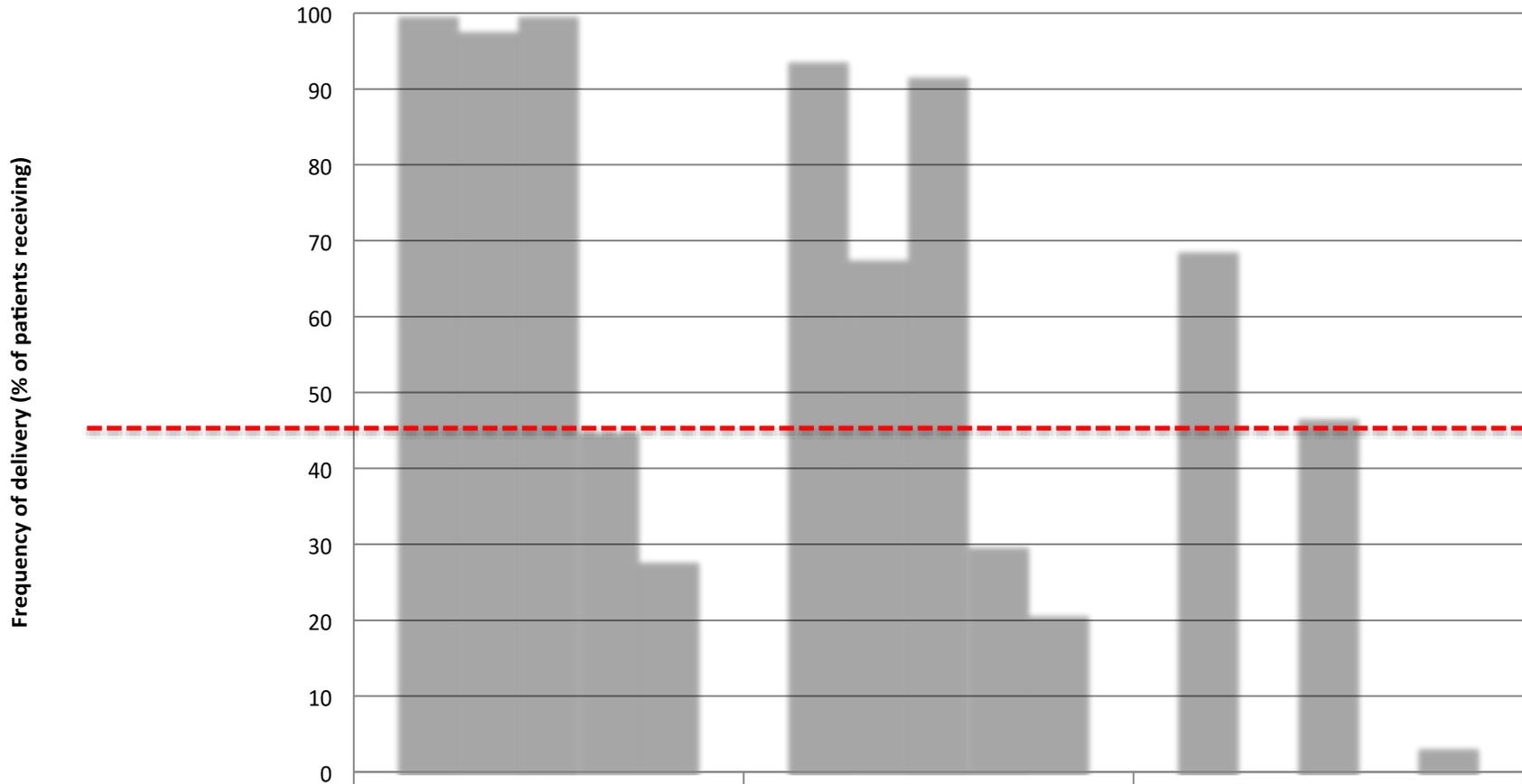
Why Naturopathy as Primary Attention Providers? The Alternative to T&CM in Type 2 Diabetes



Inzucchi et al. Management of Hyperglycemia in Type 2 Diabetes, 2015: A Patient-Centered Approach: Update to a Position Statement of the American Diabetes Association and the European Association for the Study of Diabetes. Diabetes Care. 2015.

Why Naturopathy as Primary Attention Providers? Because It May *Prevent* Disease

Delivery of Health Promotion Counseling



| | Diet | Exercise | Stress Management |
|------------------------------|------|----------|-------------------|
| ND-DM2 (Bradley, 2009) | 100 | 94 | 69 |
| ND-HTN (Bradley, 2010) | 98 | 68 | 0 |
| ND-DM2 (Bradley, 2012) | 100 | 92 | 47 |
| MD-Mixed CVD Risk (Ma, 2005) | 45 | 30 | 0 |
| MD-Adult (Lin, 2005) | 28 | 21 | 3.5 |

Part 1

Assessing and managing cardiovascular risk in people with risk factors who have not yet developed clinically manifest cardiovascular disease (primary prevention)

Prevention of Cardiovascular Disease

Pocket Guidelines for Assessment and Management of Cardiovascular Risk

DIETARY CHANGES

All individuals should be strongly encouraged to reduce total fat and saturated fat intake. (1+, A)

Total fat intake should be reduced to about 30% of calories, saturated fat to less than 10% of calories, transfatty acids intake should be reduced as much as possible or eliminated and most dietary fat should be polyunsaturated (up to 10% of calories) or monounsaturated (10–15% of calories). (1+, A)

All individuals should be strongly encouraged to reduce daily salt intake by at least one third and, if possible, to <5 g or <90 mmol per day. (1+, A)

All individuals should be encouraged to eat at least 400 g a day of a range of fruits and vegetables as well as whole grains and pulses. (2+, A)

PHYSICAL ACTIVITY

All individuals should be strongly encouraged to take at least 30 minutes of moderate physical activity (e.g. brisk walking) a day, through leisure time, daily tasks and work-related physical activity. (1+, A)

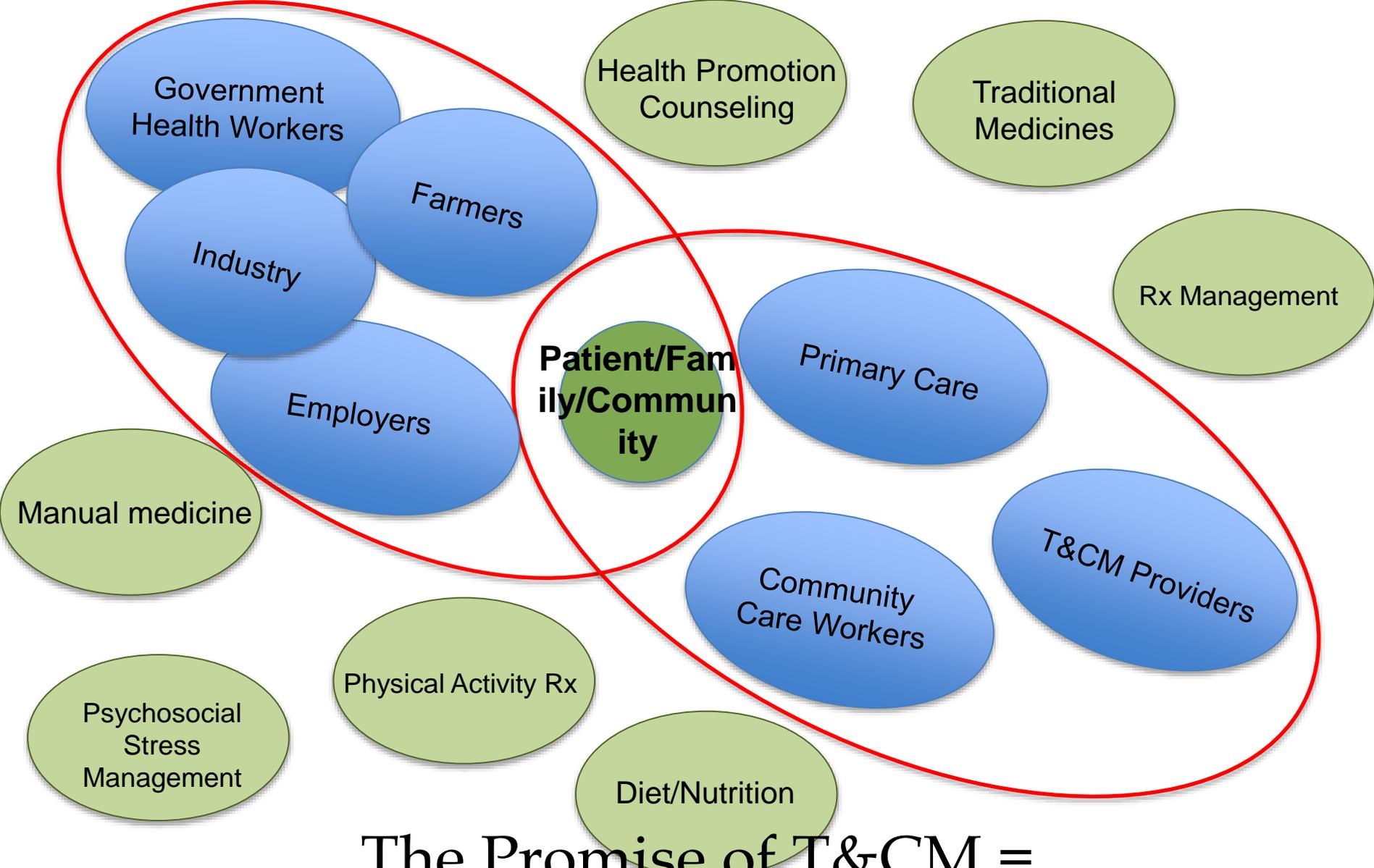
WEIGHT CONTROL

All individuals who are overweight or obese should be encouraged to lose weight through a combination of a reduced-energy diet (dietary advice) and increased physical activity. (1+, A)

ALCOHOL INTAKE

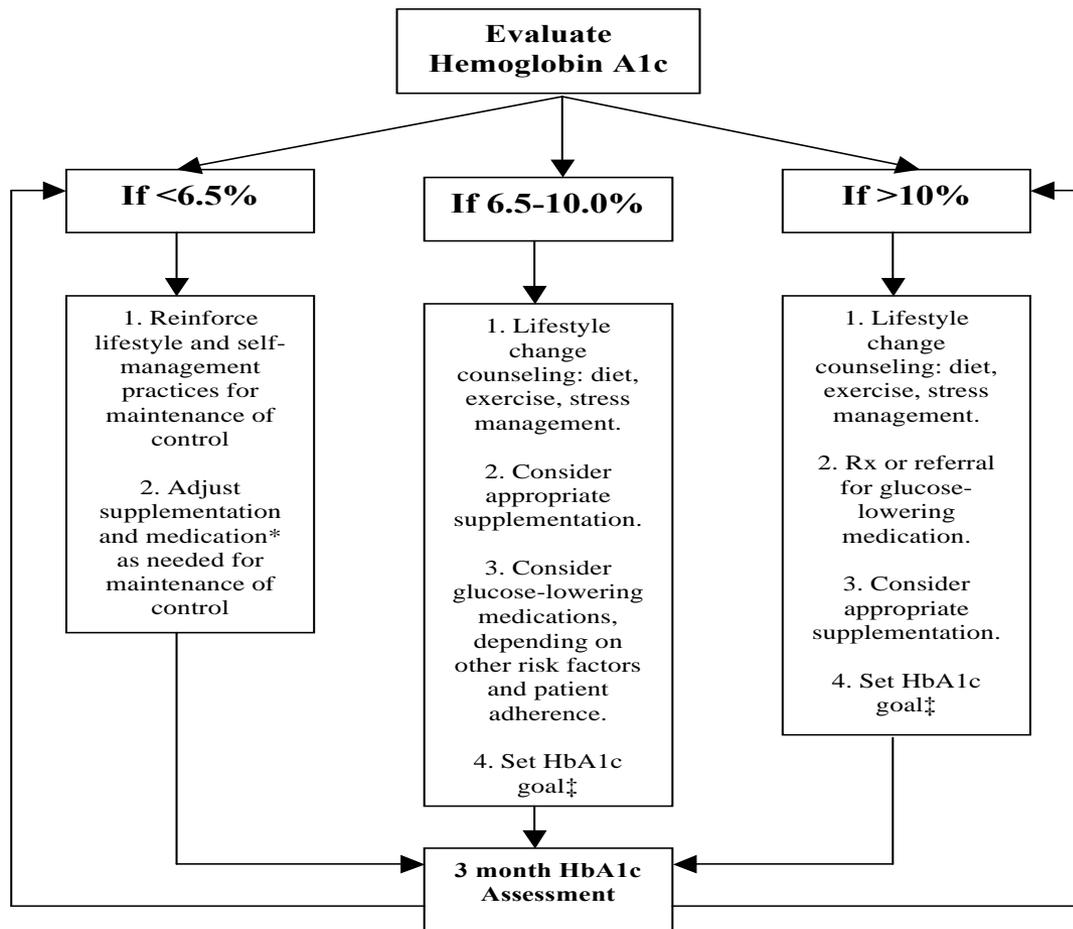
Individuals who take more than 3 units of alcohol^c per day should be advised to reduce alcohol consumption. (2++, B)

^c One unit (drink) = half pint of beer/lager (5 % alcohol), 100 ml of wine (10 % alcohol), spirits 25 ml (40% alcohol)



The Promise of T&CM =
Humble Collaboration & New Models of
Innovative Care

Clinical Management Guidelines when *Articulating* T&CM



Applies:

- Accepted management milestones
- *Categories* of treatment
- **Time**

* A 6-12 month period with HbA1c <6.5% is recommended before considering medication reduction, unless earlier reductions are needed to prevent hypoglycemia

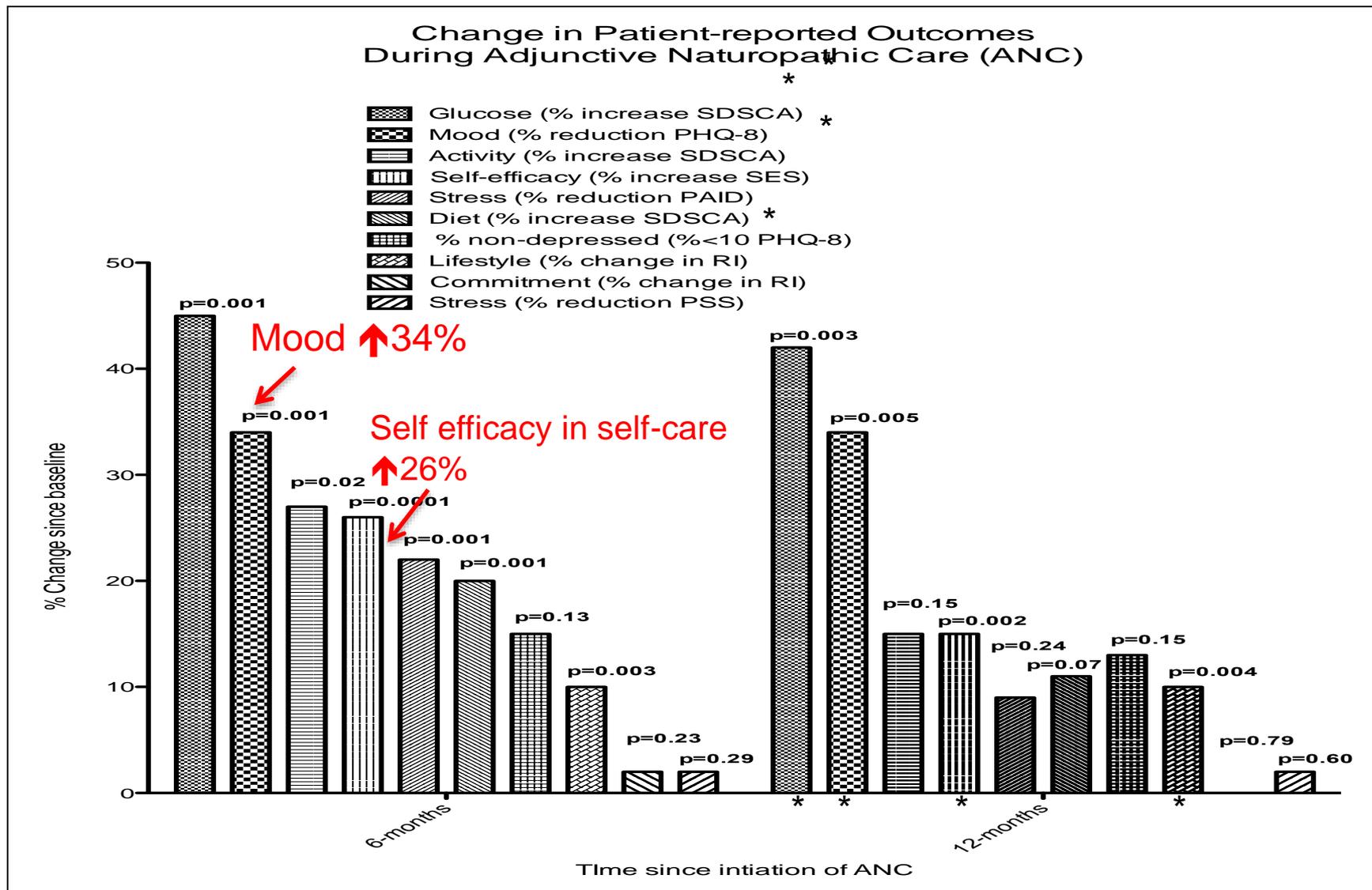
If HbA1c remains > 7.5% for > 6 months, without reaching incremental HbA1c goals, recommend, prescribe and/or refer for glucose-lowering medications

‡ A minimum HbA1c reduction of 0.5-1.0% is recommended for interim goal setting

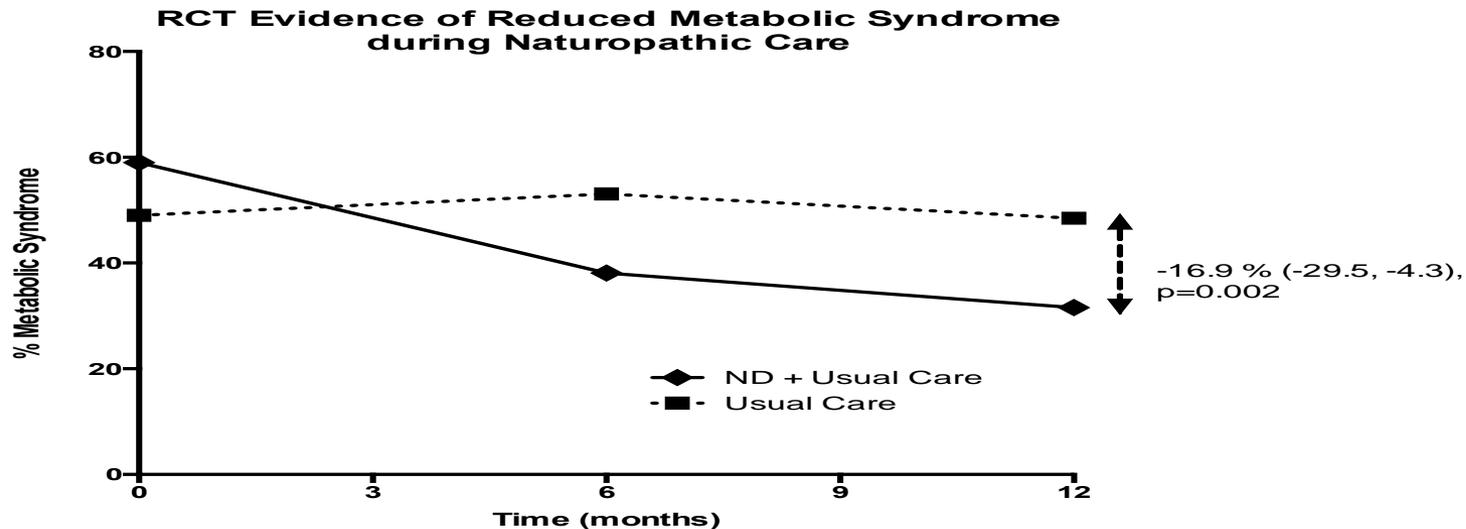
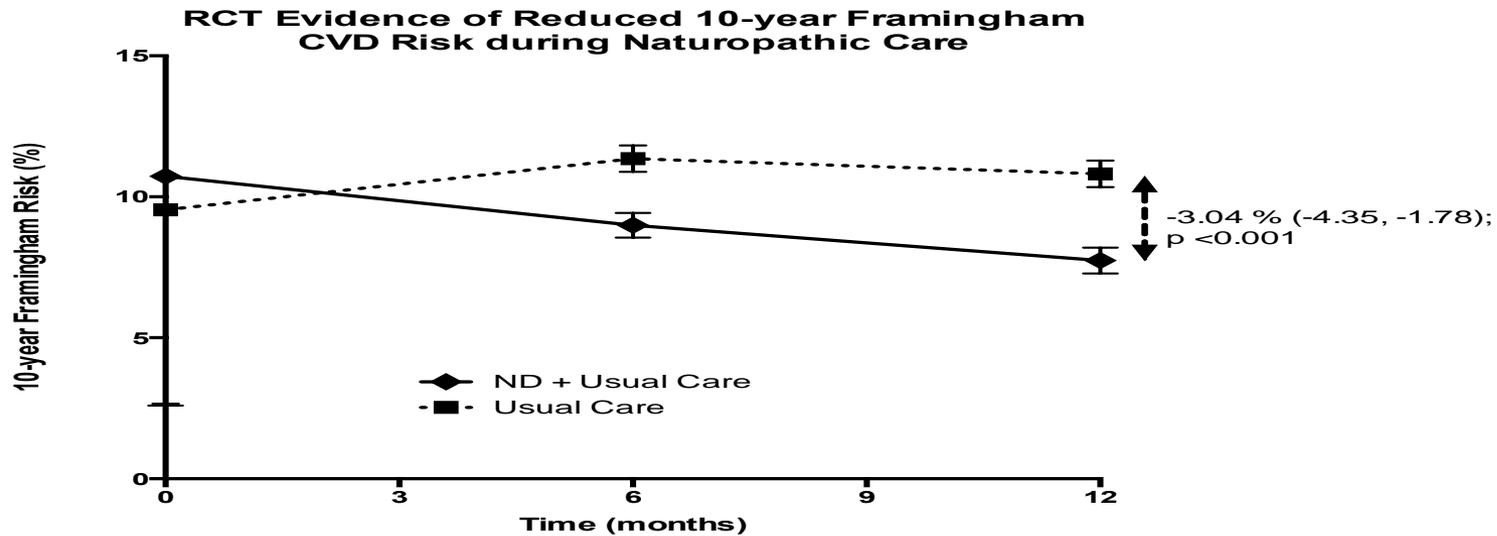
Relevant Experience in T&CM: T&CM Research

- Research Training Program Materials in:
 - Evidence-informed practice
 - Clinical research in T&CM
 - Case reporting
- Research subject matter expertise in:
 - Methods: Practice-based research and clinical networks, Pragmatic and Clinical Trials, Patient-reported outcomes, Qualitative research
 - Nutrition, Mind-Body therapies, Natural products
 - Disciplines: Naturopathy, CCM/TCM, AYUSH
 - Clinical conditions: **NCDs**, Neurological, Gastrointestinal disorders, Pain
- Technical support in:
 - Research design and protocol development
 - Ethics review (IRB) in a culture of T&CM
 - Electronic data collection
 - Biostatistics consultation and support
 - Publication

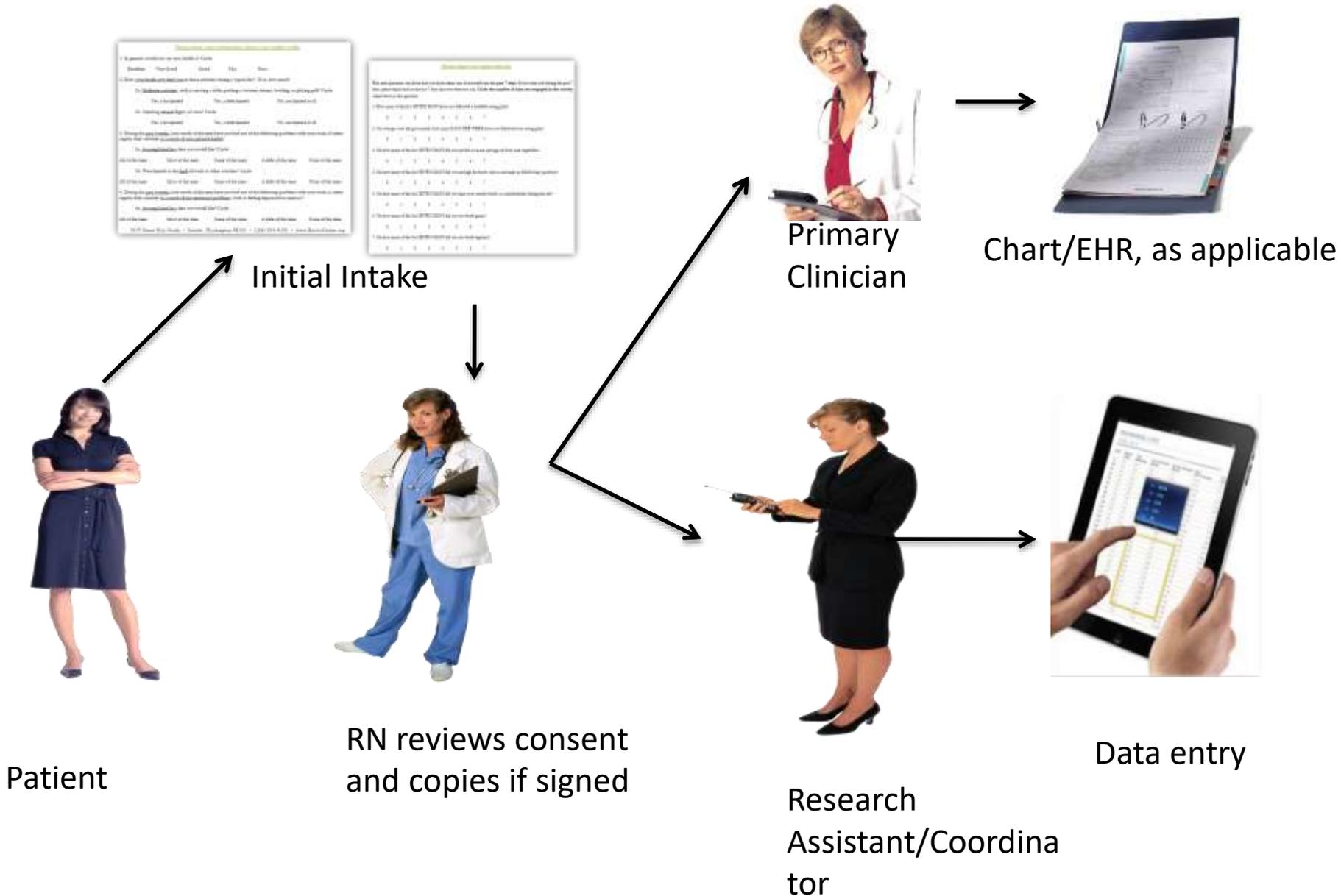
Research in T&CM: Improvements in Self-Care, Mood and Stress from Naturopathy in Type 2 Diabetes



Research in T&CM: Reduced Risk from Naturopathy in Patients at High Risk for Cardiovascular Event



Innovative Models of Practice-based Research



Applying Research Technology to T&CM

- Mobile tablets for data collection in the clinic
- Data entered to the cloud, accessible anywhere there's wifi or cellular data access
 - REDCap (Vanderbilt University)

ProYTP

Record Home Page

The grid below displays the form-by-form progress of data entered for the currently selected record. You may click on the colored status icons to access that form/event. If you wish, you may modify the events below by navigating to the [Define My Events](#) page.

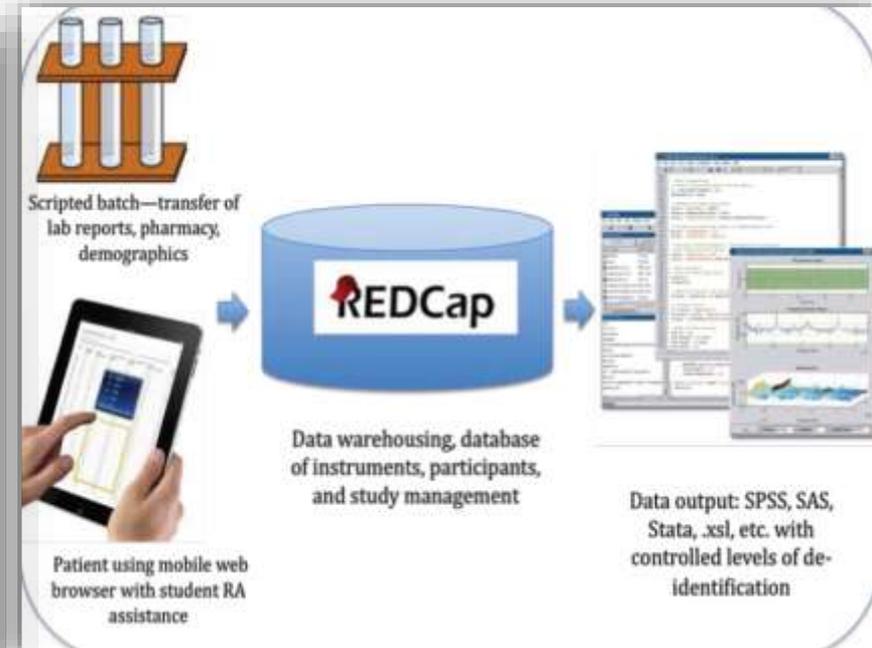
Choose action for record

Legend for status icons:

- Incomplete
- Unverified
- Complete
- Many statuses (mixed)
- Incomplete (no data saved)
- Partial Survey Response
- Completed Survey Response
- Many statuses (all same)

Record ID 5

| Data Collection Instrument | Visit 1 | Visit 2 | Visit 3 | Visit 4 | Visit 5 | Visit 6 | Visit 7 | Visit 8 |
|---|---------|---------|---------|---------|---------|---------|---------|---------|
| Visit 1: General Intake and Demographics (survey) | ● | | | | | | | |
| Visit 2: Initiate (survey) | | ● | | | | | | |
| Visit 3: Initiate (survey) | | | ● | | | | | |
| Visit 4: Initiate (survey) | | | | ● | | | | |
| Visit 5: Initiate (survey) | | | | | ● | | | |
| Visit 6: Initiate (survey) | | | | | | ● | | |
| Visit 7: Initiate (survey) | | | | | | | ● | |
| Visit 8: Initiate (survey) | | | | | | | | ● |
| Self-Efficacy to Manage Symptoms (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Anxiety (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Depression (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Pain Interference (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Pain Intensity (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Physical Function (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Sleep Disturbance (survey) | ● | ● | ● | ● | ● | ● | ● | ● |
| Heal (survey) | ● | ● | ● | ● | ● | ● | ● | ● |



Building Clinical Research Capacity for T&CM through Inter-professional Research Training

We train PhDs & MDs in:

- Biomedical pathophysiology
- Rigorous clinical research methods
- Exposure to T&CM clinical practices and philosophies
- Natural Products including Quality Control and Product Integrity
- Unique research considerations in T&CM



We train T&CM clinicians in:

- Epidemiology and Biostatistics
- Rigorous clinical research methods
- Natural Products including Quality Control and Product Integrity
- Unique research considerations in T&CM



Capacity in T&CM Clinical Research



NUNM is eager to share
in the creation of health!!

