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California Naturopathic Doctors Association October 2013 Update



Dear California Naturopathic Community,

October has been a robustly productive month at the CNDA. We successfully passed our Sunset Legislation SB305, released the long-awaited revamped Practice Guide, our BOD has worked with a legal team to draft modernized Bylaw language to be voted-on by you in November, we proudly launched our new website packed full of member downloadable resources, we rolled out our first homeopathy webinar series (available for [self-study](#) soon!), and we are gearing up to introduce new legislation in the next few months!

Here is the October update...

Upcoming CNDA Events...

For more information please visit our [CE events page](#)

WEBINARS


Tuesday, November 12, 2013: 6:30 pm to 9:00 pm

Pharmacy Webinar 19

**The Most Common Drug Prescriptions:
Clinical Updates, Managing Adverse Effects
& Avoiding Drug-Herb
Interactions**

2.5 AMA PRA Category 1 Credits TM | 3 CE's for CA LAc's
Dr. Marcus N. Miller, MD, ND

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Saturday, November 16, 2013: 9:30 am to 5:00 pm
Clinical Updates Webinar I
Naturopathic and Integrative Management of Infertility
6 AMA PRA Category 1 Credits™
Dr. Sara Thyr, ND
Dr. Tamara Trebilcock Ackerman, ND
Dr. Jaclyn Chasse, ND

Tuesday, February 11, 2014: 6:30 pm to 9:00 pm
Pharmacy Webinar 20
Integrative Pain Management
Estimated 2.5 CEs
Dr. Kevin Wilson, ND

ANNUAL 3-DAY CONFERENCE
Friday March 14 through Sunday March 16
Claremont Resort in Berkeley
Merging Medicine XVI
Integrative Neuro-Psychology:
Healing the Mind with Naturopathic Medicine
Estimated 14.5 CEs

Merging Medicine XVI Speakers
Paul Anderson - MTHFR
John Neustadt - Depression/anxiety
Alethea Fleming - Dementia
Stephan Ducat - Psychodynamic
Ian Leupker - Homeopathy
Mark Janikula - Suicide prevention
Paul Anderson - Mood Stabilizers
Andrea Gruszeki - Gut-Brain
Mark Gordon - Traumatic Brain Injury
Lise Alschuler - Happiness

→ CNDA Emails Going Into Spam Folders

If you are using Gmail, MSN, Yahoo, AOL, or another online email client and you think you should have received an email from us, but didn't, please check your spam folder. We use a multitude of online systems from which we may email you, and online email systems are very aggressive at sending emails into spam folders that do not originate from our CNDA email servers. We have made some adjustments to our server settings to minimize our emails being labeled as spam, but we have now done everything we can. Please check your spam folder periodically, and of course, if you think you should have an email from us, please send us an email and let us know. We'll get right back to you with an answer!



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→ SB 305 (Our Sunset Bill) Was Signed!!!

Senate Bill 305, the sunset bill for Naturopathic Doctors in California, was signed into law on October 3rd, 2013. The passage of this bill is a wonderful victory. It ensures that the naturopathic profession will remain licensed in California until 2018, when the Naturopathic Medicine Committee will come up for review again.

The stellar CNDA legislative team of volunteer doctors and our full time lobbyists worked closely with the state legislature as SB 305 made its way through the legislative process this year. We faxed in letters of support to all of the members of the Business & Professions (B&P) Committees and made numerous trips up to Sacramento to educate our representatives and testify at hearings as our bill went from the Senate B&P Committee, to the Senate floor, onto the Assembly B&P Committee, then to the Assembly Floor, and finally reached the Governor's desk, where it was signed into law on October 3rd. We are excited to report that we have a great professional report card with the state, have gained great supportive relationships with many of our representatives, and at each step of the journey SB 305 was passed unanimously!

THANK YOU to all of you who are members, those who have donated time, as well as additional funds to help us with this latest win!

We depend on membership dues, donations, corporate partnerships and funds raised by our CE events to do this great work.

For those of you who are not yet CNDA members or corporate partners, please join the community and help us continue to advocate for the profession. Together we can do great things!!!

→ New CA ND Practice Guide is Available

CNDA volunteer doctors have created a 50-page resource guide to support students and doctors who would like to practice naturopathic medicine in California. The guide covers topics that include: how to get a state license; how to create a business plan and file appropriate documents to start a practice; technical advice about running a practice such as who you can employ, prescribing requirements and insurance options; a wide variety of forms; and lots of other topics. Our doctors have put many months of work into the guide and we are very excited to make it available for FREE to all of our regular and student members!

You can access [A Guide to Practicing Naturopathic Medicine in California](#) at any time by logging into the CNDA website, clicking "Members Only Pages," then clicking "Office Forms & Practice Guides." [Click here to access it now.](#) The practice guide may also be purchased by non-members for \$100. [Click Here](#) to purchase (immediate download).

THANK YOU to the magnificent and devoted CNDA Membership Committee for all of your inspired work on this project!



Seroyal



→ The CNDA's New Website is Live!

We are very happy to announce that our new website and membership system is now live and ready for use! We've been listening to all of your great suggestions and input and have put a lot of time, energy and forethought into this upgrade to better support you. Take a few moments to login into the new system and take a tour.

Here are some of our improvement highlights:

- Membership is directly integrated into the website and all member functions happen on the website.
- The [homepage](#) is completely redesigned to give more information at a glance to members and the public.
- There is a "find a doctor" search on the homepage.
- An events calendar clearly displays our upcoming events on the [homepage](#).
- We now have a protected page where members who are logged in may access a wide variety of FREE forms and templates, including our newly released [Practice Guide](#).
- Members have access to a protected [discussion forum](#) and may ask questions of their peers, or answer questions.
- The [doctor search](#) function returns results faster than our previous membership system.
- The membership system will automatically send out a reminder email two weeks prior to membership expiration to remind you to renew.
- We now have a [blog](#) where we can write timely updates about various topics.
- Most - though not all - member data has been imported into the new system from the previous system (see below).

Current Member Login - First Time

Almost all member data has been imported into the new system from the old system. However, passwords were not imported. THEREFORE, existing members:

1. To login the first time, please click "forgot your password" to receive a temporary password, then login, and then change the password.
2. **Please go through the various personal and practice areas and update your information.**
3. **Upload a photo of yourself** (we could not import photos from the old system).
4. **Check your biography/description: the new system only allows 1,000 characters, and this means some descriptions were cut short during the import process. Please revise your description if you had a long one.**
5. [Click Here](#) to download our tutorial.

Not a member yet? Join NOW!

Simply go to our website and click the orange "Join Today" button to add all of your information to join the CNDA's website.

RIGHT NOW is a great time to join the CNDA. Every member and

every dollar counts towards our upcoming legislative efforts!



CNDA Bylaws - Updated By The Board VOTE REQUIRED BY ALL CNDA MEMBERS

The CNDA Board of Directors has worked over the last year to review and make recommendations to update our bylaws. The proposed bylaws changes allow for electronic communication, streamline day-to-day business, and fix grammatical errors. Changes to the bylaws must be voted on by the membership before they are valid. **Members, you will see an email in mid-November giving you instructions on how to vote.**

Here is what you need to do prior to the mid-November vote:

1. Read through the summary of the changes listed below.
2. If you want more detail, read the entire text of the new bylaws: [CLICK HERE](#)
3. Contact CNDA Vice President [Deborah Gleisner](#) if you have any questions or concerns.

VOTE at our first "Electronic Member Meeting" in mid-November when you receive the email from us to do so. Thank you!!

Here is a summary of the proposed changes:

General

- * Grammatical and spelling corrections
- * Added language to allow electronic communication, data storage, and voting

Membership

- * Allow the Board of Directors (The Board) to officially approve the budget
- * Allow the home office to automatically accept new members who qualify

Directors

- * Clarified requirements that board members must be CNDA members and that they participate on a committee
- * Removed language requiring us to have a seal for official paperwork
- * Clarified that the CNDA Treasurer oversees the home office in handling financial matters
- * Clarified that board members can serve up to 4 two-year terms, then must step down for one year before rejoining the Board

Committees

- * Assigned the ethics responsibilities to the legislative committee and removed the ethics committee

General Member Meetings

- * Restructured how we schedule the annual member meetings

Future Amendments to the Bylaws

- * Allowed for amendments to be approved by the CNDA Board unless those changes would affect members' rights, which would then require member approval.

→ Legislative Update

Preparation for 2014 Scope Legislation... Upcoming Action Alerts!

VoterVoice: Software To Help Us Organize & Mobilize!

The legislative cycle moves at lightning speed. It is critical that the CNDA is able to quickly contact and mobilize our doctors and all of our respective patients, peers, and supporters when we need voices to be heard. The CNDA has purchased a software program called VoterVoice to help us effectively spread the word and make it easy to take action during our upcoming legislative campaigns alerts. **Stay tuned for VoterVoice alerts (starting next week!)** and visit our [Advocacy](#) page for regular updates. This software will help us organize in-district education appointments with our state representatives over the next two months and create easy letter writing campaigns (in the click of a button!) when the time is upon us.

What do we need from you?

1. **Read & Act on the Call to Action messages** that you will start receiving from VoterVoice (us!)
2. **Forward the messages for community action to YOUR community** when we send them - direct them to our advocacy page and ask everyone to enter their information into VoteVoice so that we can reach your supporters directly
3. **Become a CNDA member** if you aren't already! (Monthly payments are very affordable)
4. **DONATE & Ask Your Patients, Vendors, & Allies To Donate** - We will need to raise an estimated 100k to fund this work. We started our fundraising campaign at the September conference and raised \$25,500 - Way to go MM15 attendees!!! We will need to raise the rest in order to see this legislation through.

DONATIONS CAN BE Monthly!

Select \$10 a month to \$1,000 a month or anywhere in-between!

[Donate Here](#)

Help us build our MD and DO Ally List

Please submit the names and contact information for any MDs/DOs that you know personally and who would be willing to write letters or testify on our behalf next year. [You can use this form](#) to send the CNDA information on MDs or DOs who are willing to aid our scope expansion efforts.

Ongoing...

SB1446 - Independent IM/IV Therapy Scope Requirements & Approved CA IV Education Providers

Visit the [NMC website](#) for more information about IV therapy practice requirements and the course providers that have been approved by the Committee. [Visit this page for more information about SB1446.](#)

Nutritional injectables are now within our independent formulary. NDs who would like to practice IV therapy MUST fulfill the training and education requirements listed in SB1446. Many of you have already completed this training as part of your school curriculum, but each school must independently apply for approved provider status before these training hours are applicable. The CNDA has been in contact with all the accredited naturopathic medical schools to inform them of the IV course provider approval requirements of NMC.

- All of Dr. Virginia Osborne's IVNTP courses have been approved (see <http://ivnutritionaltherapy.com/> to find out more or register for a course).
- Bastyr University's courses from 2007 and onward are approved.
- **Newly approved: NCNM's courses from 2009 and onward.**
- CCNM has recently begun the application process.
- SCNM plans to apply for provider approval once they have established elective course(s) that clearly demonstrate accordance with the California amendment.
- NUHS is not going to apply for provider status because their curriculum does not currently provide the level of education and practice required.

The NMC website lists [current approved providers](#). Please continue to check the NMC website for updates on approved training providers.



Scope of Practice Reminder for the Month: Common Citations by the NMC

Here is a quick list of some of the most common citations that are issued to practicing NDs by our state licensing board, the Naturopathic Medicine Committee. Have a look and be sure to avoid these common mistakes!

- Do not refer to yourself as a physician
- If you use "Dr." before your name in advertising materials, you must include the initials "ND" after your name
- Use an informed consent form (CNDA members: visit [this page](#) for templates)
- Never sell open or expired supplements
- Take care to avoid any perception of sexual misconduct. It is best to have a staff member who is the same sex as the patient in the room during any breast/pelvic/male genital or anal/rectal examinations
- Do not employ LVNs or RNs
- Do not instruct NAs to act outside their scope (e.g. NAs CANNOT stop, start or monitor IVs - only NDs can do that)
- Do not employ or work for unlicensed practitioners (this includes hiring NDs before they have their CA license)
- Do not claim to be board-certified unless you are a FABNO or DHANP (being licensed is NOT the same as being board-certified)
- Do not prescribe testosterone *unless* you have a DEA number
- Do not prescribe legend drugs or controlled substances (i.e. anything that is a prescription other than hormones) *unless* you have a supervising doctor agreement

- ***Practice within your scope!***

[Email](#) or call Lauren for questions about ND scope of practice, and check out our [FAQ page](#) as well!

Our New FREE CNDA Resource Guide

Over 300 Company and Association Listings at your Fingertips...

The home office has created a new resource directory specifically for naturopathic doctors. In it we list over 300 companies and associations NDs may want to connect with - by category - including legal resources, laboratories and diagnostic testing, compounding pharmacies, electronic records, malpractice insurance, marketing, medical equipment and supplies, publications, supplement manufacturers and distributors, professional associations, state associations, and more. Sign into your CNDA account to [download our new resource directory for FREE](#). Another great CNDA member benefit!

Join a CNDA Committee

Legislative Committee

Chaired by Dr. Minna Yoon and Dr. Simon Barker

The committee is currently addressing the following:

1. Preparing a scope expansion bill to be introduced next year.
2. Navigating through how to access inclusion in Medi-cal & insurance to offer access to California residents.
3. Sacramento and in-district trips to educate senate and assembly members about our profession.
4. Bill tracking: working with our lobbyists to take a stand for or against introduced legislation that has the potential to impact our profession.

Professional Development Committee

Chairs by Dr. Emily Dashiell and Dr. Debi Walker

This committee is responsible for the creation of our Continuing Education events: the bi-annual Merging Medicine Conferences and the quarterly Pharmacology Webinars. The Merging Medicine Conferences and Pharmacology Webinars were designed to ensure that all of your CE requirements for license renewal would be met by attending those events.

Membership Committee

Chaired by Dr. Lily Au

The committee has been focused on improving community and school outreach to make our numbers in CA strong. The membership crew also constantly works on bringing you as many resources as possible to improve the value of your annual membership fee. They also respond to questions that come in from doctors to the home office.

Fundraising Committee

Chaired by Dr. Julie Tran and Dr. Christina Youngren

The CNDA recently founded a 501c3 non-profit called The Foundation for Natural Health, with the specific intent of raising funds to increase awareness of and access to our profession. You, your patients and friends can now donate to The Foundation - all donations are 100% tax deductible.

We need more volunteers to help us raise money to fund our re-focused public education campaign and upcoming legislative work!

If you are available to volunteer about 2 hours per month by participating on one of the above committees, please contact Lauren at coordinator@calnd.org.



Getting Up-To-Date On The New HIPAA Requirements

Starting **September 23, 2013**, all businesses covered by HIPAA must comply with HIPAA's privacy rules and regulations. While the CNDA has not compiled an overview of the new regulations and requirements, several other organizations have put together information for practitioners who are currently working on compliance. To view our HIPAA resources, login to our website and visit the CNDA's new [Discussion Forum](#).



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[→ Bastyr University California - Updates](#)

BUC is Currently Seeking Preceptors

Bastyr University's San Diego campus is in the process of building up their California Preceptorship database. Preceptorships allow Bastyr to partner with local ND's to create opportunities that are extremely valuable to students and help them achieve their educational

requirements. This is an excellent opportunity for established doctors to give back to their profession by mentoring future colleagues. Practitioners must have at least one year of full time clinical practice to be eligible to be a preceptor. If you are a naturopathic doctor practicing in a non-licensing state, a copy of an ND license from a licensing state is required.

If you're interested in becoming a preceptor, please contact Thombra Muhammad by phone (858.246.9705) or email (tmuhammad@bastyr.edu). Thank you for your consideration!

Open House for Community and Prospective Students

This November 9th is *Experience Bastyr*, a FREE event providing a comprehensive and intimate experience of naturopathic medicine at Bastyr University's newest location in sunny San Diego, California. To learn more about this event, visit the [Facebook event page](#) and [register here](#).

There is also an opportunity to tour, taste and explore what Bastyr's new San Diego teaching clinic has to offer. The public is invited to participate in a FREE and informative event on November 9th to learn about natural medicine at the school's newly expanded teaching clinic. Check out this event's [Facebook page](#) and [register here](#)!

Currently Hiring ND Faculty

Instructional duties/responsibilities include teaching didactic courses and providing clinical supervision in the School's teaching clinic, mentoring and advising students and residents; participating in University committees; active involvement in the University community and engagement in scholarly work such as research, publications. For more information, visit the CNDA's [Classifieds page](#) and check out Bastyr's [job opportunities page](#).



Patients' Insurance Claims Being Denied?

Currently, the CNDA is working with insurers and the California Department of Insurance (DOI) to work towards including naturopathic doctors in insurance plans. This is a two-pronged effort that involves meeting with insurance carriers directly to discuss coverage options and parity in reimbursement rates, while also meeting with the DOI to ensure that NDs are not being discriminated against by insurers. The DOI determines whether discrimination is occurring by investigating complaints made by consumers. **If a patient of yours has been denied out-of-network insurance coverage for a medically necessary service or procedure you performed, they should submit a complaint to the CA Department of Insurance using the [forms provided on their website](#)**

Please also let us know if you or one of your patients submits a complaint of insurance claim denial.

Note that the DOI may require adequate records with appropriate coding to determine why the claim was denied. If your records are incomplete, the DOI will not be able to verify the claim or whether discrimination has occurred.

Contact Lauren at coordinator@calnd.org if you have any questions

→ ICD-10 Code Implementation Update

On **October 1, 2014**, the ICD-9 code sets used to report medical diagnoses and inpatient procedures will be replaced by ICD-10 code sets. The transition to ICD-10 is required for everyone covered by the Health Insurance Portability Accountability Act (HIPAA). *Please note, the change to ICD-10 does not affect CPT coding for outpatient procedures and physician services.*

For more information, visit the [Center for Medicare & Medicaid Services' website about ICD-10](#).

→ Upcoming Community Expos & Health Fairs

Let's raise awareness in our communities at health expos and events where there is an opportunity to increase education about who we are! If you have leads on upcoming events in your community, send us that information so we can spread the word to the rest of our CA community on monthly events. Send info to coordinator@calnd.org.

→ CE EVENT Speaker Recommendations

Here at the CNDA we are always on the lookout for new and exciting speakers, clinicians, and researchers to bring to our members through our pharmacy webinars and Merging Medicine conferences. We welcome recommendations for speakers you may have seen or heard about and would like to potentially see featured in one of our continuing education events. Please share any names with the CNDA using the following form: [CE Event Speaker Recommendations](#).

Thank you for helping us create high quality and impactful CE opportunities!!



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