

Complementary and Alternative Medicine for OT practitioners

Present by Jessica Brenzikofer, OTR/L &
Lynette Hofer, COTA/L

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**Join at slido.com
#003566**

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Jessica Brenzikofer, OTR/L

- BS degree in Occupational Therapy, Newman University, Wichita, KS in 2005.
- Kansas Spine and Specialty Hospital, Ascension Via Christi 2013 - present
- Inpatient and outpatient rehabilitation with Encompass Health 2005-2020.

Lynette Hofer, COTA/L

- BS in Life sciences with biology concentration 2011 from Kansas State University; AS in Occupational Therapy Assistant from Newman University in 2012; BS Healthcare Science with Psychology/Sociology concentration
- Employed by Encompass Health- Wesley Rehab Hospital Outpatient/Inpatient neuro rehab in Wichita since 2010

Full disclosure

- We are not CAM experts or practitioners!
 - We believe in providing the most appropriate care for patients, even if that means reaching outside our OT comfort zone.
- OTP are uniquely positioned in the healthcare world.
- We know some of the topics we will discuss today are controversial, we are not here to debate.
- We are not condoning anything illegal, please follow local and state laws.

Objectives

Upon completion of this course participants will be able to

1. Describe what complementary treatments are and how they apply to the clinical setting
2. Recommend potential treatment options or referrals for the best outcomes for patients
3. Implement complementary treatments that fall within the OT scope of practice
4. Recognize and research potential complementary treatments appropriate to the patient's needs

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What setting do you work in?

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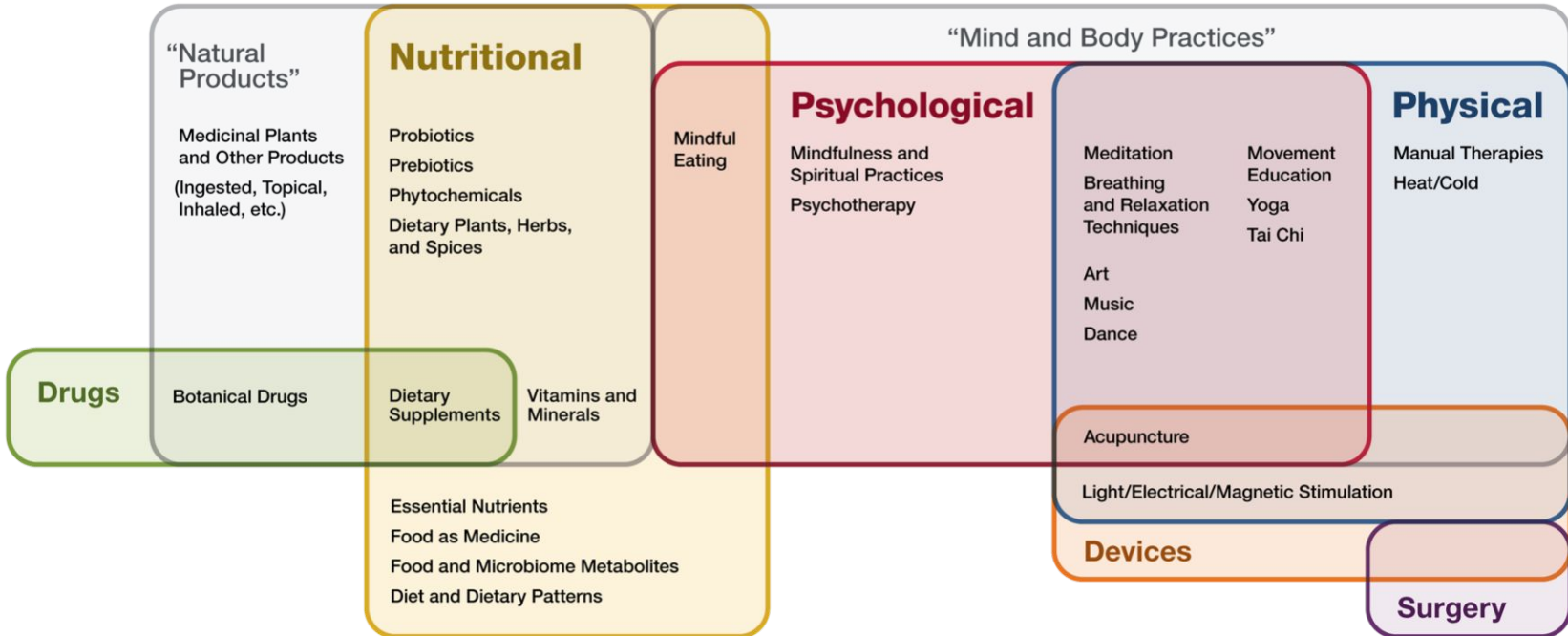


**What do you think of when
you hear complementary and
alternative medicine?**

① Start presenting to display the poll results on this slide.

What is Complementary medicine?

- CDC defines CM as treatments used in addition to traditional medicine.
- National Center for Complementary and Alternative Medicine defines it as “a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.”
- According to a 2012 national survey, many Americans—more than 30 percent of adults and about 12 percent of children—use health care approaches that are not typically part of conventional medical care or that may have origins outside of usual Western practice.
- If a non-mainstream approach is used together with conventional medicine, it’s considered “complementary.”
- If a non-mainstream approach is used in place of conventional medicine, it’s considered “alternative”.



“Natural Products”

Medicinal Plants and Other Products (Ingested, Topical, Inhaled, etc.)

Nutritional

Probiotics
Prebiotics
Phytochemicals
Dietary Plants, Herbs, and Spices

Drugs

Botanical Drugs

Dietary Supplements

Vitamins and Minerals

Essential Nutrients
Food as Medicine
Food and Microbiome Metabolites
Diet and Dietary Patterns

“Mind and Body Practices”

Mindful Eating

Psychological

Mindfulness and Spiritual Practices
Psychotherapy

Physical

Meditation
Breathing and Relaxation Techniques

Movement Education
Yoga
Tai Chi

Manual Therapies
Heat/Cold

Art
Music
Dance

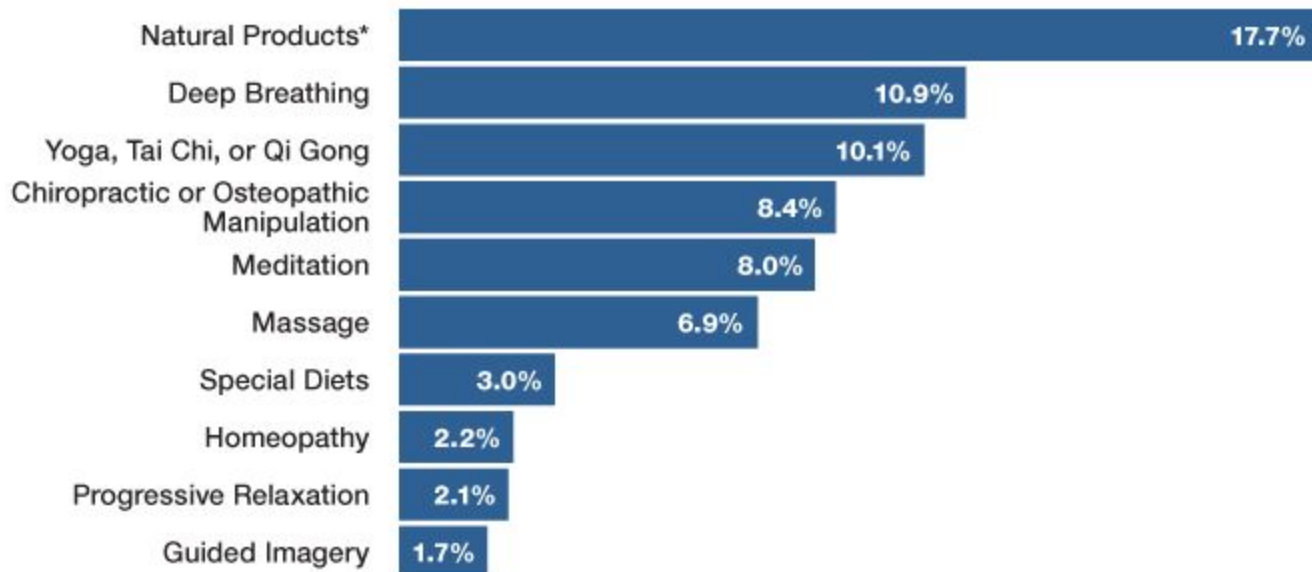
Acupuncture

Light/Electrical/Magnetic Stimulation

Devices

Surgery

10 most common complementary health approaches among adults—2012



*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LJ, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports: no 79. Hyattsville, MD: National Center for Health Statistics; 2015.

AOTA position on CAMs

In 2011, AOTA's Commission on Practice revised the Association's Complementary and Alternative Medicine Position Paper. 1 The CAM Position Paper supports using CAM as part of an occupational therapy plan of care as either a preparatory treatment and/ or a therapeutic activity, depending on the CAM selected.

Summary “Occupational therapy professionals facilitate proficient and satisfying engagement in the significant tasks and meaningful activities of life. Complementary and alternative medical practices, systems, and products may be appropriately incorporated into occupational therapy practice as a way to encourage a client’s engagement in meaningful occupations. Scientific studies are needed to validate the safety and efficacy of CAM methods within occupational therapy practice. Advanced-level training and continuing education are important in order to acquire the knowledge and skill to utilize CAM methods, to address the concerns for patient safety and informed consent, and to meet the rigors of regulatory requirements.”

How can it be useful for OT practitioners.

- Broadens the spectrum of treatments available to help patients to our fullest ability
- Increases our education and understanding
- What is considered new and cutting edge today is the conventional medicine of tomorrow

Occupational Therapy as a complimentary service

- OT started as a complementary treatment for soldiers suffering from PTSD or “shell shock” in 1917 but has roots back to the 18th century with the establishments of asylums and occupational tasks.
- In 100 BCE Greek physician Asclepiades treated patients with mental illness with therapeutic baths, massage, music, travel, conversation and exercise
- OT has always been on the cutting edge of new ideas, treatments, and theories in response to traditional medical models

holisticot.org

Emily Vадnais, OTR/L, BCTMB, ABCR

- AOTA course - 1.5 PDU
 - https://myaota.aota.org/shop_aota/product/OL4934
- OT and Integrative Health Mastermind Course - starts Oct 5th
 - <https://holisticot.org/ot-and-integrative-health-mastermind-begins-oct-5/>

OT Scope with Integrative Health

Preparatory Methods -

i.e. breath work,
guided imagery,
or yoga for
stress reduction
for ADL's

Occupations -

i.e. mindfulness
or meditation for
pain reduction

Activities -

i.e. standing
yoga poses or
tai chi for standing
balance during
occupations

Some approaches we didn't include

- Chiropractic care
- Hippotherapy/Animal therapy
- Traditional Chinese Medicine
- Homeopathy
- Naturopathy
- Functional Medicine

Yoga- Everyone

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

- strength, balance and flexibility, core engagement
- back pain relief
- arthritis symptoms
- heart health
- relaxes you, to help you sleep better
- more energy and brighter moods
- Stress management
- Social/community connection
- Improved self care

Tai Chi- fall prevention, geriatrics

Full body martial art movements for health and wellness

- Study done between 1996 and 2004 Tai Chi may lead to improved balance, reduced fear of falling, increased strength, increased functional mobility, greater flexibility, and increased psychological well-being, sleep enhancement for sleep disturbed elderly individuals, and increased cardio functioning.
- https://www.youtube.com/watch?v=ZBgkbBx_c9o

Qi gong “Chi-gong”- anxiety, stress, sleep issues, cardio, etc

- Movements focused on internal exercise, considered part of Tai Chi done in certain situations as opposed to set regime
 - Boosts immune system
 - Lessens chronic fatigue
 - Reduces stress and depression
- <https://www.youtube.com/watch?v=uu1xjCuqMnw>

Reiki - Anxiety, stress, muscle tightness

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

- <https://youtu.be/thMT8W6qAwg>
- OT can do Reiki with appropriate training

Native American traditional medicine

Did you know these tools we use were invented by NAs?

- Syringes
- Pain relievers
- Birth control
- Sun screen
- Baby bottles
- Mouth wash
- Suppositories

Native American Traditional Medicine cont.

Common botanicals and their uses

<https://academic.oup.com/view-large/111564872>

There are many ceremonies and treatments that can only be completed by medicinemen or shamans, some patients may choose to include this in their care

Each tribe/nation is unique in their ceremonies and should not be generalized

Other items used

- Pendleton blankets
- Medicine pouches
- Smudging ceremonies

Aromatherapy/Essential oils - wide spectrum of applications from pain to seizure, anxiety to poor sleep

A natural oil typically obtained by distillation and having the characteristic fragrance of the plant or other source from which it is extracted. Topical, inhaled or ingested. Diffuser for aromatherapy.

- Highly controversial due to being unregulated by FDA
- Classified based on source (fruity vs herbaceous vs woody)
- Netflix Unwell Season 1: Essential Oils

Cooling oils - tension headaches, muscles aches and general pain

- Sage
- Rosemary
- Chamomile
- Rose
- Lavender

Calming oils

- Ylang ylang
- Myrrh
- Helichrysum
- Rose
- Chamomile
- Vetiver
- Frankincense
- Lavender

Invigorating oils

- Grapefruit
- Cedarwood
- Peppermint/Spearmint
- Basil
- Orange

Grounding oils

- Frankincense
- Sandalwood
- Lavender
- Myrrh
- Helichrysum
- Bergamot
- Tea Tree
- Rose
- Amyris (West Indian Sandalwood)
- Patchouli
- Lime
- Ylang Ylang
- Wild Orange
- Cinnamon Bark

CBD/Medical Cannabis

- People have used cannabis for medical purposes for at least 3,000 years according to the National Center for Complementary and Integrative Health.
- Recently, an article from the American Occupational Therapy Association (AOTA) addressed the importance of understanding MC to provide client education and support medication management to increase occupational performance.
- In 2018, the U.S. Food and Drug Administration (FDA) approved a pharmaceutical grade CBD medication, Epidolex, for the treatment for two severe and drug-resistant pediatric seizure disorders, Lennox-Gastaut syndrome and Dravet syndrome. However, according to CBD Project, much of what our clients have access to are off market CBD oils that are widely accessible and largely unregulated.
- CBD alleviated many symptoms and conditions including chronic pain, anxiety, post-traumatic stress disorder (PTSD), attention deficit hyperactivity disorder (ADHD), autism, and overall brain function. CBD has helped with epilepsy, cerebral palsy, viral infections, seizures, muscle spasms, soft tissue repair, and cancer, and more generally improved sleep, digestion, skincare, and generalized inflammation.

Diet - Everyone

- Wide variety of opinions
 - Modifications to exclude reactive or inflammatory components and include beneficial nutrients.
 - Dietary Inflammatory Index (E-DII)
- Exclusions can include gluten, dairy, grain, soy, eggs, peanuts, processed oils/meats (Omega-6), sugar.
- Spectrum: Carnivore - Vegan
- Autoimmune protocol (AIP)
 - Lupus, IBD, celiac disease, RA, MS
- Food sensitivity tests

Spices and herbs - Everyone

- Herbs and spices have been used for generations by humans as food and to treat ailments. Usually ingested vs topical use
- Scientific evidence is accumulating that many of these herbs and spices do have medicinal properties that alleviate symptoms or prevent disease. Roots in NA medicine.
- A growing body of research has demonstrated that the commonly used herbs and spices such as garlic, black cumin, cloves, cinnamon, thyme, allspices, bay leaves, mustard, and rosemary, possess antimicrobial properties that, in some cases, can be used therapeutically.
- Other spices, such as saffron, a food colorant; turmeric, a yellow colored spice; tea, either green or black, and flaxseed do contain potent phytochemicals, including carotenoids, curcumins, catechins, lignan respectively, which provide significant protection against cancer.

Spices continued

Medical Properties/Indications Hot, Pungent, Exotic

Ajowan	expectorant, anti-flatulent
Allspice	antiemetic, purgative
Asafetida	anti-helminthic, antitussive
Capsicum peppers	analgesic, counter-irritant, expectorant
Cinnamon, Cassia	antiseptic, anti-diarrhea
Clove	topical anesthetic, anti-dyspeptic
Coriander	antispasmodic, diuretic, anti-inflammatory
Cumin	anti-microbial, vermifuge, diuretic
Curry leaves	antiemetic
Galangal	expectorant, anti-bacterial
Ginger	for colds, antiemetic, anti-rheumatic
Nutmeg, Mace	astringent, hallucinogen
Peppercorns	expectorant, anti-microbial
Saffron	anti-rheumatic, for neuralgia
Turmeric	anti-arthritic, anti-oxidant, anti-cancer
Wasabi	expectorant, for sinusitis
Zedoary	expectorant, diuretic

Spices continued

Hot, Pungent, Non-Exotic

Chive antiseptic, diuretic

Garlic antimicrobial, anti-hypercholesterolemic, anti-cancer, anti-hypertensive

Horseradish anti-microbial, expectorant, purgative

Mustards counter-irritant, emetic, purgative

Onion, Shallot for colds, expectorant, anti-cancer, asthma

Paprika colorant, source of ascorbic acid

Spices continued

Warm, Fragrant, Exotic

Aniseed	antispasmodic, expectorant, sedative
Bergamot	antiseptic, antispasmodic, sedative
Camphor	antiseptic, cardiostmulant, antispasmodic
Caraway	diuretic, antispasmodic, galactagogue
Cardamom	antiseptic
Cilantro	antibacterial, anti-inflammatory
Cubeb	antiseptic, diuretic, anti-asthma
Fennel	anti-spasmodic, diuretic
Fenugreek	anti-diabetes, anti-hypercholesterolemia
Lemon Grass	fever, insect bites
Licorice	anti-spasmodic, antitussive, peptic ulcer
Nigella	diuretic, anti-helminthic, purgative
Sesame seed	diuretic, galactagogue, demulcent
Star anise	antiseptic, anti-rheumatic
Vanilla	antispasmodic, febrifuge

Spices continued

Savory Herbs

Spice

Medical Properties/Indications

Basil	for colds, anti-diarrhea, kidney disease
Bay (Laurel)	embrocation, anti-rheumatic
Caper	diuretic, expectorant, astringent
Celery	diuretic, emmenagogue
Chervil	diuretic, expectorant, tonic
Cilantro (Chinese Parsley)	diuretic, sedative
Dill ("gripe water")	anti-flatulent, anti-colic, galactagogue
Marjoram	indigestion, colic
Mint	expectorant, for colds, local anesthesia, anti-spasm
Oregano	antitussive, anti-rheumatic, vermifuge
Poppy seed	sedative, antispasmodic
Rosemary	anti-cancer
Sage	antiseptic, gastroenteritis, sedative
Savory	antispasmodic, sedative, vermifuge, diuretic
Tarragon	diuretic, vermifuge, emmenagogue
Thyme	expectorant, antiseptic

Spices continued

Drinks

Spice Medical Properties/Indications

Carob	astringent, purgative, diuretic
Chocolate	sedative, anti-oxidant, diuretic
Coffee	stimulant, diuretic, bronchodilator
Cola	anti-emetic, astringent
Tea	anti-oxidant, source of theophylline
Juniper (gin)	diuretic, sudorific, antiseptic, anti-rheumatic
Quinine (tonic water)	febrifuge, anti-arrhythmic, astringent

Spices continued

Spice Medical Properties/Indications

Annatto	colorant, astringent, analgesic
Eucalyptus	antiseptic, febrifuge, for colds, expectorant
Myrrh	anti-spasmodic, expectorant, antimicrobial
Nard (e.g. spikenard)	emetic, diuretic
Sandalwood	antiseptic, sudorific
Sugar	cholagogue
Sumac	anti-diarrhea, antispasmodic, febrifuge
Tamarind	antiseptic, cholagogue, laxative, antipyretic

Ayurveda “ai·yr.vay.duh” -wide spectrum of disorders

- Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment.
- Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation.
- In India, Ayurveda is considered a form of medical care, equal to conventional Western medicine, traditional Chinese medicine, naturopathic medicine, and homeopathic medicine.

Mindful Meditation - Everyone

- Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity and calm your body and mind. It combines meditation with the practice of mindfulness, which can be defined as a mental state which involves being fully focused on “the now”, so you can acknowledge and accept your thoughts, feelings, and sensations without judgement.
- Lots of apps, some paid and some free. VA Mindfulness Coach - PTSD, Calm, Headspace

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Audience Q&A Session

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Acupuncture/Acupressure- wide range including pain, respiratory disorders, neurological disorders

Acupuncture is used mainly to relieve discomfort associated with a variety of diseases and conditions, including:

- Chemotherapy-induced and postoperative nausea and vomiting
- Dental pain
- Headaches, including tension headaches and migraines
- Labor pain
- Low back pain
- Neck pain
- Osteoarthritis
- Menstrual cramps
- Respiratory disorders, such as allergic rhinitis

Research shows acupuncture and bee venom acupuncture are effective in treating neurological disorders like PD, AD, FTD

Differences between Dry Needling & Acupuncture

FEATURES	DRY NEEDLING	ACUPUNCTURE
Uses solid (filiform) sterilized needles	✓	✓
Based on Western Medicine: treating based on neuromuscular dysfunction	✓	✗
Based on Traditional Chinese Medicine: treating based on flow of qi and energy meridians	✗	✓
Can Be Practiced by Licensed Physical Therapists (*If Trained and Certified)	✓	✓
Can Be Practiced by Traditional Chinese Medicine Doctors (*If Trained and Certified)	✓	✓
Legal in all 50 states in the U.S.	✗	✓

Massage- Everyone

There are many different types of massage, including these common types:

- **Swedish massage.** This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping. It helps you feel relaxed and energized.
- **Deep massage.** This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue. It's commonly used to help with muscle damage from injuries.
- **Sports massage.** This is similar to Swedish massage, but it's geared toward people involved in sport activities to help prevent or treat injuries.
- **Trigger point massage.** This massage focuses on areas of tight muscle fibers that can form in your muscles after injuries or overuse.

Massage benefits can include:

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

Massage continued

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Low back pain
- Myofascial pain syndrome
- Nerve pain
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain
- Upper back and neck pain

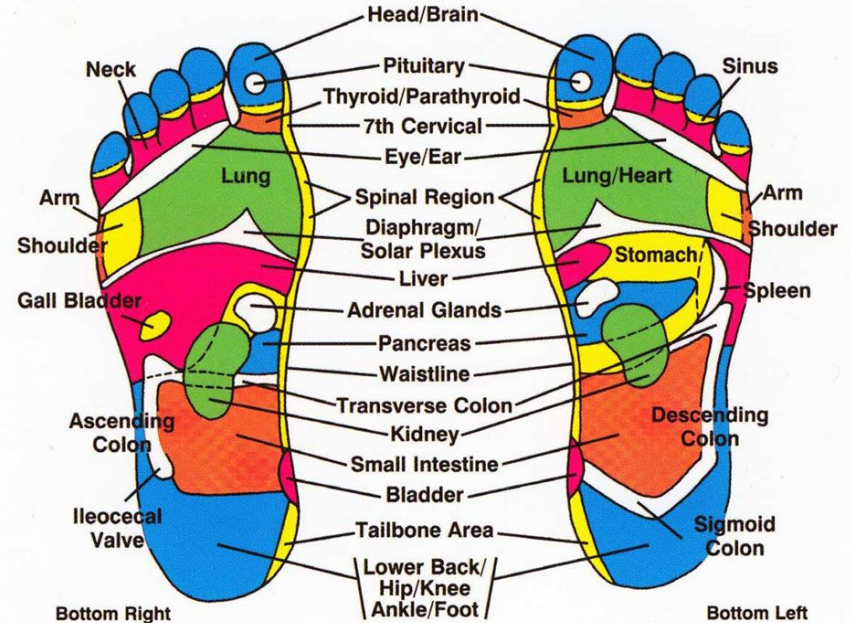
Reflexology-anxiety, stress, neuropathy

So far, there's limited evidence that reflexology may help to:

- reduce stress and anxiety
- reduce pain
- lift mood
- improve general well-being

In addition, people have reported that reflexology helped them:

- boost their immune system
- fight cancer
- get over colds and bacterial infections
- clear up sinus issues
- recover from back problems
- correct hormonal imbalances
- boost fertility
- improve digestion
- ease arthritis pain
- treat nerve problems and numbness from cancer drugs (peripheral neuropathy)



Dancing

- Dance Therapy vs Therapeutic Dancing
 - The American Dance Therapy Association (ADTA) defines dance/movement therapy as the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual.
- Dance/movement therapy is typically performed by a licensed behavioral therapist:
 - Focused on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative, and adaptive behaviors are all considered for group and individual treatment. Body movement, as the core component of dance, simultaneously provides the means of assessment and the mode of intervention for dance/movement therapy.
 - Practiced in mental health, rehabilitation, medical, educational and forensic settings, and in nursing homes, day care centers, disease prevention, health promotion programs and in private practice.
 - Effective for individuals with developmental, medical, social, physical and psychological impairments.
 - Used with people of all ages, races and ethnic backgrounds in individual, couples, family and group therapy formats.

Dance - videos

<https://youtu.be/o3o2ii5rEaI> (dance therapy)

<https://youtu.be/lGZofqhWPOA> (therapeutic dancing)

Magnetic field therapy/Magnet therapy- pain, cancer, CVAs

- Electromagnetic field therapy is the use of electrical pulses to reduce pain, inflammation and promote healing from various musculoskeletal disorders
- Transcranial magnetic stimulation (TMS) is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. TMS is typically used when other depression treatments haven't been effective.
- Research is being conducted on cancer patients as an alternative treatment to disrupt cancer cell production
- <https://www.youtube.com/watch?v=-sBvIB0xn7M>

ASMR/Neurodivergent music- stress, anxiety, sleep, focus

Neurodivergent is defined as differing in mental or neurological function from what is considered typical or normal (frequently used with reference to autistic spectrum disorders); not neurotypical.

Benefits of ASMR- Autonomous Sensory Meridian Response

- unwind and relax
- get to sleep
- feel comforted or cared for
- experience less anxiety or pain
- feel better when sick or upset

Several different styles from whispering, tapping, eating, brushing, roleplay (non-sexual)

<https://www.youtube.com/watch?v=iUo1JXnIRXY>

Emerging research about ASMR and dementia due to brain activity mapping/fMRI.

ASMR/Neurodivergent music- continued

Neurodivergent music can help with symptoms of ADHD, PTSD, ASD and others. Acts as stimulant or depressant to help brain focus and relax.

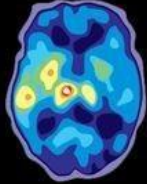
Neurodivergent music <https://www.youtube.com/watch?v=jvM9AfAzoSo&t=1449s>

Anecdotal evidence shows ASMR and neurodivergent music separately or in conjunction can be used to supplement medications or in some cases replace

Always speak to qualified MH provider before self-diagnosis or treatment

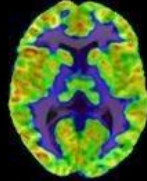
Netflix series Follow This: The Internet Whisperers details what ASMR is and how it works

BRAIN WITH
DEPRESSION



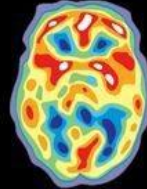
"Get over it. Lots of people have it worse than you do."

BRAIN WITH PTSD



"What happened to you wasn't even that bad!"

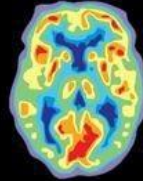
BRAIN WITH OCD



"You're just picky. Grow up and stop being so childish."

MENTAL

NORMAL



HEALTH

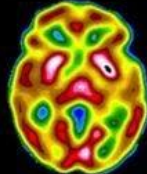
BRAIN

"What are the voices in your head telling you to do today?"



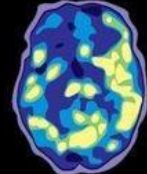
BRAIN WITH
SCHIZOPHRENIA

"You're such a coward. Why are you so scared of everything?"



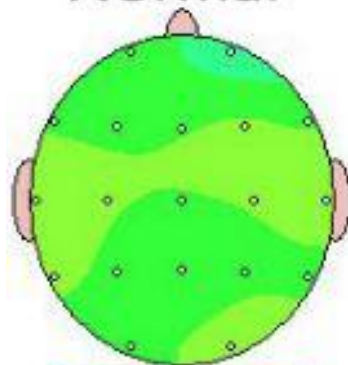
BRAIN WITH
ANXIETY

"Why can't you control your emotions and act like a normal human being?"

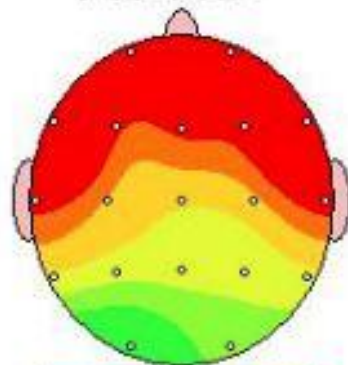


BRAIN WITH
BIPOLAR DISORDER

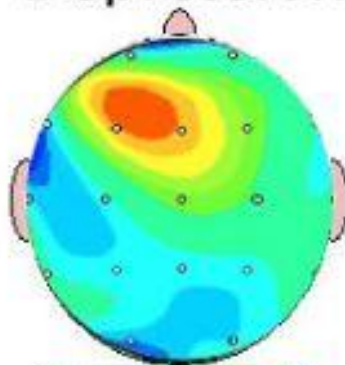
Normal



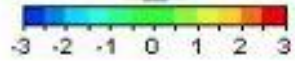
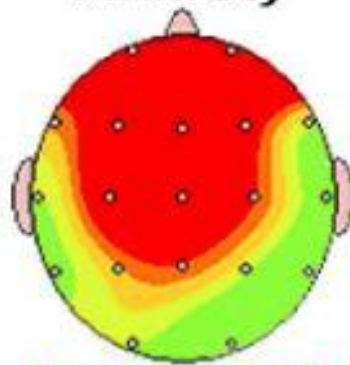
ADHD



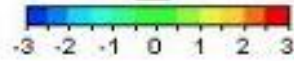
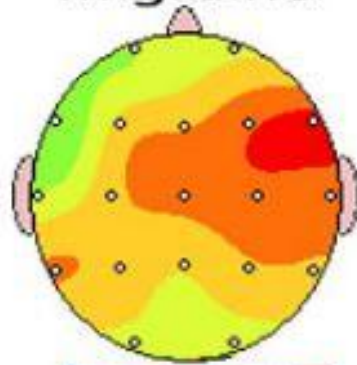
Depression



Anxiety



Migraine



Osteopathy- geriatric, sports injuries

Osteopathy uses a drug-free, non-invasive form of manual medicine that focuses on the health of the whole body, not just the injured or affected part.

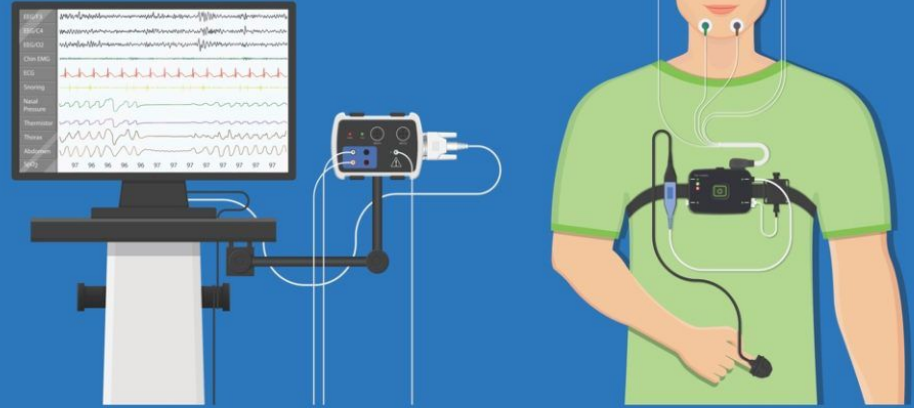
- OMT: similar to chiropractic and PT manual therapy, use of modalities
- The osteopathic physician focuses on the joints, muscles, and spine.
- Osteopathic intervention can help treat arthritis, back pain, headaches, tennis elbow, digestive issues, and postural problems.
- Treatment can also assist with sleep cycles and the nervous, circulatory, and lymphatic symptoms

Biofeedback

Biofeedback aims at controlling automatic body functions such as heart rate, muscle tension, breathing, perspiration, skin temperature, blood pressure and even brain waves. Benefits include relieved chronic pain, reduced stress, or improved physical or mental performance (sometimes called peak performance training).

During biofeedback training, sensors attached to the body detect changes in pulse, skin temperature, muscle tone, brain-wave pattern or some other physiological function. These changes trigger a signal a sound, a flashing light, and a change in pattern on a video screen. Goal is to learn to alter the signal by taking conscious control of the body's automatic body functions.

Biofeedback Therapy



Measurement of Brain's Electrical Activity and Physiological



Biofeedback continued

- Attention deficit hyperactivity disorder (ADHD)
- Chronic obstructive pulmonary disease (COPD)
- High blood pressure
- Anxiety
- Asthma
- Autism
- Back pain
- Chronic pain
- Constipation
- Depression
- Diabetes
- Epilepsy and related seizure disorders
- Headaches and migraines
- Head injuries
- Insomnia
- Learning disabilities
- Motion sickness
- Muscle spasms
- Spinal cord injuries
- Anxiety/stress
- Pelvic floor rehab/urinary incontinence

Virtual and Augmented Reality

- For both the therapist and the patient: new technology emerging
Xbox, SaebVR, Armeo. Software: HomeModAR
 - <https://www.researchgate.net/publication/341109590>
- Used for phobias, dementia, PTSD, autism, CVA, amputation, sensory loss, fall prevention and home modifications

Hypnosis- chronic pain, fibromyalgia

- Research is limited but promising- reduction in pain reporting noted by participants of several small studies
- Can be done by patient after initial session either with tapes or self-hypnosis
- Progressive muscle relaxation, deep breathing and mental imagery have also been considered a type of hypnosis
- SaebMind- mental imagery of ADLs- can be listened to for free on podcast apps

Climatotherapy/Thalassotherapy

Use of sea water for treatment

Seawater and thalassotherapy are general body stimulants. They act by increasing the hematopoietic (blood cell production) functions, improving response capacity, and acting as a general tonic. They can also boost the immune system.

Other benefits include:

- stimulation of endocrine functions, including thyroid, adrenal, parathyroid, and sexual glands
- improvement of blood circulation
- increased sweating
- increase in red and white blood cells
- smoother, unobstructed breathing

Variables that determine the effectiveness of water-based therapies include:

- buoyancy
- resistance
- water pressure
- water temperature

Climatotherapy continued

- Joint pain
- Increase trace minerals (magnesium, cobalt, sodium, calcium, potassium, boron)
- Muscle fatigue, stiffness, and soreness - fibromyalgia, improved O2 sat levels
- Skin conditions (dermatoses, psoriasis, eczema, nasopharyngitis, conjunctivitis)
- Sleep

Shinrin-yoku, forest bathing

Stress, anxiety, depression, cognitive disorders

- Exposome: the cumulative impact of environmental influences on health
- 1984 Swedish study suggests hospital window with a view of trees: discharged nearly one day earlier, required less pain meds
- 2016 Harvard study: 12% lower rate of mortality linked to greenery around home address
- 2019 Exeter study suggests therapeutic dose of 120 min/wk, 80% of Americans don't meet
- Wilderness therapy - behavioral issues
- NatureQuant
- No long term studies with quantifiable data yet

Billable under Kansas OT practice act

Some complementary therapies fall in the scope of OT practice:

1. Occupational therapy intervention may include:
 1. Remediation or restoration of performance abilities that are limited due to impairment in biological, physiological, psychological or neurological cognitive processes;
 2. adaptation of tasks, process, or the environment or the teaching of compensatory techniques in order to enhance performance;
 3. disability prevention methods and techniques that facilitate the development or safe application of performance skills; and
 4. health promotion strategies and practices that enhance performance abilities.
2. "Occupational therapy services" include, but are not limited to:
 1. Evaluating, developing, improving, sustaining, or restoring skills in activities of daily living (ADL), work or productive activities, including instrumental activities of daily living (IADL) and play and leisure activities;
 2. evaluating, developing, remediating, or restoring sensorimotor, cognitive or psychosocial components of performance;
 3. designing, fabricating, applying, or training in the use of assistive technology or orthotic devices and training in the use of prosthetic devices;
 4. adapting environments and processes, including the application of ergonomic principles, to enhance performance and safety in daily life roles;
 5. applying physical agent modalities as an adjunct to or in preparation for engagement in occupations;
 6. evaluating and providing intervention in collaboration with the client, family, caregiver or others;
 7. educating the client, family, caregiver or others in carrying out appropriate nonskilled interventions; and
 8. consulting with groups, programs, organizations or communities to provide population-based services.

Self Care/Preparatory

- Meditation
- Acupuncture-if trained
- ASMR
- Essential oils (calming, energizing or pain control)

Manual Therapy

- Massage
- Reiki
- Acupressure
- *As with other treatments be sure to document intention and not actual procedure

Therapeutic Activity

- VR/AR
- Mindful Meditation (could also be Self-Care)
- Dancing- core strengthening and balance
- Tai Chi- relaxation, core strengthening and balance
- Qi gong- relaxation, core strengthening, balance
- Yoga

Final Thoughts

- Many different treatments can be used in conjunction with OT if proper training and CEs have been completed.
- Check state practice acts as well as corporate/clinic regulations
 - Ex- Kansas allows OT practitioners to administer dry needling, as of April 2021
AOTA has not recognized DN as an approved treatment
- Be sure to back up why you are using techniques with detailed documentation
- If in doubt ask your KOTA board or KSBHA for clarification on the practice act
- OTs are not able to deliver all above mentioned techniques but we are able to suggest them to patients if we feel they are appropriate. Always encourage they speak with their MPs before starting.

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**When you hear the term
complementary and alternative
medicine, what do you think of?**

① Start presenting to display the poll results on this slide.

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Audience Q&A Session

① Start presenting to display the audience questions on this slide.

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