

By Integrating Traditional Chinese Medicine Clinicians in Care Teams

Healthcare Integration

Across Canada and around the world, Traditional Chinese Medicine and Acupuncture (TCM&A) is recognized as a proven, front-line healthcare choice for millions. In Ontario, TCM&A is one of 28 Regulated Health Professions.

From treatment of mental health and addictions disorders to relief from chronic pain, injuries and illnesses, TCM&A practitioners can be easily integrated into multidisciplinary clinics and delivered as part of collaborative care plans alongside other healthcare providers including medical doctors and specialists, physiotherapists, kinesiologists, occupational therapists and mental health practitioners.

Seniors and Long Term Care

Fully trained and registered TCM&A practitioners can diagnose illness and injury and prescribe treatments, making our disciplines well suited to roles in long term care, primary health care and mental health and addictions.

TCM&A is also highly effective in improving mobility, providing relief from depression and anxiety, managing side effects of medications, non-pharmaceutical management of insomnia and pain, as well as treatments for other ailments that affect seniors in disproportionate numbers.

Studies overwhelmingly show that care provided by TCM&A professionals reduces the number of hospital/ medical visits, improves recovery time, and is particularly effective in pain management, reducing the need for pharmaceuticals that are often expensive and potentially addictive.

Supporting Ontario's Primary Care Action Plan

Registered Acupuncturists and Registered Traditional Chinese Medicine Practitioners can work cooperatively within the team framework, including within Family Healthcare Teams, Primary Healthcare Teams, Community Care settings, and Long Term care settings.

There is an ever-growing body of evidence that supports the use of non-pharmacological treatments including TCM&A to alleviate many conditions for which Ontarians seek care from their primary care provider (PCP).

The inclusion of TCM-trained professionals will allow PCPs the ability to offer increased healthcare options to a diverse community of patients, and, therefore, to attach more patients to the team(s) and to deliver better patient outcomes.

Mental Health and Pain Management

Current research has proven the use of TCM based modalities can reduce and eventually eliminate the use of opiates for pain, and the concurrent dependence on these drugs.

- TCM herbs, prescribed by an R.TCMP can naturally lift mood and alleviate anxiety and depression.
- Acupuncture, performed by an R.Ac. or R.TCMP, has been proven to support the mental health of patients, assist in regulating emotions, lowering stress and calming anxiety and depression with reduced reliance on prescription drugs.
- TCM herbal medicines can also be taken in conjunction with prescription drugs to address side effects.