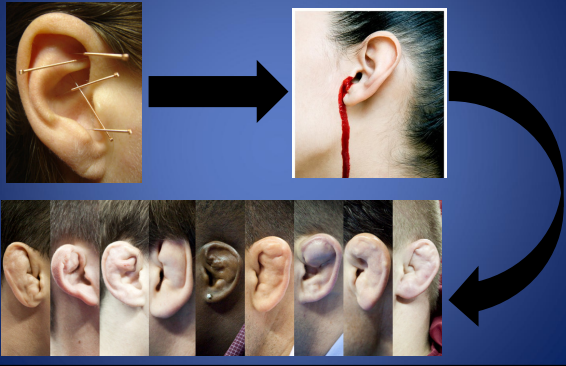
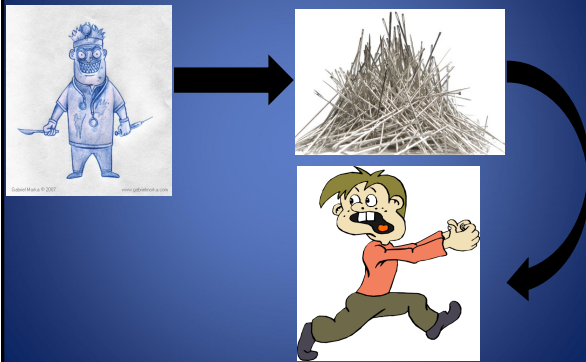


NADA Ear Acupuncture Protocol: Opportunities and Challenges for Integrating in Addiction and Behavioral Health Treatment

Acupuncture Misconceptions



Acupuncture Misconceptions



Acupuncture



Drug Use Trends

- In 1962, only 2% of the US population over the age of 12 years had tried an illegal drug
- By the mid 1980s, nearly 50% of the population had experimented with an illegal drug
- The annual number of persons with substance dependence or abuse in 2013 (21.6 million)
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- Similar to the number in each year from 2002 through 2012 (ranging from 20.6 million to 22.7 million)

2013 National Survey on Drug Use and Health (NSDUH), U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

Addiction is a Brain Disease

- Addiction - disease of learning and memory
- Neural systems related to the pursuit of rewards are hijacked
- Neural adaptations occur to reinforce the behavior
- The behavior becomes hard-wired into the system
- The process is basically the same for all drugs of addiction

NADA Use in Impulsivity

- Impulsivity central to many DSM 5 diagnoses including substance use, bipolar disorder, personality disorders, gambling disorder, kleptomania, internet addiction etc
- Impulsivity is a predictor of treatment failure in substance use disorder
- High trait impulsivity in bipolar disorder and cluster B personality disorder is associated with more frequent episodes of illness, and a more severe course of illness
- Impulsivity can adversely effect occupational functioning, criminal activity and legal involvement

NADA Use In Impulsivity

- NADA may help modify the risks associated with impulsivity and improve clinical outcomes
- Immediacy of effect makes it especially useful in acute situations- trauma
- Non verbal, does not require learning curve
- Provided in a calm and supportive group setting to help mitigate impulsiveness
- Balancing experience, general sense of well-being

AURICULAR ACUPUNCTURE: WHY THE EAR ?

- Reflex Somatotopic Systems
- The External Ear as reflex Somatotopic System
- Parallel to tendinomuscular treatments— useful for acute problems, require a deft needling technique, augments and prolongs the efficacy of tendinomuscular inputs and the efficacy of all other body acupuncture treatment

AURICULAR ACUPUNCTURE: WHY THE EAR ?

- External ear is one of many such microsystems on the body within the acupuncture tradition
- e.g., radial and carotid pulses (diagnosis), tongue (diagnosis), ear (diagnosis and treatment)
- Microsystems range from very simple to highly complex
- Origins—lost in the myriad medical traditions of the past 3 millenia

THE EXTERNAL EAR—FETAL DEVELOPMENT

- Develops from embryonic gill plates
- Unusual—structured of tissue from each of the 3 embryonic layers, i.e., ectoderm, mesoderm, and endoderm
- Unusual—allows access from at the skin surface to cranial nerves
- Unique—the only external access

Given the neurobiology of all drugs of abuse, how can treatment help?

- By providing the brain an opportunity to heal and the hippocampus to regenerate – improving the patients' ability to adapt to new information they are receiving in treatment
- By providing a safe environment – removing patient from chronic stress/abuse/trauma
- By providing an environment free of all addictive drugs, including tobacco

What does auricular acupuncture look like?

1. Sympathetic
2. Shen men
3. Kidney
4. Liver
5. Lung



Description NADA Ear Points

- 1. Sympathetic:
 - Related to disruption in both sympathetic and parasympathetic nervous systems. It has a strong analgesic and relaxant effect on internal organs as it dilates blood vessels.
- 2. Shen Men:
 - Regulates excitation and inhibition of the cerebral cortex and can produce sedation.
- 3. Kidney:
 - Strengthening point that can relieve mental weariness, fatigue, and headaches.
- 4. Liver:
 - Addresses symptoms associated with poor liver functioning and inflammation.
- 5. Lung:
 - Associated with analgesia, sweating, and various respiratory conditions.

Benefits of NADA Protocol

- In Sanscrit the word “nada” has two distinct definitions: the primordial sound before words are formed and the first step when entering a temple. In Spanish “nada” means nothing. These definitions evoke what NADA trainers and practitioners refer to as “the Spirit of NADA”. The acronym “NADA” (for National Acupuncture Detoxification Association) thus implies that individuals obtain benefit from the NADA protocol by doing “nothing”, i.e., by being “still”.

Benefits of NADA Protocol

- Immediate calming effect regardless of substance of abuse
- Improvement in engagement and retention
- Improved negative affect
 - relapse prevention
- reduced alcohol and drug cravings, and withdrawal symptoms
- Associated with decrease in positive urine tests, increased program completion, improved patient satisfaction, and cost savings

Benefits of NADA Protocol

- Universal benefit , regardless of substance of abuse
- Help individuals with addiction and co-occurring disorders to better cope with a broad spectrum of behavioral health issues.
- Ameliorating dysphoric states such as depression, anxiety, anger, impaired concentration, decreased energy, and body aches/headaches

Benefits of NADA Protocol

- Non verbal and does not require a learning curve
- immediacy of effect, is especially useful in acute situations, such as in individuals experiencing physiological or psychological distress from substance use disorder,
- Can be provided in a group setting
- Easily and conveniently administered

NADA Protocol and State Laws

- NADA policies vary widely from state to state
- Some states are very restrictive, severely limiting who may provide and supervise NADA protocol services.
- NADA availability is accessible with general supervision requirement
- Direct supervision limits access as it requires a physician or acupuncturist to be present on site

NADA Policy Chart, USA
National Acupuncture Detoxification Association
www.acudetox.com

NADA Policy Chart (USA)
This chart shows jurisdictions with varying degrees of informed support for the use of NADA protocol services. The NADA protocol enables addiction and behavioral health programs to operate cost-effectively and conveniently. Data in the chart is based on best available information and is subject to change. Jurisdictions are encouraged to verify facts with local authorities.

A - Single provider
 B - Supervised treatment
 C - Who can supervise
 D - Combination (varying practice settings)
 E - # of NADA licenses

State	Authority	Who writes regulations?
Alabama	S, G, LAC, NT, MD, MD, PA, DC+	Acupuncture Board
Arkansas	S, G, DOM	NT
California	S, NA, NA	NA
Connecticut	S, G, MD	NT, MD, DC, ND, N, PA
Delaware	S, NS, NS	NT
Georgia	S, OS, LAC, MD+	NT, MD+
Indiana	S, G, LAC, MD	NT, MD, DC+
Iowa	S, G, ACA, MD	NT
Maryland	S, G, LAC	NT, DC, P, DW
Michigan	NA, NS, MD	NT
Missouri	S, G, LAC+	NT, MD, DC+
New Mexico	S, G, DOM	NT or equiv.
New York	S, G, LAC, MD, D	NT, MD+, D+
N. Carolina	PO, G, MD	NP, MD, PA
Ohio	PO, G, MD	N, N
S. Carolina	S, OS, LAC	NT
Tennessee	S, NS, LAC, MD+	NT, MD
Texas	S, G, LAC, MD	MD, N, SW, LPC, P, CD, DC
Vermont	S, G, LAC	NT, MD, DC
Virginia	S, G, LAC, LPA	NT, MD, DC+
Washington	NA, G, N, MD	N

Role of Nursing

- single largest group of licensed healthcare professionals in the United States
- Their education and extensive training in healthcare make them ideal candidates to supervise, as well as administer, NADA protocol treatment.
- Educate and advocate for change in state law requirements
