

Figure 1: Complementary and Alternative Practice Modalities and the New Hampshire Scope of Practice:

Therapy or practice	Definition	Applicable NH Statutes and Information*	Within RN/LPN Scope	Consent
Acupuncture	"Acupuncture" means primarily the insertion of needles through the skin at certain points on the body, with or without the application of electric current and/or heat, for the purpose of promoting health and balance as defined by the principles of oriental medicine (N.H. Rev. Stat. Ann. § 328-G.2 (2000)).	Direct quote from (N.H. Rev. Stat. Ann. § 328-G.2 (2000)) "Electrical and magnetic stimulation; moxibustion and other forms of heat therapy; cupping and scraping techniques;... acupressure; and massage"	Not within scope for RN, LPN	N/A
Aromatherapy	Aromatherapy is the inhalation of the fragrant compounds of essential oils from plants (flowers, herbs, or trees) as a complementary health approach. The term "essential oil therapy" is used if the compounds are applied in other ways, such as topical application (National Institutes of Health , 2017).	N/A	RNs and LPNs within scope Not within scope for LNA	Yes
Bowen Therapy	Bowen is a holistic technique that works on the soft connective tissue (fascia) of the body. A Bowen treatment consists of sequences of small moves, each at a specific site on the body. It can be done through light clothing.	In congruence with the Board of Massage Therapy pursuant to Section 328-b: 10 "Exemptions."	RNs and LPNs within scope Not within scope for LNA	Yes

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<p>Biofeedback/ neurofeedback</p>	<p>5/2019 Board approved recommendations for the following definitions:</p> <ol style="list-style-type: none"> 1. "Biofeedback is a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance. Precise instruments measure physiological activity such as brainwaves, heart function, breathing, muscle activity and skin temperature. These instruments rapidly and accurately "feedback" information to the user. The presentation of this information-often in conjunction with changes in thinking, emotions, and behavior-supports desired physiological changes. Over time, these changes can endure without continued use of an instrument". Schwartz, M.S., and Andrakik, F. (2017). Biofeedback: A practitioner's guide. 2. "Neurofeedback is a kind of biofeedback, which teaches self- control of brain functions to subjects by measuring brain waves and providing a feedback signal. Neurofeedback usually provides the audio and or video feedback". Marzbani, H., Marateb, H.R, and Mansourian, M (2016) Neurofeedback: a comprehensive review on system design, methodology and clinical applications. Basic and Clinical Neuroscience, 7(2), 143-158. http://dx.doi.org/10.15412/J.BCN.03070208, 	<p>Bio and Neurofeedback is within the Scope of Practice for RNs.</p>
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Homeopathy	<p>"Homeopathic preparations" means medicines prepared according to the Homeopathic Pharmacopoeia of the United States (N.H. Rev. Stat. Ann. § 328-E.2 (1995).)</p>	N/A	<p>RNs and LPNs can administer homeopathic treatments prescribed by a naturopath or provider in accordance with facility policy.</p>	Yes
Hypnotherapy	<p>Hypnotherapy -- uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance (WebMD, 2017).</p>	<p>Counseling, consultation, psychoanalysis, psychotherapy, hypnosis, biofeedback, and behavior analysis and therapy are defined as "psychology practice" in NH (N.H. Rev. Stat. Ann. § 329-B.2 (2013).)</p>	Not in scope for RN or LPN	N/A

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Massage	<p>"Massage" means the application of a system of structured touch which includes holding, pressure, positioning, or causing movement, by manual means, for the purpose of promoting, maintaining, and restoring the health and well-being of the client. Massage is designed to promote general relaxation, improve movement, relieve somatic and muscular pain or dysfunction, stress and muscle tension, and provide for general health enhancement, personal growth, and the organization, balance, and integration of the body (N.H. Rev. Stat. Ann. § 328-B.2 (2015)).</p>	<p>A massage therapist uses visual, kinesthetic, and palpatory skills to assess the body, and may evaluate the client's condition to the extent of determining whether massage is indicated or contraindicated (N.H. Rev. Stat. Ann. § 328-B.2 (2015)).</p>	<p>RNs, LPNS can employ massage as described in nursing intervention resource. Using therapeutic massage techniques to assist in the relaxation and or pain control for patients.</p>	<p>Yes</p>
Polarity	<p>Polarity therapy is a form of energetic healing, based on the process of energy moving between two opposing fields or energetic patterns found in and around the body. Practitioners utilize communication, exercises, nutrition and contact (American Polarity Therapy Association , 2017).</p>	<p>N/A</p>	<p>RNs and LPNs within scope</p>	<p>Yes</p>
Reiki	<p>Reiki is a complementary health approach in which practitioners place their hands lightly on or just above a person, with the goal of facilitating the person's own healing response. Reiki is based on an Eastern belief in an energy that supports the body's innate or natural healing abilities (US Department of Health and Human Services , 2017)</p>	<p>N/A</p>	<p>Within scope for RN or LPN</p>	<p>Yes</p>

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Reflexology	Reflexology is a practice in which different amounts of pressure are applied to specific points on the feet or hands. These points are believed to match up with certain other parts of the body (US Department of Health and Human Services, 2017).	N/A	Not in scope of RN or LPN	N/A
Therapeutic touch	Therapeutic touch uses a practice called "laying on of hands" to correct or balance energy fields. Despite the use of the word "touch," the hands usually hover over the body and do not physically touch it (Therapeutic Touch International Association , 2017).	N/A	RN and LPN Therapeutic touch as defined by profession of nursing.	Yes

- Please note that this is an advisory only and is not meant to take the place of NH Statutes or provide legal advice.

References

American Polarity Therapy Association . (2017, June 20). *What is Polarity?* . Retrieved from American Polarity Therapy Association : <http://www.polaritytherapy.org/polarity-therapy/#whatispolarity>

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