

Complementary and Alternative Medicine (CAM) application to I/DD or TBI

10-02-2012

A.M.B.E.R. clinic
**Albuquerque Multidisciplinary Behavioral Evaluation for Recovery
and Resiliency**

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Terms...

- **What constitutes CAM?**
 - **Complements allopathic medicines**
 - **Herbs & vitamins**
 - **Eastern medicine**
 - **Body work: massage, yoga, etc.**
 - **Cranio-sacral therapy**
 - **Medicine woman; medicine man**
 - **Spiritual approaches**

Types of CAM

- Acupuncture
- Anthroposophy
- Auriculotherapy
- Holistic Health
- Homeopathy
- Horticultural therapy
- Mesootherapy
- Mind-Body therapies
- Musculo-skeletal manipulations
- Naturopathy
- Organotherapy
- Phytotherapy
- Relexotherapy
- Rejuvenation
- Sensory Art therapies.
- Speleotherapy
- Spiritual themes

When is it important

- **Ongoing:**
 - **Unexpected change**
 - **Secondary conditions**
 - **Medical conditions**
- **Sensitivity to western medications**
- **Sensitive to side effects.**

Sleep

- **Maintenance of sleep hygiene**
 - affects cognitive patterns
 - energy and worry patterns
- **Melatonin**
 - pharmaceutical grade (behind the counter)
- **Diet and exercise**
- **Pain!**

Collaboration

- **Respect for differing frames of reference.**
 - **Has to be conveyed to patient on a consistent basis.**
- **Communication about outcomes and expectations.**
 - **Written, verbal?**
 - **Direct; via the patient or another party?**
- **Rates of change;**
 - **who is directing changes;**
 - **timing of changes.**

Pain

- **Sleep/wake cycle**
- **Exercise and mobility**
- **Soft tissue**
- **Nervous system**
 - **Acupuncture; acupressure**
 - **Neuromodulators**
- **Autonomic nervous system**

Headache

- **Sources of pain**
- **Habits**
- **Cranio-sacral therapy**
- **Musculo-skeletal**
 - **chiropractic**
 - **massage therapies**
- **Vitamins**

Anxiety

- **Cognitive patterns**
- **Spiritual impact**
 - **Belief and expectation**
- **Kava-kava, other herbal preparations**
- **Remove activating substances.**

Placebo?...

- **Mind influence over somatic symptoms**
- **Can trump other effects**
- **Hypnosis – by an outside person, or by oneself.**

Summary

- **People with TBI are often sensitive to hyperarousal and side effects of standard treatments.**
- **Engaging people and their caregivers in most comprehensive care improves outcomes.**
- **As clinicians we need to know all the substances and modalities our patients are using.**
- **Expertise in CAM is not required to integrate into allopathic medical treatment.**

Some references

- **Rahimi R, Abdollahi M: “Herbal medicines for the management of irritable bowel syndrome: a comprehensive review.” World J Gastroenterol. 2012 Feb 21; 18(7): 589-600.**
- **Wong V, Cheuk DK, Lee S, Chu V: “Acupuncture for acute management and rehabilitation of traumatic brain injury.” Eur. J. Phys. Rehabil. Med. 2012 Mar; 48(1): 71-86.**
- **Dwyer AV, Whitten DL, Hawrelak JA. “Herbal medicines, other than St. John’s Wort, in the treatment of depression: a systematic review.” Altern Med. Rev. 2011 Mar: 16(1):40-9.**
- **Huang W, Kutner N, Bliwise DL: “Autonomic activation in insomnia: the case for acupuncture.” J. Clin. Sleep Med. 2011 Feb 15; 7(1): 95-102.**

Next presentation:

10-16-2012

Psychopharmacology of Impulse Dyscontrol

resources and back issues can be found at Continuum
of Care website:

<http://som.unm.edu/coc/Training/powerpointnew.html>