

Auricular Acupuncture Protocol In The Treatment of Chemical Dependency. (Outpatient Treatment)

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Acupuncture's Role In Detox and Rehabilitation Programs

Acupuncture is best used as a method of empowering existing treatment methods. It is intended to be integrated into the larger context of a treatment program and should primarily be used as an adjunct to the more conventional methods of psycho-social rehabilitation including twelve-step programs, counseling, peer support, contracts, etc.

Acupuncture helps clients become calmer and mentally clearer, thus enabling counselors to communicate more effectively. It removes the barriers of resistance and denial, and permits the client to listen receptively.

Many programs using acupuncture have reported that fear, hostility, and violence in the treatment setting have been reduced, thus allowing for greater cooperation and increased manageability of program protocol.

Benefits of Acupuncture:

1. Helps Clients experience reduced cravings for drugs and alcohol.
2. Helps Clients feel less anxious, frustrated, irritable, hostile
3. Helps Clients develop greater control over their moods
4. Helps Clients become more cooperative, and more amenable to counseling.
5. Helps counselors experience reduced stress as Clients become more cooperative.
6. Helps Clients achieve greater mental clarity.

Target Population

Acupuncture services are available to chemically dependent individuals desiring supervised medical detoxification and/or counseling for initial recovery from addiction.

Acupuncture Admission Criteria:

1. Any person eighteen (18) years of age or older, who admits to substance abuse and is chemically dependent may be admitted for acupuncture treatments. This criteria should not exclude those clients who have abstained from using drugs and wish to retain sobriety. For such clients, acupuncture would act as a prophylactic modality that in conjunction with 12 step programs could prevent relapse.

2. Acupuncture treatments shall not be administered to anyone who*:
 1. is intoxicated (alcohol or other chemicals)
 2. is psychotic to the degree that the patient is a danger to self or others.
 3. has any serious complication which require immediate medical attention.

* Exemptions may be made on a case by case basis based on the discretion of the Medical staff.

Referral For Acupuncture:

1. A client may be referred for acupuncture treatments to nursing staff by clinical staff.
2. Before commencing acupuncture treatments, the client shall first be referred to the on-duty nurse for a general assessment of his/her physical and psychological status.
3. The nurse shall give the client information regarding the role of acupuncture in the recovery process.
4. The client will be given an acupuncture consent form which needs to be signed before treatments begins.

PROJECTED FREQUENCY OF ACUPUNCTURE SESSIONS FOR OUTPATIENT TREATMENTS:

The frequency for outpatient treatment will be highly individualized. A guideline for a typical patient follows:

- * 5 treatments a week for 2 weeks
- * 3 treatments a week for 3 weeks
- * 2 treatments a week for 3 weeks
- * 1 treatment a week for 6 weeks
- * then indefinitely as the client feels the need.

Equipment and Materials Needed for Acupuncture Treatments.

1. sterile disposable acupuncture needles
2. alcohol preps.
3. cotton balls.
4. Sharps container.
5. trash can.
6. gloves.
7. clock or watch.
8. acupuncture log for documentation
9. cart with wheels to transport treatment materials.

Auricular Points for Acupuncture Detoxification:

The following acupuncture points shall be used in an effort to facilitate the healing process and to help the Clients participate in individual and group sessions more effectively:

1. We adhere to the NADA (National Acupuncture Detoxification Association) protocol developed by Dr. Michael Smith of Lincoln Hospital in New York City. Doctor Smith is the founder of NADA and has from years of experience in auricular acupuncture developed the following five acupuncture points formula:

1. Sympathetic
2. Shen-Men
3. Kidney
4. Liver

5. Lung. (Each ear has two Lung points. Treat upper Lung point on one ear and lower Lung point on the other.

2. For pregnant Clients omit Sympathetic and Liver points.

3. In most Clients, the Lung points become very sensitive if the patient has smoked a cigarette. Therefore, Clients should be advised to avoid smoking at least 30 to 60 minutes before treatment.

4. Clients who are nervous about receiving acupuncture for the first time should be advised to massage their ears a few minutes before treatment. The massage in itself is therapeutic and makes the ear less sensitive to the needle insertion.

STERILE NEEDLE PROCEDURE

1. All personnel will take Standard Precautions.

2. All acupuncture needles will be pre-sterilized disposable needles

3. All personnel performing acupuncture will be instructed in Clean Needle Technique as it applies to acupuncture treatment procedure.

4. Clients will clean their own ears with alcohol swabs. Ears should be dried from the alcohol prior to needle insertion to minimize burning from the alcohol during needle insertion.

5. Physical contact shall be limited to the patient's ears by the acupuncturist. An occasional touch of comfort to the patient's shoulder should be kept to the minimum.

6. Needles shall be removed by the acupuncturist.

7. All needles shall be placed in a sharps container after use. Any other material that comes in contact with the patient's blood or other body fluids should be placed in the appropriate sharps containers.

8. Acupuncturist shall wash his/her hands before and after each patient.

9. All furniture and door handles shall be cleaned at the end of the acupuncture hours.

BLEEDING:

1. Occasionally one or more points will bleed after needle removal. Should this happen, the ADS (Acupuncture Detox Specialist) shall immediately put on a pair of gloves, get a 2x2 gauze or sterile cotton balls and assist the patient by directly pressing on the point that is bleeding long enough to stop the bleeding.

The ADS should remain calm and assure the patient that this is not a serious matter. The ADS shall discard all 2x2 and any other material with body fluids in the appropriate sharps containers. By freeing the patient of the responsibility to attend to their own bleeding, we can prevent the risk of any contamination by the patient's hands to the furniture and surrounding area.

ACUPUNCTURE DETOXIFICATION HOURS:

(Hours will be set according to your program's schedule)

OUTPATIENT TREATMENT PROCEDURE:

1. Clients will sign in for acupuncture treatment. Before sitting down, Clients shall clean his/her ears with alcohol swab and discard at the appropriate sharps container. Client should use the restroom prior to treatment. If the client needs to use the bathroom during treatment, the needles shall be removed and new needles used when the client returns. Therefore, clients should use the bathroom before treatment.

2. Clients will sit in a comfortable chair. No food or drinks will be allowed in the treatment room. No chewing gum.

3. Before inserting the needles, ADS (Acupuncture Detox Specialist) shall inquire if the Client needs help with breathing techniques to induce relaxation and ease any tension prior to treatment. If the client is a female, the ADS shall ask if she is pregnant. If she is expecting, then the pregnancy points formula should be used and documented for future treatments.

4. After needle insertion, Clients will be encouraged to sit quietly for 45 minutes. During this time, meditation music shall be played and relaxation encouraged.

5. After 45 minutes, Client shall ask ADS to remove the needles. Needles shall not be removed by the Client.

6. Acupuncturist shall remain in the treatment room or nearby during treatment hours.

NEEDLE COUNT:

1. ADS shall count needles removed. If the number of removed needles is less than the number inserted, ADS shall inspect the area where Client sat. If ADS fails to find the missing needle(s), then the client should be asked to search for the needle in their clothing or in their bodies. Under no circumstances shall the ADS search for a missing needle in the client's body. This precaution will eliminate any risk of accidental needle

puncture to the ADS. This policy will also protect the client and practitioner from any allegation of invasion of body privacy.

2. If a needle is dropped and picked up by the client, ADS shall instruct the client to place the needle in a sharps container. ADS shall under no circumstances receive a needle directly from the client. This precaution will also prevent accidental puncture. In the event of an accidental needle puncture to the ADS, a record of the incident shall be made.

HERBAL TEA:

1. The current protocol at Lincoln Detoxification Center, Kent/Sussex Detoxification Center and other similar facilities include the use of herbal tea to assist in the detoxification process. This tea is free of charge to the Client and should be readily available. The herbal formula, known as "Sleep Mix", is not a sedative but it will relax the Client at home. It is safe for anyone to use and the Client should drink as much tea as necessary for relaxation, especially before bed time. Instructions are on the package.

MEDITATION, QI GONG AND GUIDED IMAGERY:

1. Several inpatient and outpatient Detox facilities use meditation, breathing exercises (Qi Gong), guided imagery and Tai Chi as a component of their rehabilitation protocol. We will offer these modalities to anyone involved with your program. Aromatherapy with soft meditation music will create a healing environment and all clients should be encouraged to attend these sessions.