

# Appendix 8: Resources for Complementary and Integrative Medicine

## If seeking information on dietary or natural products for pain management

- Refer to the National Center for Complementary and Integrative Health (NCCIH) free electronic book Pain: Considering Complementary Approaches Chapter 10: Dietary Supplements and Other Natural Products. Available at: [nccih.nih.gov/health/pain/ebook](http://nccih.nih.gov/health/pain/ebook).
- Refer to an appropriate health practitioner. Practitioners to consult include Western Herbal Medicine [www.nhaa.org.au/public/find-a-practitioner](http://www.nhaa.org.au/public/find-a-practitioner), Naturopathic Nutrition [www.aronah.org/register-of-practitioners/](http://www.aronah.org/register-of-practitioners/) and or Chinese Herbal Medicine practitioners. [www.chinesemedicineboard.gov.au/](http://www.chinesemedicineboard.gov.au/)

## Where to go for more information on CIM

The Australian Government has produced a guide for medication management in residential aged care facilities. It is available at: [www.health.gov.au/internet/main/publishing.nsf/Content/nmp-pdf-resguide-cnt.htm](http://www.health.gov.au/internet/main/publishing.nsf/Content/nmp-pdf-resguide-cnt.htm).

The World Health Organization (WHO) developed a Traditional Medicine Strategy from 2014 to 2023 with the aim of assisting nations to address the important issues that many countries face with complementary medicine as its popularity increases. This Strategy addresses safety protocols, effectiveness, quality, regulation, preservation. It is available at: [apps.who.int/iris/bitstream/10665/92455/1/9789241506090\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/92455/1/9789241506090_eng.pdf)

The National Health and Medical Research Council (NHMRC) is the leading expert body for supporting health and medical research. A recent NHMRC review is available at [www.nhmrc.gov.au/health-topics/complementary-medicines](http://www.nhmrc.gov.au/health-topics/complementary-medicines).

In 2015, the NHMRC performed a rigorous review of the Australian Government Rebate on Natural Therapies for private health insurances that examined the helpfulness, safety, and costs of some complementary and integrative approaches. It is available at [www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies](http://www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies)

Other government agencies can inform carer or resident decisions scientifically, rather than trusting anecdotal reports of CIM effectiveness. These include:

- The National Center for Complementary and Integrative Health (NCCIH) – US Department of Health and Human Service
- Therapeutic Goods Administration (TGA) – Australian Department of Health can provide independent information on effectiveness of CIM approaches.

The Cochrane library has trusted information and reviews on complementary medicines which is available at [www.cochranelibrary.com/topic/Complementary%20%26%20alternative%20medicine/](http://www.cochranelibrary.com/topic/Complementary%20%26%20alternative%20medicine/)

## Regulation of complementary medicines in Australia

The Australian Therapeutic Goods Administration (TGA) is a “government body that regulates all medicines, including complementary and conventional medicines in Australia”. The TGA’s Australian regulatory guidelines for complementary medicines (ARGCM) provide “information for manufacturers, sponsors, health care professionals and the public on regulation of complementary medicines”.

Please refer to TGA links for further safety and information on how well they work.

Therapeutic Goods Administration: An overview of the regulation of complementary medicines in Australia [www.tga.gov.au/industry/cm-basics-regulation-overview.htm](http://www.tga.gov.au/industry/cm-basics-regulation-overview.htm)

[www.tga.gov.au/complementary-medicines](http://www.tga.gov.au/complementary-medicines)

[www.tga.gov.au/overview-regulation-complementary-medicines-australia](http://www.tga.gov.au/overview-regulation-complementary-medicines-australia)

[www.tga.gov.au/publication/australian-regulatory-guidelines-complementary-medicines-argcm](http://www.tga.gov.au/publication/australian-regulatory-guidelines-complementary-medicines-argcm)

## Regulation of complementary therapists in Australia

Complementary and integrative therapists are regulated by national boards, laws and legislation in Australia.

The Chinese Medicine Board of Australia, Chiropractic Board of Australia and Osteopathy Board of Australia are part of the Australian Health Practitioner Regulation Agency (AHPRA), the accredited authority that registers all health care practitioners.

Naturopaths and herbalist practitioners are regulated by the Australian Register of Naturopaths and Herbalists (ARONAH). The ARONAH board has developed an independent register which mirrors government requirements for the regulation of health practitioners.

The National Center for Complementary and Integrative Health has compiled a resource outlining '6 Things to know when selecting a Complementary Health Practitioner' that could be used by residents, carers, families or staff. It is available at [nccih.nih.gov/health/tips/selecting](http://nccih.nih.gov/health/tips/selecting)

The National Institute of Complementary Medicine has also produced an Australian resource on 'Choosing a complementary medicine practitioner'. It is available at [www.nicm.edu.au/health\\_information/information\\_for\\_consumers/choosing\\_a\\_complementary\\_medicine\\_practitioner](http://www.nicm.edu.au/health_information/information_for_consumers/choosing_a_complementary_medicine_practitioner)

Currently some CIM products are marketed and can be easily purchased online or are available on international websites. These goods tend not to be regulated by the TGA, which means individuals may risk their health or that of others, break the law and waste their money. For more information refer to TGA website: [Buying medicines and medical devices over the Internet www.tga.gov.au/community-qa/buying-medicines-and-medical-devices-over-internet](http://www.tga.gov.au/community-qa/buying-medicines-and-medical-devices-over-internet)