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

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“Complementary and Alternative Medicine (CAM) -- application to I/DD or TBI”
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
- Mesotherapy
- Mind-Body therapies
- Muscolo-skeletal manipulations

- Naturopathy
- Organotherapy
- Phytotherapy
- Relyxotheraphy
- 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


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