Acuwellness Meets the Opiate Epidemic

Acupuncture Detoxification and Other Applications of the NADA Protocol

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Learning objectives

• In this session, we will:
  • Review the history of the NADA protocol and its current uses in patients/clients affected by the opiate epidemic
  • Appreciate the concepts derived from Traditional Chinese Medicine and modern neuroscience that explain its effects, and how it may be integrated into current treatment models
  • Appreciate the NADA protocol’s contribution to self-care and burnout prevention for health care providers
  • After consent, experience the placement of ear needles or bead consistent with the NADA protocol
  • Review how the NADA protocol can be used currently in Ohio, and how modifications to current law would enable expanded use
  • Find out how to become an Acupuncture Detox Specialist (ADS) and to participate in a NADA protocol-based program
“Spirit of NADA” Objectives

- An acupuncture detoxification specialist learns to:
  - Mobilize the person’s internal resources
  - Create access to treatment
  - Create a “zone of peace”
  - Keep it simple!
What is acupuncture?

- A system of diagnosis and treatment with empirical and evidence based support
- Involves the stimulation of points with specific bioelectric properties to produce neurohormonal effects
Anatomy of an Acupuncture Point
How this makes sense
NADA 5 point protocol
NADA can help to
Reduce Cravings, Calm Anxiety,
Relax and Reduce Stress

The five points of NADA are:

1. The Autonomic Point which calms the nervous system and helps with overall relaxation
2. Shen Men or "spirit gate," which reduces anxiety and nervousness
3. Kidney Point, for calming fears and healing internal organs
4. Liver Point for detoxification, blood purification, and to quell aggression
5. Lung Point, which promotes aeration and helps clients let go of grief.
NADA 5 point protocol
Acupuncture is for Detoxification...

• ...and relapse prevention
• ...and aftercare
• ....and stress management
• ...and “acuwellness” for patients/clients and staff!
• May stand alone as a treatment modality, or combine with existing services, including: counselling, 12 step meetings and other work, MAT (naltrexone, buprenorphine/ naloxone and methadone)
Well established global practice

- Used in 22+ states, and globally (Canada, France, Germany, Scandinavia, Philippines, India; Africa, Central and South America)
- Growing scholarly literature for evidence based practice
- Quality improvement - expansion of evidence based indications beyond “detoxification”
- Many states have state law that provides an exception for licensed non-physicians and non-nurses to provide treatment - Ohio?
NADA’s Founder, Michael Smith MD in India
How does it work?

• The protocol is designed to create a condition of “relaxed awareness”
• This state of mind reduces craving and increases engagement
  • Counselling
  • Meetings
  • Activities including parenting, job search
• Clients and staff may feel rewarded by their participation in this part of a multi-faceted program
“Process, not points”

- Protocol is mechanically simple but humanly complex
- It’s 80% intention, 20% technique
- It’s helping and supportive, strengthening what people have within themselves
- Success depends in part on the vitality and mood of the acupuncture provider
- Client and provider feel safe and comfortable
- “The body is in charge, not the needle”
NADA Protocol Enhances Self Efficacy

- The belief that one’s action can favorably affect outcomes
- Active participation in treatment augments it—“you have what you need”
- Passive treatment diminishes it—“Let us work on you”
- Addiction damages it—“Empty fire”
What Builds Self Efficacy?

• Mastery experiences
• Modeling on successful peers
• Social persuasion that one has the capabilities to succeed
• Inferences from somatic and emotional states indicative of personal strengths and vulnerabilities
  • A. Bandura, 1994
“Let the needles work”
What does it cost?

- Needles $0.03 x 10 = $0.30/treatment  or
- Beads $0.03-0.10 x 2 = $0.06-0.10/treatment
- Alcohol swabs, cotton swabs, optional Sleep mix tea = $0.20
- Sharps box
- Space (chairs, lighting, noise control, intake table, clean field table)
- Staff time
How can the NADA protocol help my treatment program?

• Stress reduction for clients and staff
• Simple, flexible documentation- non-diagnostic, no need to justify participation
• Increased retention, especially pre-treatment and early treatment
• Reduced stress, craving and withdrawal at times of “life on life’s terms”
• Increased client awareness of self-care possibilities
• Research/ translational funding possibilities
• Others?
NADA protocol can anchor a treatment continuum

- NADA protocol + urine drug screens + counselling
- NADA protocol + long acting injected naltrexone + counselling
- NADA protocol + buprenorphine/naloxone + counselling
- NADA protocol + methadone assisted treatment+ counselling
- 12 step and other recovery oriented activities at all levels
Interested? What next?

• Go to https://www.acudetox.com/ and join NADA!

• Membership provides Guidepoints quarterly newsletter and a community of peers and mentors with the “Spirit of NADA” and practical advice

• Join to advocate for State of Ohio laws that support use and dissemination of the NADA protocol to enhance effective treatment for those struggling with effects of opiate use disorder
References

- Bandura, Alfred  et al Regulaoty Functions of Perceived Self Efficacy, 1994
- NADA Trainer’s Handbook 2015
- Launching  and Running a Program, NADA 1985 revised 2010
- Our patients, clients and learners
Questions, Discussion, Next Steps!