PROPOSAL

Community Acupuncture Clinic
At Fictional Dependency Rehab Facility

SUMMARY
This is a proposal to create a community-style acupuncture clinic at Fictional Dependency Rehab Facility. This clinic will be staffed by acupuncturists licensed by the Texas Medical Board. Benefits to Fictional Dependency Rehab Facility include inexpensive, non-pharmaceutical, Chinese medical treatments for its patients, a potential increased in-patient stay duration and satisfaction, and a likely decrease in the need for pharmaceutical intervention for patients in cases of pain and anxiety.

PREPARED FOR
The Stakeholders of Fictional Dependency Rehab Facility and Five Star Acupuncture School

Dr. So-and-So, MD
Medical Director

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Program Director

And So On, RN
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PREPARED BY
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Introduction

Used for thousands of years in China, Korea, and Japan, acupuncture is gaining ground on a global scale. Spurred by the opioid crisis, hospitals and clinics in the U.S. are integrating both auricular and full-body acupuncture into their business models.

In Austin, Baylor Scott and White currently has four Licensed Acupuncturists (LAc) on staff, as well as one in Dallas and more to come throughout Texas. In 2013, Austin Recovery of Buda began offering acupuncture using supervised student-interns from local acupuncture schools. Other recovery organizations in Austin utilizing ear and/or full-body acupuncture are Sage Recovery and Wellness Center (Sage Recovery and Wellness Center, 2018), and Northwest Counseling and Wellness Center (Integrative Therapies, 2018).

In February of 2018, the U.S. Department of Veteran Affairs re-designated acupuncture as a “profession” rather than a “modality” (Weeks, 2018), increasing interest in hiring Licensed Acupuncturists at individual clinics nationwide. Acupuncture is quickly becoming part of the mainstream medical industry, setting a new integrative medical practice standard (Healthline, 2016).

Background

Presently, acudetox (auricular acupuncture) is a daily offering at Fictional Dependency Rehab Clinic. Nurses and Social Workers report an immediate positive response from these sessions. Patients are found to be calmer, more focused, and more willing to share in AA and process group sessions.

Community Acupuncture

Community acupuncture, from a clinical point of view, is a style of treatment in which groups gather together in a shared space to receive acupuncture needling from an Acudetox Specialist (ADS) or a Licensed Acupuncturist (LAc). Typically, patients are sitting up or lounging in chairs in a circle. This style is already taking place at Fictional Dependency Rehab Facility in the form of NADA Auricular Acudetox groups.

While the NADA Acudetox Protocol focuses on the symptoms of behavioral health including withdrawal, anxiety, and the detox process, full-body acupuncture also addresses a wide range of complaints, including chronic pain, limited range of motion of extremities, heartburn or irregular digestion, and persisting poor sleep. This is accomplished by utilizing acupuncture needling not just in the ears but also in the arms, legs, and head.

In a community setting, distal acupuncture has acupuncture needles placed in the arms, legs, head/face, and occasionally the torso as needed and can be done safely. This style of full-body acupuncture, compared to private-room treatments, is limited in needle placement, although still highly effective. There is no undressing, other than the removal of socks and shoes, and exposure of the body is minimized. This is to respect the semi-public nature of community acupuncture. Distal acupuncture is only performed by Licensed Acupuncturists and is not within the scope of practice of an Acudetox Specialist.
Like acudetox, community acupuncture is done in a low-cost and time-efficient manner. In an hour, an unassisted LAc may treat between three and eight patients, and a supervised student intern may treat between one and three.

About Acupuncture Licensure in the State of Texas
Among other fine details (such as adult age and English proficiency), the Texas Medical Board requires the following for acupuncture licensure (LAc):

1. Applicant has completed 1,800 hours of acupuncture training (Master’s program) and has graduated from an accredited acupuncture school, of which 450 hours were dedicated to herbal training (Five Star’s master’s program is nearly 3,000 hours).
2. Applicant has passed all four components of the full National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) board examination.
3. Applicant has taken and passed the CCAOM CNT course and practical examination.
4. Applicant has passed the Texas Jurisprudence (JP) exam.

Our Vision and Proposal for Fictional Dependency Rehab Facility
Our vision is to provide a community-style full-body acupuncture clinic at Fictional Dependency Rehab Facility as an intern clinic for the students of Five Star Acupuncture School.

Patients will be treated in a group circle of zero gravity folding chairs. Supervised Interns will conduct a brief intake and insert needles in the patient arms, hands, legs, feet, torso, scalp, and face. Treatment focus will include but not be limited to chronic pain, anxiety, depression, mania, sleeping problems, and other symptoms of chemical dependency withdrawal. Full body acupuncture may be used in conjunction with, or subsequent to, the NADA Acudetox Protocol.

Proposed Project Phases
Each phase is intended to build from the previous phase and allow room for the next in order to meet the ultimate goal of integrating the full scope and abilities of the acupuncture profession into Fictional Dependency Rehab Facility. The proposed phases are as follows:

Phase One: Pilot Program. Licensed Acupuncturist Frances Fakename will provide three-hour community acupuncture sessions daily, Monday through Thursday. Each day will allow every in-patient the chance to receive acupuncture as recommended by their treating physician. Every patient will additionally receive Acudetox auricular acupuncture as a part of their sessions. This pilot program is an inexpensive opportunity to demonstrate patient interest in acupuncture and the abilities of acupuncture to help patient seek wellbeing in forms other than self-medicating or habit-forming pharmaceutical intervention.

Phase Two: Training Acudetox Specialists As interest in acupuncture grows, and confidence builds, it will behoove any organization working in chemical dependency recovery to train more nurse and social work staff members to be Acudetox Specialists. This is an inexpensive way to offer multiple acudetox (auricular only) sessions throughout the week. Studies show that
consistent and frequent use of acudetox improved patient experience and self-confidence and reduce relapse (Stuyt, 2016) (Utley, 2016).

Those trained and certified as Acudetox Specialists (ADS) may hold regular sessions or employ the protocol on an individual basis in the cases of acute upset. Acudetox may often be used in place of anti-anxiety medications where the patient is not an immediate danger to themselves or others. The staff Licensed Acupuncturist will oversee the acudetox department and maintain safety and protocol integrity. NADA Acudetox training provides 21 continuing education credits, including one hour of ethics training, for behavioral health professionals in the state of Texas (National Acupuncture Detoxification Association (NADA) Acudetox Didactic Training, n.d.).

**Phase Three: Growing the Acupuncture Department.** As the Acupuncture Department proves medically successful and monetarily gainful, the department may grow to include more community acupuncture sessions and begin to provide private treatments in one-on-one sessions. At this time, more Licensed Acupuncturists may be brought on to the team.

**Risk Management**

All practitioners are required to practice good Clean Needle Technique (CNT), per their CCAOM CNT training. Such practice includes but is not limited to, setting up a clean field for clean supplies, washing hands thoroughly before and after making contact with each patient or one’s self, and when necessary, using gloves, cotton swabs, and tweezers as needed to avoid contact with body fluids or dirty needles, et cetera.

License Acupuncturists habitually count and record the number of needles used during a treatment, then count and record the number of needles removed and disposed of. This is to reduce risk of forgotten or lost needles. Used needles go directly into appropriate sharps needle disposal units and are never reused. Furthermore, clients double check their own bodies for any needles before standing and leaving.

**Financial Investment**

As with any project, certain supplies with be required. This includes folding zero-gravity chairs ($140 for every four patients), acupuncture needles (approximately $50 per month initially), and basic supplies likely already available on site (rubbing alcohol, cotton balls, needle disposal, etc.). The staff Licensed Acupuncturists will also expect compensation, to be negotiated.

**Records Management**

As with any medical practice, certain medical records and other paperwork must be kept. Staff acupuncturists should have access to patient charts and the ability to record within them.
Benefits to Fictional Dependency Rehab Facility

Both acudetox and full-body acupuncture offer non-talk therapy to clients. Acupuncture is understood to improve patient mood and physical wellbeing while lengthening inpatient commitment to treatment (Stuyt, 2016). Those who receive acupuncture report and display less anxiety (Chang, 2014), a decrease in physical pain (Vickers, 2012), and often are more forthcoming in talk-therapy sessions. It is projected by the authors and contributors of this proposal that overall both patient and employee satisfaction will improve.

About the Author

Frances Fakename is a Licensed Acupuncturist (LAc) holding a Master of Acupuncture and Oriental Medicine (MAcOM). Frances has gained professional experience in the area of community acupuncture for pain relief and addiction recovery, and opening new clinics over the last year. She is currently working to obtain a professional Doctor of Acupuncture and Oriental Medicine degree.
Resources


