

Commissioning Statement:

<p>Condition or Treatment:</p>	<p>Alternative and Complementary Therapies</p>
<p>Commissioning position:</p>	<p>Alternative and complementary therapies are not routinely commissioned by the CCG due to a paucity of information on clinical effectiveness.</p> <p>Requests for funding are to be made, via the Individual Funding Request Panel (IFR) detailing:</p> <ul style="list-style-type: none"> • the grounds of clinical exceptionality <p>Therapies covered:</p> <ol style="list-style-type: none"> 1. Alternative therapies (professionally organised) <ul style="list-style-type: none"> • Acupuncture • Chiropractic • Herbal medicine • Homeopathy • Osteopathy 2. Complementary therapies <ul style="list-style-type: none"> • Alexander Technique • Yoga • Pilates • Aromatherapy • Bach and other flower remedies • Massage • Meditation • Reflexology • Shiatsu • Healing Nutritional medicine • Hypnotherapy 3. Alternative disciplines <ul style="list-style-type: none"> • Anthroposophical medicine • Maharishi Ayurvedic medicine • Chinese herbal medicine • Eastern medicine • Naturopathy • Traditional Chinese medicine 4. Other alternative disciplines <ul style="list-style-type: none"> • Crystal therapy • Dowsing • Iridology • Kinesiology • Radionics and all other alternative and complementary therapies <p>Investigations prior to referral</p> <p>None</p>

Referral Guidance:	<p>Exceptional cases can be referred to the CCG's Individual Funding Request Panel for prior approval.</p> <ul style="list-style-type: none"> • HRW/SR GP Practices: https://ifryh.necsu.nhs.uk/ • HaRD GP practices: Referral Form <p><i>The GP referral letter should contain:</i></p> <ul style="list-style-type: none"> • Details of how the patient meets this requirement • Treatments and interventions tried including the results • Drug history (prescribed and non-prescribed) • Relevant past medical/surgical history • Current regular medication • BMI • Smoking status • Alcohol consumption
Effective From:	1 July 2021
Summary of evidence/ rationale:	It is the responsibility of NHS North Yorkshire CCG to commission the most clinically and cost effective treatments for its local population within the resources available to it. Treatments which are primarily cosmetic in nature are, therefore, considered a low priority.
Date:	March 2020
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References & Additional information:

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5. Ernst E. Massage therapy for low back pain; A systematic review. Journal of Pain & Symptom Management 1999; 17:56-69
6. Dennis J, Cates. Alexander technique for chronic asthma. The Cochrane Database of Systematic Reviews: Reviews 2000; 2.
7. Thorgrimsen L, Spector A, Wiles A, Orrell M. Aroma therapy for dementia. The Cochrane Database of Systematic Reviews: Reviews 2003, Issue 3.



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