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Australasian Integrative Medicine Association (AIMA))

## BEST PRACTICE FOR INTEGRATIVE MEDICINE IN AUSTRALIAN MEDICAL PRACTICE

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The 'Best Practice for Integrative Medicine in Australian Medical Practice' is an AIMA endorsed document originally developed by the RACGP/AIMA Joint Working Party (JWP) as principles to assist medical practitioners for the safe and appropriate integration of evidence-based complementary medicine into medical practice. These principles were originally adapted from the 'Model Guidelines for the Use of Complementary and Alternative Therapies in Medical Practice' (A Policy Document of the Federation of State Medical Boards of the United States, Inc.) in 2005 but has undergone considerable changes to suit the needs of the Australian medical profession. The JWP acknowledges existing general clinical guidelines for medical practitioners adopted by The Medical Board of Australia (Australian Health Practitioners Regulatory Australia) titled 'Good Medical Practice: A Code of Conduct for Doctors in Australia'.

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4. Medical and Professional Health bodies
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  - b. Dieticians Association of Australia (DAA)
5. Non-medical CM Professional Health bodies
  - a. Australian Register of Naturopaths and Herbalists (ARONAH)
  - b. Australian Traditional Medicine Society (ATMS)
  - c. Chiropractic and Osteopathic College of Australasia (COCA)
  - d. National Herbalists Association of Australia (NHAA)
  - e. Yoga Teachers Association of Australia
6. Peak CM industry body
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## ABSTRACT

The 'Best Practice for Integrative Medicine in Australian Medical Practice' is an Australasian Integrative Medicine Association (AIMA) endorsed document as principles to assist medical practitioners for the safe and appropriate integration of evidence-based complementary medicine into medical practice. In Australia, the use of Integrative Medicine (IM) by medical practitioners, particularly general practitioners (GPs) as a part of routine clinical practice is increasing. A National Prescribing Survey (NPS) survey indicated that approximately 30% of GPs in Australia describe themselves as practising IM. About two thirds of Australian consumers have used one or at least one CM in the previous 12 months, with 28% on a regular basis. The document is designed to assist the understanding of IM by the medical profession and for authorities to refer to when seeking guidelines in this field of medicine. The authors undertook an extensive consultation process to develop these principles.

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**Contents**

Purpose of the guidelines .....	72
Definitions of Integrative Medicine .....	72
Standards for Integrative Medicine in Australian General Practice. ....	72
Rationale .....	72
Readership .....	72
Purpose and aim .....	72
Authorship of these guidelines .....	73
<b>BEST PRACTICE FOR INTEGRATIVE MEDICINE IN AUSTRALIAN MEDICAL PRACTICE .....</b>	<b>73</b>
1. Preamble .....	73
1.1. Introduction .....	73
1.2. Definitions .....	73
1.2.1. Conventional Medicine/orthodox medicine .....	73
1.2.2. Complementary Medicine (CM) .....	73
1.2.3. Integrative Medicine (IM) .....	74
1.2.4. Alternative Medicine .....	74
1.2.5. Holistic Medicine .....	74
1.2.6. Natural Medicines .....	74
2. Modalities .....	74
2.1. Alternative (or philosophical) Medical Systems .....	74
2.2. Mind-Body Interventions .....	74
2.3. Biologically (or medicinally) Based Therapies .....	74
2.4. Manipulative (or manual) and Body-Based Methods .....	74
2.5. Energy (or bio-energetic) Therapies .....	74
3. Professional decision making in IM .....	74
3.1. The decision-making process .....	75
3.1.1. Where evidence is strong .....	76
3.1.2. Where evidence is limited .....	76
3.1.3. Where evidence is absent .....	76
3.1.4. Where evidence is negative .....	76
3.2. Diagnostics and Testing .....	76
3.3. Safety .....	76

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