**Pathway:** Alternative and Complementary Therapies

**Referral Criteria/Commissioning position:**

*Alternative and complementary therapies are not routinely commissioned by the CCG due to a paucity of information on clinical effectiveness.*

Requests for funding are to be made, via the Individual Funding Request Panel (IFR) detailing:

- the grounds of clinical exceptionality

**Therapies covered:**

1. Alternative therapies (professionally organised)
   - Acupuncture
   - Chiropractic
   - Herbal medicine
   - Homeopathy
   - Osteopathy
2. Complementary therapies
   - Alexander Technique
   - Yoga
   - Pilates
   - Aromatherapy
   - Bach and other flower remedies
   - Massage
   - Meditation
   - Reflexology
   - Shiatsu
   - Healing Nutritional medicine
   - Hypnotherapy
3. Alternative disciplines
   - Anthroposophical medicine
   - Maharishi Ayurvedic medicine
   - Chinese herbal medicine
   - Eastern medicine
   - Naturopathy
   - Traditional Chinese medicine
4. Other alternative disciplines
   - Crystal therapy
   - Dowsing
   - Iridology
   - Kinesiology
   - Radionics and all other alternative and complementary therapies

**Investigations prior to referral**

- None
Information to include in referral letter:

The GP referral letter should contain:

- Details of how the patient meets this requirement
- Treatments and interventions tried including the results
- Drug history (prescribed and non-prescribed)
- Relevant past medical/surgical history
- Current regular medication
- BMI
- Smoking status
- Alcohol consumption

References & Additional information:

1. House of Lords Select Committee (House of Lords Select Committee on Science and Technology (2000); Complementary and Alternative Medicine. (The Stationery Office, London)

2. Bandolier review of complementary and alternative therapies.

3. NICE (May 2009) Low back pain; early management of persistent non-specific low back pain


CCG GP sign off: SRCCG Business Committee (Delegated to Dr Greg Black)

Review date: December 16th 2015