

## COMPLEMENTARY AND ALTERNATIVE MEDICINES

### EXCEPTIONAL FUNDING IS REQUIRED

#### Complementary and alternative medicines will not routinely be funded

##### Background

Complementary and alternative medicines are treatments that fall outside of mainstream healthcare. There is no universally agreed definition of complementary and alternative medicine (CAM).

This restriction applies equally to primary and secondary care provision, and GPs must not prescribe such products on FP10s.

This includes (but is not an exhaustive list):

- ❖ Acupuncture
- ❖ Alexander Technique
- ❖ Applied Kinesiology
- ❖ Aromatherapy
- ❖ Chinese Medicines
- ❖ Chiropractic Therapy
- ❖ Clinical Ecology
- ❖ Herbal Remedies
- ❖ Homeopathy
- ❖ Hypnosis
- ❖ Massage
- ❖ Meditation
- ❖ Osteopathy
- ❖ Reiki
- ❖ Reflexology
- ❖ Shiatsu
- ❖ Other alternative therapies

Acupuncture and osteopathic and chiropractic techniques are used by mainstream NHS health care providers for the early management of non-specific low back pain as per NICE Guidance (NG59 2016). However, the CCG will not normally commission these services additionally. These may be available as part of a primary care orthopaedic package.