

Policy Name	Registered Midwives Integrating Complementary Health Care		Number	P22												
Date Approved by Council: May 11, 2017	Effective Date: Aug 11, 2017	Revised by Council:														
<p>Purpose</p> <p>Describe the requirements for integrating complementary and alternative health care and natural health products with the practice of a registered midwifery.</p> <p>Background</p> <p>It is recognized that midwives may provide a health service integrating Complementary and Alternative Health Care (CAHC) with the midwifery care competencies expected of midwives registered by the College of Midwives of Alberta, and described in the Standards of Competency and Standards of Practice, based on the needs and preferences of their clients.</p> <p>Definitions</p> <p>Complementary and Alternative Health Care (CAHC) or Complementary and Alternative Medicine (CAM) was defined in the Health Canada Health Policy Research Bulletin¹ as:</p> <p style="padding-left: 40px;">diagnosis, treatment and/or prevention that complements mainstream medicine by contributing to the common whole, by satisfying a demand not met by conventional approaches or by diversifying the conceptual framework of medicine.</p> <p>CAHC is an umbrella term used to describe numerous individual therapies and health care approaches</p> <p>Examples of CAHC Therapies include but to limited to:</p> <table border="1" style="width: 100%;"> <tr> <td>Chiropractic</td> <td>Therapeutic massage</td> </tr> <tr> <td>Alexander technique</td> <td>Aromatherapy</td> </tr> <tr> <td>Ayurvedic medicine</td> <td>Bach flower therapy</td> </tr> <tr> <td>Craniosacral therapy</td> <td>Iridology</td> </tr> <tr> <td>Kanpo medicine</td> <td>Reiki</td> </tr> <tr> <td>Rolfing</td> <td>Tibetan medicine</td> </tr> </table>					Chiropractic	Therapeutic massage	Alexander technique	Aromatherapy	Ayurvedic medicine	Bach flower therapy	Craniosacral therapy	Iridology	Kanpo medicine	Reiki	Rolfing	Tibetan medicine
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Natural Health Products (NHP) are defined in the Canada *Natural Health Products Regulations*² as:

a substance set out in Schedule 1 or a combination of substances in which all the medicinal ingredients are substances set out in Schedule 1, a homeopathic medicine or a traditional medicine that is manufactured, sold or represented for use in

(a) the diagnosis, treatment, mitigation or prevention of a disease, disorder or abnormal physical state or its symptoms in humans;

(b) restoring or correcting organic functions in humans;
or

(b) modifying organic functions in humans, such as modifying those functions in a manner that maintains or promotes health.

Natural Health Products (NHPs) are often made from plants, but can also be made from animals, microorganisms and marine sources. They come in a wide variety of forms like tablets, capsules, tinctures, solutions, creams, ointments and drops

Examples NHPs include:

Herbs,
Vitamins, minerals
Essential fatty acids
Homeopathies
Essential oils

Products with a license have been assessed by Health Canada and found to be safe, effective and of high quality under their recommended conditions of use. An eight-digit Natural Product Number (NPN) or Homeopathic Medicine Number (DIN-HM) identifies this on the label

Products that may not have NPNs or DIN-HM on their label can be confirmed by the **Licensed Natural Health Products Database** or **Licensed Natural Health Product Database (LNHPD) Data Extract**

Policy

- 1) Registered midwives integrating CAHC health care will:
 - a) Be familiar with the types of any CAHC they integrate into midwifery practice that is regulated in Canada,
 - b) Have knowledge of the CAHC practice integrated with their midwifery practice,
 - c) Maintain competency in the complementary or alternative health care practice they are integrating into midwifery, through continuing education in the standards of practice, benefits and risks of the therapy,
 - d) Provide sufficient accurate information for the client to make an informed decision, respect the client's right to choose or to decline therapies or to seek out other practitioners.
 - e) Inform clients of their limitations in the therapy to be integrated with their midwifery care,

- f) Document on the appropriate Client Health Record all information provided by the midwife, informed consent by clients and all therapies provided by the midwife, according to College of Midwives of Alberta policy P7.
- 2) Registered midwives who integrate use of Natural Health Products will also:
 - a) Maintain current knowledge regarding Natural Health Products advisories, warnings and recalls, and
 - b) Be in compliance with Health Canada's adverse reaction reporting requirements described in Section 24 of the Canada *Natural Health Products Regulations*.
- 3) When clients request or prefer a therapy for which the midwife does not hold the required competencies, the midwife may support the client's choice and refer to alternative health care providers with the appropriate education and/or professional registration.

References

1. **Health Canada, Health Policy Research Bulletin, *Complementary and Alternative Health Care; The Other Mainstream?*** Issue7, November 2003 (archived July 2013) http://www.hc-sc.gc.ca/sr-sr/alt_formats/hpb-dgps/pdf/pubs/hpr-rps/bull/2003-7-complement/2003-7-complement-eng.pdf, (downloaded 2016 December 15).
(NOTE: Health Canada archived this publication in 2013 leaving it on their website for research and reference purposes until statements about Complementary and Alternative Health Care are updated. This policy will be revised when Health Canada provides updates.)
2. **Canada *Natural Health Products Regulations***, <http://laws-lois.justice.gc.ca/PDF/SOR-2003-196.pdf> last updated September 27, 2016, (downloaded 2016 October 11)
3. **Health Canada Drugs and Health Products: *About Natural Health Product Regulation in Canada*** (Date Modified: 2016-08-11) <http://www.hc-sc.gc.ca/dhp-mps/prodnatur/about-apos/index-eng.php> (downloaded October 11, 2016) (a website providing information about the legal document #2 above)
4. **Health Canada, Natural and Non-prescription Health Products Directorate (NNHPD)**, <http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/nhpd-dpsn/index-eng.php> (downloaded 2016 October 11)

Cross References

College of Midwives of Alberta, [P4 Conduct and Competency Committee Policy](#)

College of Midwives of Alberta, [P7 Midwifery Client Records and Recordkeeping Policy](#)

College of Midwives of Alberta, *Standards of Competency and Standards of Practice*, <http://www.college-midwives-ab.ca/wp-content/uploads/2012/07/Appendix-3-Standards-of-Competency-and-Practice.pdf>

Canadian Medical Association, CMA Policy, Complementary and Alternative Medicine, 2015, <http://policybase.cma.ca/dbtw-wpd/Policypdf/PD15-09.pdf>

College of Physicians and Surgeons of Alberta, Standard of Practice, Complementary and Alternative Medicine, Jan 9, 2014, <http://www.cpsa.ca/standardspractice/complementary-alternative-medicine/> (downloaded 2016 October 11)

College and Association of Registered Nurses of Alberta, Complementary and/or Alternative Therapy and Natural Health Products, Standards for Registered Nurses, January 2011, http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/RN_CompAltTherapy_Jan2011.pdf (downloaded 2016 December 15).

Government of Canada: Search licensed natural health products
<https://health-products.canada.ca/lnhpd-bdpsnh/index-eng.jsp>

Government of Canada: the Licensed Natural Health Product Database (LNHPD) Data Extract
http://www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lnhpd-bdpsnh_data_extract-eng.php

Government of Canada: Exempted NHP database
<http://webprod3.hc-sc.gc.ca/product-produit/search-rechercheReq.do?lang=eng>

Approved by Council:

Revised by Council:

Diane Rach RM, President

College of Midwives of Alberta

_____ May 11, 2017 _____

Date