



Acupuncture and Oriental Medicine
Hepatitis C and Addiction Treatments
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Acupuncture and Oriental Medicine

After the session, participants should be able to

- Discuss the role acupuncture and Chinese medicine in treatment of addiction and disease
- Describe Acu-Detox protocol
- List who can legally administer Acu-Detox protocol in Texas

Acupuncture and Oriental Medicine



Treatment of Disorders and Disease

Stress negatively impacts various systems

Acupuncture reduces the negative impacts of stress

Stress Effects on Body Systems



Ear Acupuncture for Addiction “Acudetox”

National Acupuncture Detoxification Association
(NADA)



Acudetox involves the insertion of hair-fine needles into both ears as an adjunct to other clinical and medical interventions.



Acudetox supports the recovery process and can be integrated into any level of care, from harm reduction to long-term recovery and relapse prevention.

Acudetox meets clients where they are.



NADA Acudetox Protocol

5 ear acupuncture points provided frequently, even daily, in a group setting:

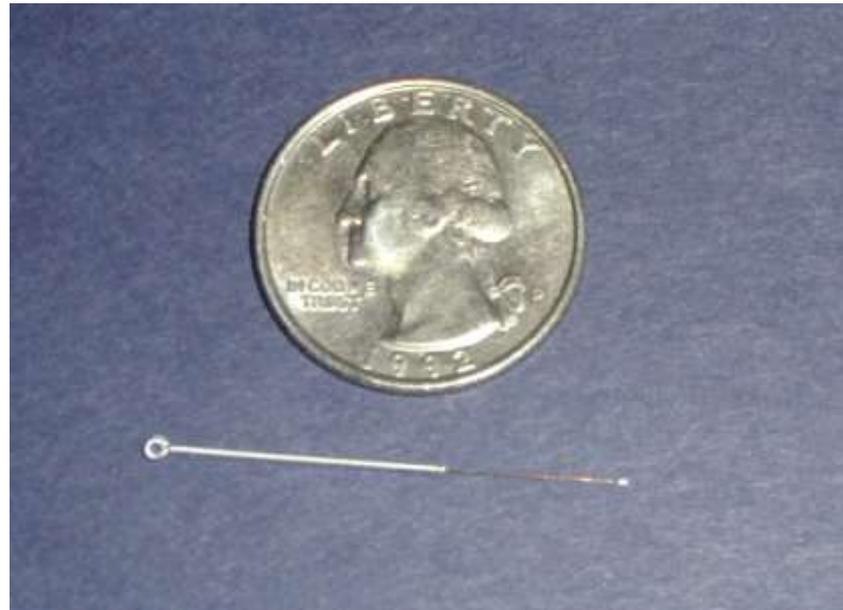
Sympathetic

Shen men

Kidney

Liver

Lung



Clinical Effects of Acudetox

Clients Report:

- Relaxation
- Stress Reduction
- Less Craving
- Cleared Mind
- Sense of Purpose
- Better Sleep
- More Energy
- Better Appetite
- Elimination of Withdrawal Symptoms



Clinical Effects of Acudetox

Staff observations of acudetox clients:

- More calm
- More cooperative
- Less fear
- Listen better
- Less hostility
- Less denial
- Less passive-aggressiveness
- More positive social interaction



Program Effects of Acudetox

Programs report:

- APA/AMA rates drop
- Successful completion rates improve
- Client and staff satisfaction improves
- Incident reports decrease eg., violence and emergent calls
- PRN medication and dose increase requests decrease
- Medication compliance improves



Acudetox provides relaxation and balance so that the patient is more able to listen and participate in the program.



Acudetox History

- 1973 Dr. Wen, Hong Kong discovers the Lung point relieve heroin withdrawal symptoms
- 1974 Lincoln Hospital in the South Bronx begins to develop protocol of ear acupuncture and tea.
- 1985 NADA established to promote acudetox and facilitate training
- 1995 Texas acupuncture law changed to allow Acupuncture Detoxification Specialists. (Must be licensed as a social worker, counselor (LCDC or LPC), psychologist or nurse.)
- And of course LAc!

NADA

- Over 25,000 behavioral health treatment professionals have learned the NADA protocol worldwide
- Acupuncture Detoxification Specialist (ADS) training involves 70 hours, roughly 30 didactic and 40 clinical supervised practice
- Annual conference, bi-monthly newsletter, national office and literature clearinghouse

AOMA

GRADUATE SCHOOL *of*
INTEGRATIVE MEDICINE

- Master's 4 year course of study
 - Includes NADA protocol
 - Leads to LAc licensure
- Doctoral program started in 2013
- Multiple clinic sites
 - School sites north and south
 - Community Clinics
 - Austin Recovery Center

National Acupuncture Detoxification Association

NADA office 888.765.NADA

www.acudetox.com

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Yale Cocaine – Methadone Study

(Avants, et al, Arch Intern Med 2000; 160:2305 – 2312)

82 cocaine – dependent methadone – maintained patients were randomly assigned to 1 of 3 conditions:

- Ear acupuncture, NADA protocol.
- Needle control insertion (“placebo” or “sham” acupuncture)
- Relaxation video sessions.

Yale Cocaine – Methadone Study (Cont.)

Findings: Clients with 3 consecutive cocaine – free toxicologies in the final week of 8 week study:

Acupuncture	54% (7/13)
Needle Control (sham acup.)	24% (4/17)
Relaxation Control	9% (2/22)

P = .01

Multi-site Cocaine Study

(Margolin, Kleber, et al, JAMA Jan 2, 2002; 287:1)

Large, various site study with design similar to the previous Yale study (Avants, et al Arch Int Med 2000) except clients were paid for participation, and counseling was not required.

Findings: No significant difference between the real and sham acupuncture groups.

- Tested the hypothesis that acupuncture as a stand alone treatment would be sufficient to treat cocaine addiction. (No one in the clinical field has ever suggested that acupuncture is a stand alone treatment for cocaine.)