

Pathway:	Alternative and Complementary Therapies
Referral Criteria/Commissioning position:	
<p><i>Alternative and complementary therapies are not routinely commissioned by the CCG due to a paucity of information on clinical effectiveness.</i></p> <p><i>Requests for funding are to be made, via the Individual Funding Request Panel (IFR) detailing:</i></p> <ul style="list-style-type: none"> • the grounds of clinical exceptionality <p>Therapies covered:</p> <ol style="list-style-type: none"> 1. Alternative therapies (professionally organised) <ul style="list-style-type: none"> • Acupuncture • Chiropractic • Herbal medicine • Homeopathy • Osteopathy 2. Complementary therapies <ul style="list-style-type: none"> • Alexander Technique • Yoga • Pilates • Aromatherapy • Bach and other flower remedies • Massage • Meditation • Reflexology • Shiatsu • Healing Nutritional medicine • Hypnotherapy 3. Alternative disciplines <ul style="list-style-type: none"> • Anthroposophical medicine • Maharishi Ayurvedic medicine • Chinese herbal medicine • Eastern medicine • Naturopathy • Traditional Chinese medicine 4. Other alternative disciplines <ul style="list-style-type: none"> • Crystal therapy • Dowsing • Iridology • Kinesiology • Radionics and all other alternative and complementary therapies <p>Investigations prior to referral</p> <ul style="list-style-type: none"> • 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

4. Lewith GT, Breen A, Filshie J, et al; Complementary medicine; evidence base, competence to practice and regulation. Clin Med. 2003 May-Jun; 3(3):235-40.

5. Ernst E. Massage therapy for low back pain; A systematic review. Journal of Pain & Symptom Management 1999; 17:56-69

6. Dennis J, Cates. Alexander technique for chronic asthma. The Cochrane Database of Systematic Reviews: Reviews 2000; 2.

7. Thorgrimsen L, Spector A, Wiles A, Orrell M. Aroma therapy for dementia. The Cochrane Database of Systematic Reviews: Reviews 2003, Issue 3.

8. de Izquierdo Santiago A, Khan M. Hypnosis for schizophrenia. The Cochrane Database of Systematic Reviews: Reviews 2004 Issue 3.

CCG GP sign off:

SRCCG Business Committee (Delegated to Dr Greg Black)

Review date:

2017