

# PURSuing EXCELLENCE

Report to the Community 2015



Pan Am Games gold medal winner and CCNM second-year student Natalie Wideman

The Canadian College of Naturopathic Medicine  
Educating naturopathic doctors for almost 40 years





## PURSUIING EXCELLENCE

*“We are what we repeatedly do.  
Excellence then, is not an act, but a habit.”*

Aristotle

CCNM’s primary mandate is to educate naturopathic doctors. In all that CCNM has achieved this year, we have seen a drive for excellence as a key theme in fulfilling that mandate.

From academic to research innovation, to the kind of students that we are fortunate to attract, and the innovative programs that our faculty create, excellence has been a driving force. Our report to the community brings together some of these stories of excellence.

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## FROM THE CHAIR

CCNM is the only degree-granting naturopathic program in Canada and the profession can now rightly and proudly use the doctor title in Ontario.



### Nearly a Decade of Change

I am writing this note as my term as a CCNM Board member is coming to an end; I have reached the nine year maximum. I have been honored to serve the Board as a student governor, board member, chair of the Governance and Nominations Committee, and (most recently) as Chair. I have been proud to serve in this capacity, and I am impressed with the strides that the College has made during that time.

Our Robert Schad Naturopathic Clinic (RSNC) is the envy of the other naturopathic institutions. The examination rooms are well-appointed and the clinic has a very professional appearance. Although the College is working to eliminate its annual deficit, it is now mortgage free. The over \$7 million in research grants the

College has been awarded over the last 18 months are unprecedented ... both for us and for any of the other ND programs. Graduates from the program now receive a degree, making CCNM the only degree-granting naturopathic program in Canada. The profession can now rightly and proudly use the doctor title in Ontario. The Ottawa Integrative Cancer Centre is establishing powerful relationships with other health providers and researchers. There is much to be proud of.

### Partnering for Health Care

As a naturopathic doctor in Ontario, I know there are other challenges to address, and I plan to do so. I look forward to continuing to work with CCNM as it serves in the role of expert provider of evidence-based rationales for change.

CCNM is now getting approached by a variety of health providers and researchers to investigate where partnerships are possible. This Report to the Community is our new way of letting others know what we do ... and what we can offer. I am proud of my partnership with CCNM; as new partnerships are developed to advance health care in Canada, I know other stakeholders will be proud of their links to CCNM as well.

Dr. Barbara Weiss, ND  
CCNM Board of Governors, Chair

*“This report to the community is our new way of letting others know what we do ... and what we can offer.”*

Dr. Barbara Weiss, ND

## FROM THE PRESIDENT

CCNM and naturopathic doctors in Canada, provide real and significant added value through the promotion of wellness and the prevention of disease.



### Adding Value

One of the prime measures of organizations today is their value added. In the case of charities, it is the value added to society that is important. CCNM and naturopathic doctors (NDs) in Canada, provide real and significant added value through the promotion of wellness and the prevention of disease. This value is both economic and social – economically we are immediately impacting the need for expensive medical care and pharmaceuticals; socially we are allowing our aging population to avoid the advancement of chronic conditions that would otherwise destroy their ability to lead productive lives.

### Excellence in Research

These are bold claims, but this annual Report to Our Community provides considerable evidence of their truth. You will see that through a variety of research trials we are documenting the efficacy of the therapies employed. This includes studies on thoracic cancer, a range of stage four cancers being treated in clinics across North America, and on adjunctive care for type 2 diabetes.

### Academic Innovation

Our leadership in academics is exemplified by the innovative program stream specifically created for foreign trained medical doctors. The first graduates from this stream crossed the stage last May, and they are already having a profound impact on the provision of health care to the communities they serve. CCNM's ND program is recognized for its leadership in the implementation of Objective Structured Clinical Examinations (OSCEs) in a naturopathic context as well as its status as the first program to achieve a seven year accreditation approval.

### Clinical Focus

Our clinical care at the Ottawa Integrative Cancer Centre (OICC) is becoming increasingly closely linked with the care from the oncologists at The Ottawa Hospital and we have been granted full access to a shared electronic medical record system. In Toronto, the Be Your Best Self program is highly valued by its patrons, as it achieves what its title implies.

Finally, CCNM is developing a strategic approach to partnerships that will ensure that the advances being achieved in health care are replicable and long-lasting. Being at CCNM is as stimulating as it is fulfilling. I hope that the material that follows conveys some of the success that our valued faculty and staff are achieving each day.

Bob Bernhardt  
B.Sc., M.Ed., LL.M., PhD  
President & CEO



For almost 40 years, the Canadian College of Naturopathic Medicine (CCNM) has been Canada's premier institute for education and research in naturopathic medicine. CCNM offers a rigorous four-year, full-time naturopathic program, culminating in the only naturopathy degree in Canada.

1978

Founded as the Ontario College of Naturopathic Medicine.

176,000 sq. ft.

Facility accommodating educational, clinic and residence activity.

\$15 M

Annual operating budget.

\$40 M

Estimated economic impact on the community.

120

Full-time employees.

150

Part-time and contract staff and faculty.

1st

CCNM is the first accredited North American naturopathic college to earn a seven year reaccreditation.

2 year

CCNM offers a two-year bridge delivery for international medical graduates (IMGs).



# CCNM AT-A-GLANCE

## The College

- Founded as the Ontario College of Naturopathic Medicine in 1978.
- Registered charity dedicated to education and research in naturopathic medicine. Receives no direct government funding.
- Student enrolment: approximately 600.
- 120 full-time employees and approximately 150 part-time and contract staff and faculty.
- Annual operating budget of \$15 million, with an estimated economic impact on the community of more than \$40 million.
- Located in Toronto, Canada.

## Naturopathy Degree

- Post-graduate program requiring a bachelor's degree with standard pre-medical course prerequisites for admission.
- CCNM is the only naturopathic program in Canada approved to grant degrees.
- Involves a total of more than 4,200 hours, including more than 1,200 hours of clinical experience.
- In 2013, CCNM became the only college to offer a two-year bridge delivery for international medical graduates (IMGs).
- CCNM was the first accredited North American naturopathic college to earn a seven year reaccreditation.

## Our Clinics

- The Robert Schad Naturopathic Clinic (RSNC) hosts over 27,000 patient visits per year.
- The CCNM Brampton Naturopathic Teaching Clinic (BNTC) is the first naturopathic teaching clinic in a hospital setting (Brampton Civic Hospital) in Canada.
- The Ottawa Integrative Cancer Centre (OICC) is the first cancer care and research centre of its kind in Eastern Canada.
- Integrated into local health-care delivery in five community health satellite clinics:
  - Sherbourne Health Centre
  - Anishnawbe Health Toronto
  - LAMP Community Health Centre
  - Parkdale Community Health Centre
  - Queen West Community Health Centre

## Our Campus

- 4.3 acres on the Toronto subway line (Leslie station).
- 176,000 sq. foot facility accommodating educational, clinic and residence activity.
- 200+ medicinal herbs grown in the on-site botanical herb garden.
- 248-seat main lecture theatre and a total academic seating capacity of more than 1,000.
- 176-room residence (expanding to 200 in late 2016).
- Over 11,000 books, journals and multimedia resources in CCNM's learning resource centre.

## Leading North American Research Centre in Naturopathic Medicine

- CCNM's multi-centred clinical trial demonstrating significant reductions in the risk of cardiovascular events through naturopathic therapies was published in the Canadian Medical Association Journal, Canada's premier medical publication. This study was the last in a series of four studies conducted in conjunction with Canada Post Corporation and the Canadian Union of Postal Workers. The other studies examined treatment for rotator-cuff tendonitis, stress and chronic back pain (all published in peer-reviewed journals).

- The College is currently conducting over 10 million dollars in studies examining a variety of adjunctive therapies for cancer.
- Among a variety of other studies underway, CCNM is conducting a study on adjunctive care for type 2 diabetes in conjunction with Brampton Civic Hospital and a Brampton family health team.

For more information visit: [www.ccnm.edu](http://www.ccnm.edu)

# 600

The Canadian College of Naturopathic Medicine student enrollment is approximately 600.

# 4,000

The naturopathy degree involves more than 4,000 hours, including more than 1,200 hours of clinical experience.

# 27,000

The Robert Schad Naturopathic Clinic hosts over 27,000 patient visits per year.

# 4.3 acres

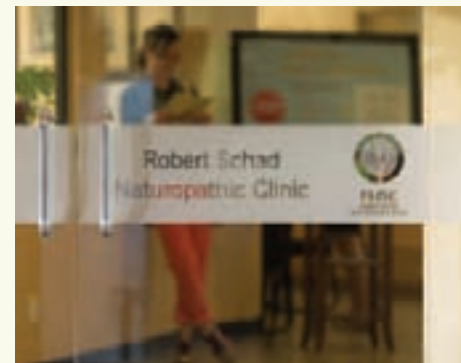
CCNM boasts a 4.3 acre campus on the Toronto subway line (Leslie station).

# 200+

CCNM grows over 200+ medicinal herbs in the on-site botanical herb garden.

# \$10M

The College is conducting over \$10 million in studies examining adjunctive therapies for cancer.





# INTERNATIONAL MEDICAL GRADUATES CELEBRATE A HISTORIC MOMENT

International Medical Graduates celebrate 2015 graduation and look to making their contribution to health care in Canada.

## First of its Kind

At CCNM's 35th convocation ceremony, which took place on May 21, 2015, the College made history.

The first group of International Medical Graduates (IMGs) received their naturopathy degree after completing the intensive bridge delivery of CCNM's naturopathic medical program. Targeted at the thousands of IMGs who are not able to practice medicine in Canada without further training, the new bridge delivery is made up of the clinical competencies of the four-year, full-time program while taking into account previous medical experience and education and the unique needs inherent to an IMG cohort. This two-year bridge delivery is the first of its kind in North America.

Many foreign trained medical doctors feel that the nature of an ND's practice is much closer to their experience as a medical doctor. The College developed the bridge delivery as an opportunity for IMGs to further their health care careers in Canada.

"One of our goals within the IMG delivery is to provide skilled international medical graduates with the opportunity to continue to apply their medical expertise in the Canadian context," explains Dr. Nicole Henry, ND, coordinator of the bridge delivery.

"Many of the students who have completed the delivery found that the experience has provided them with additional skills and perspectives that have enriched their views and practice of medicine, especially in the care of people with chronic diseases," she adds.

## Wholesome Health-Care Practitioners

Dr. Paola Cubillos-Rizo, ND, one of the 19 members of the first IMG graduating class and a medical doctor in her home country of Columbia, delivered an uplifting speech at convocation where she touched on family, the home-work balance, and being students again after a long period of time.

"Upon the start of the bridge delivery program, I saw many friendly faces who were ready to take it all in and make the best of



Dr. Rana Samara, ND

the opportunity they had given themselves to become more wholesome health-care practitioners," Paola said during her address. Many of the IMG graduates are establishing their own practices, garnering attention not only from their respective ethnic communities but from the media as well.

Dr. Rana Samara, ND, was interviewed by both the *Stoney Creek News* and the *Hamilton Spectator*. She spoke about her background as a medical doctor in Jordan and her decision to study naturopathic medicine at CCNM.

"As a newcomer, I advise all the highly trained immigrant professionals who feel stuck in gaining the same qualifications in Canada to keep their mind open to alternative career paths that may result in achieving something you are passionate about," she told the *Spectator*. "Don't delay being an active member in the community."

We look forward to the contributions of these talented graduates.

*"The International Medical Graduates will become more wholesome health-care practitioners upon completion of the bridge delivery program."*

Dr. Paola Cubillos-Rizo, ND



Dr. Paola Cubillos-Rizo, ND





## ACADEMIC INNOVATION IN ADJUNCTIVE CANCER CARE

Dr. Dan Lander, ND, spearheaded the first online, ‘outside-of-the-classroom’ course on naturopathic oncology that is open to all of the College’s fourth-year students.



### Interactive, Online Learning

With more of CCNM’s students developing an interest in naturopathic cancer care, Class of 2006 graduate Dr. Dan Lander, ND, had an idea. Wanting to expand on the current oncology curriculum and share his 10 years of experience in the field, Dan spearheaded and created the first online, ‘outside-of-the-classroom’ elective course that is open to all of the College’s fourth-year students.

Dan, who teaches naturopathic oncology and supervises interns at the RSNC’s cancer care clinic, wanted to design a course that any of the fourth-year students could take (whether they were pursuing naturopathic oncology or not).

“As far as I know, CCNM is the only naturopathic college to offer a course like this,” says Dan.

The course is structured around weekly interactive online modules which combine

assigned readings, recorded audio, video, PowerPoint presentations and active learning exercises. Weekly discussions and case-based learning, either in-person or online, help to enhance the subject matter. Taking into account the students’ busy schedules, the course can be accessed at any time.

### Technology and Student Engagement

Becoming versed in the technology was educational for Dan as well – he learned how to record and post videos online, create interactive content and moderate webinars.

“The teaching methods are very different when you are designing lessons for independent learning and that took some adjustment, but it was also an enriching professional development opportunity for me,” he explains. “I have a new appreciation for the time and effort it takes to deliver and manage an online curriculum.”

According to Dan, the students’ response has been overwhelmingly encouraging – they like the subject matter and the convenience of facilitating their own learning at their own pace. In addition, the online delivery and multimedia components has kept them engaged and involved.

“Personally I have seen a dramatic improvement in the students’ mastery of the material this year and their ability to ask higher level questions during our live sessions as well,” Dan says.

### A Model For Learning

The word is spreading – some faculty members are following the outcomes of the course and others are interested in the interactive features. The technology might still be new to CCNM, but Dan’s course is showing how online education can be viable for the school, stimulating for the students and rewarding for the instructors.

*“As far as I know, CCNM is the only naturopathic college to offer an online course in naturopathic oncology.”*

Dr. Dan Lander, ND



## PURSUING EXCELLENCE IN AND OUT OF THE CLASSROOM STUDENT NATALIE WIDEMAN

CCNM second-year student Natalie Wideman, along with Team Canada's women's softball team, won the gold medal at the PanAm Games in the summer of 2015.

### A Natural Approach

In the summer of 2015, CCNM second-year student Natalie Wideman, along with Team Canada's women's softball team, won the gold medal at the PanAm Games. For Natalie, it was an emotional and thrilling moment, representing years of hard work, sacrifice and commitment.

At CCNM, naturopathic medicine and athletic pursuits often go hand-in-hand, where so many students find that whole-person care helps them to become a healthier and stronger competitor. "Being a national team athlete has opened my eyes to the idea of using a natural approach," Natalie says.

Having always had a passion for health care and athletics, Natalie received a scholarship from the California University of Pennsylvania, pursuing an undergraduate degree in sports management with a concentration in health and wellness. She also played on the school's softball team at the NCAA level.

Although Natalie had seen an ND in the past and had a positive experience, she didn't discover CCNM until her senior year after doing research on countless post-graduate programs. But once she learned about the College, she felt that it provided the best opportunity to successfully blend "academics with athletics," as she puts it. Thus far, Natalie believes that self-care is the greatest lesson she has learned as a student.

*"Being a national team athlete has opened my eyes to the idea of using a natural approach."*

Natalie Wideman (second-year student)



Natalie Wideman

"With my demanding schedule, I make sure that I get downtime. Preparing and maintaining optimal levels for performance is so important," she says.

### The Future

One day, she hopes to combine her athletic experience with her skills as a naturopathic doctor by opening up her own practice. For now, she is preparing to become an intern at the RSNC and has her eye on Women's World Softball Championship in August.

"I also have plans to maintain my softball skills clinics and motivational speaking engagements," she adds. "I want to continue to give back to the sport that has given me so much and be a positive role model for young athletes."



Natalie Wideman #2 of Canada reacts to her run with Kaleigh Rafter #55 to take a 2-0 lead over the United States in the eighth inning during the 2015 Pan Am Games on July 26, 2015 in Toronto, Canada.



## RESEARCH EXCELLENCE

The Canadian College of Naturopathic Medicine continues to break new ground in research around the world that speaks to the safety and efficacy of naturopathic treatments.

With each passing year, naturopathic medicine is gaining more acceptance as a valuable form of primary care, especially in the treatment of chronic conditions. CCNM continues to break new ground in research that speaks to the safety and efficacy of naturopathic treatments. In this milestone year, we embarked on new research partnerships that will help open the door to how naturopathic and conventional medicine can work together to better health outcomes:

### FEBRUARY

- CCNM, the William Osler Health System and the Wise Elephant Family Health Team were awarded a \$418,000 grant to evaluate the health outcomes of adjunctive naturopathic care for type 2 diabetes. The unique demographics of the catchment area – approximately 15 per cent of the 10,000+ patient population present with type 2 diabetes – will allow researchers to collect and compare data related to specific ethnic and cultural groups.
- CCNM research resident, Dr. Jason Clifford, ND along with CCNM students worked on a systematic review of the literature investigating the safety and efficacy of the use of turmeric in cancer treatment. Findings of this research will help define delivery of care for ongoing cancer clinical trials.

### MARCH

- A \$3 million research grant was awarded to the Ottawa Integrative Cancer Centre (OICC) – an arm of CCNM – and the Bastyr University Research Institute in Washington State, USA. The grant will fund the Canadian/US Integrative Oncology Study (CUSIOS), the largest-ever North American observational study to assess the effectiveness of advanced integrative oncology (AIO) treatments for patients with late stage cancer.
- CCNM and Dalhousie University began a randomized controlled study on the use of a tropical natural cream in the treatment of osteoarthritis knee pain. The study is a partnership with Delivra Inc. and is funded in part through an industry innovation grant awarded by the Atlantic Canada Opportunities Agency (ACOA).
- A systematic review looking into the use of polysaccharide K (PSK) as an adjuvant immunotherapy for lung cancer was published in Integrative Cancer Therapies journal.

### APRIL

- A systematic review examining the estimated effects of whole-system naturopathic medicine in select chronic disease conditions was published in the Alternative and Integrative Medicine journal.



Dr. Dugald Seely, ND, Executive Director of Research at CCNM

### JUNE

- A study focussing on the use of selenium supplementation in HIV+ patients in Rwanda was published in AIDS, the official journal of the International AIDS Society. The two-year randomized controlled trial was conducted by medical professionals in Africa and was guided by researchers associated with the College. The study concluded that selenium supplementation can delay progression of the infection.
- The results of a systematic review of the research on prostate cancer and fish oil were presented at the Canadian Association of Naturopathic Doctors (CAND) conference. This study was funded by a Canadian Institutes of Health Research Knowledge Synthesis Grant and involved a partnership with researchers from the OICC, University of Toronto, Ottawa Hospital, McMaster University and the Ottawa Research Institute.

As the profession continues to grow, CCNM's department of research remains committed to being a world-wide leader in advancing the understanding of complementary and naturopathic medicine as a viable, sustainable health-care system and building a solid evidence base to further the profession.

## CLINICAL EDUCATION

For the past 10 years, the Robert Schad Naturopathic Clinic (RSNC) has been helping those struggling with their weight through 'Be Your Best Self', a healthy lifestyle and weight management program.

### RSNC's Team-based Approach

CCNM's on-site teaching clinic, the Robert Schad Naturopathic Clinic (RSNC), is the largest naturopathic clinic in North America, conducting over 27,000 patient visits every year. The clinic uses a team-based naturopathic approach to treat a wide range of health concerns for all ages. This type of training provides interns with a hands-on learning environment with patients, so that they can apply their academic knowledge and learn clinical skills under the supervision of NDs.

For the past 10 years, the RSNC has been helping those struggling with their weight through Be Your Best Self (BYBS), a healthy lifestyle and weight management program. Created by CCNM alumni and faculty member Dr. Afsoun Khalili, ND, the program focuses on educating patients on healthy eating and lifestyle and provides the tools patients need to maintain their healthy lifestyle changes.



"The biggest challenge with weight loss is being able to identify the reasons behind unhealthy eating, over eating or compulsive over eating; figuring out the emotional relationship that the individual has with food," says Khalili.

### Teaching Healthy Weight Loss

BYBS is more than just a diet and exercise program; it addresses any underlying issues around food and eating by empowering patients to observe the patterns and behaviours that may be contributing to their weight gain. It also teaches them how to manage stress in a healthier way. The program centres on support groups, providing an environment of motivation and encouragement for participants.

"Running the program has been an incredible experience for me. I have a much better understanding of the challenges that people face when wanting to lose weight. I also feel very privileged to be in a position

*"The 'Be Your Best Self' program addresses any underlying issues around food and eating by empowering patients to observe the patterns and behaviours that may be contributing to their weight gain."*

Dr. Afsoun Khalili, ND



Dr. Afsoun Khalili, ND (left), with clinic intern

to listen to patients and to work with them to find solutions to the challenges that present themselves when trying to lose weight," says Khalili. "By far the best part of my job is when someone reaches their weight goals, seeing the pride, the smiles and the contentment that achieving one's goals brings to a person is priceless!"

A successful relaunch of the program was held in September with over 70 people in attendance. The program runs in 10 week intervals. For more information about the program, visit: [www.rsnc.ca/be\\_your\\_best\\_self](http://www.rsnc.ca/be_your_best_self).



## COMMUNITY DISPENSARY PROGRAM

CCNM students intern at five community health centres (CHCs) across the Greater Toronto Area (GTA).



In addition to the Robert Schad Naturopathic Clinic, CCNM students also intern at five community health centres (CHCs) across the GTA. These centres provide free naturopathic health care to under-served populations. Their success is due in large part because of the generous

donations through our community dispensary program. Since the inception of the program in 2008, companies have donated nearly \$500,000 worth of naturopathic supplements and remedies to thousands of patients who are otherwise unable to afford them.

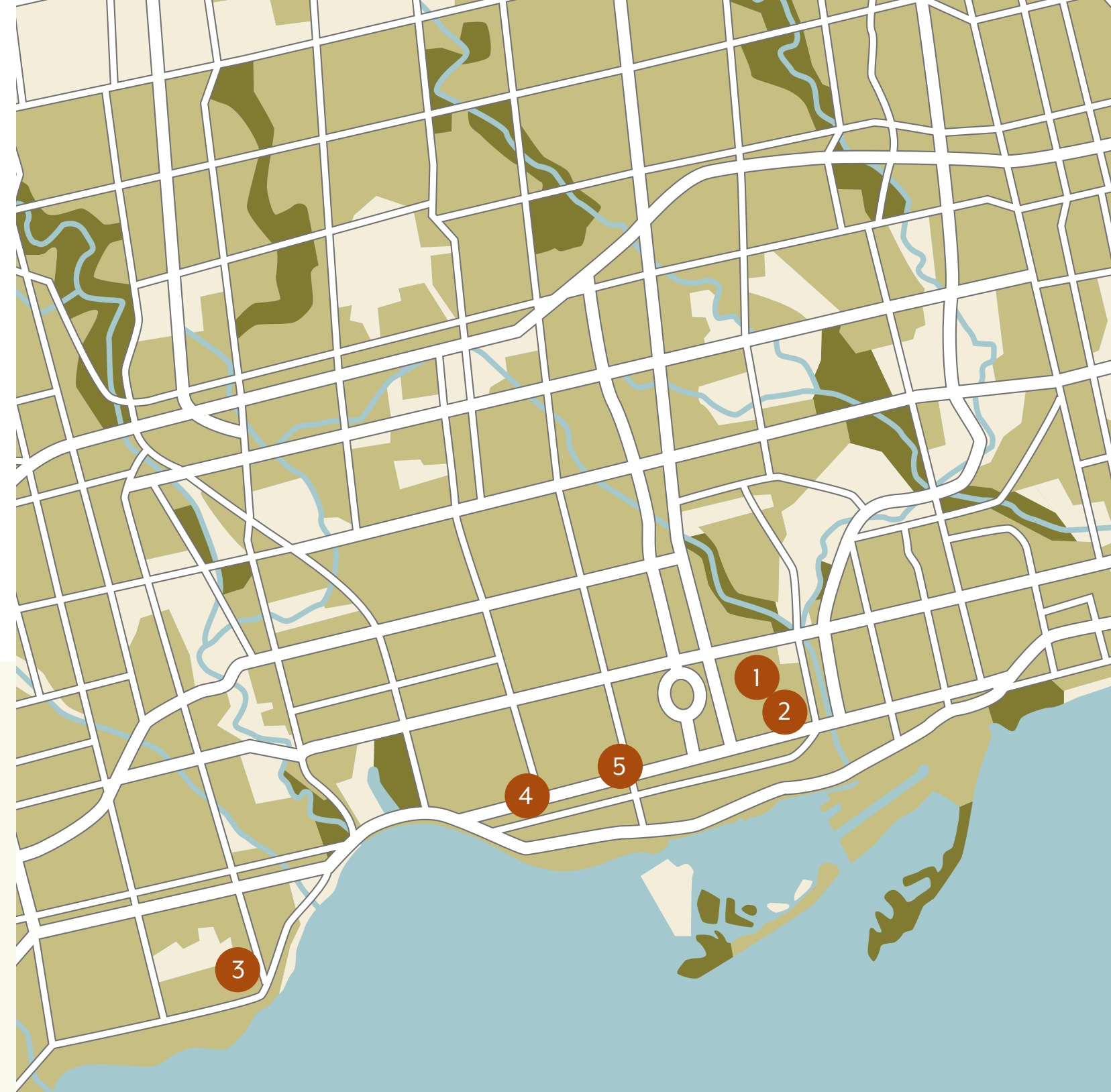
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Our thanks to the following companies for their generosity over the years:

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### COMMUNITY HEALTH CENTRES

In addition to the Robert Schad Naturopathic Clinic, CCNM students also intern at five community health centres (CHCs) across the GTA.

1. Sherbourne Health Centre 2. Anishnawbe Health Toronto 3. LAMP Community Health Centre  
4. Parkdale Community Health Centre 5. Queen West Community Health Centre



# THANK YOU CCNM SUPPORTERS

The Canadian College of Naturopathic Medicine is fortunate to benefit from a long list of friends and supporters.

The Canadian College of Naturopathic Medicine is fortunate to benefit from a long list of friends and supporters. The following individuals and corporate supporters help CCNM achieve its mission to educate, develop and train naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit.

By investing in research, scholarship, teaching clinics and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment and our health-care system.

CCNM is a charitable educational institution, and receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff and clinic patients, we thank you.

The following list recognizes cumulative giving from active supporters who contributed \$50 or more between August 1, 2014 and July 31, 2015.

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The Lotte and John Hecht Memorial Foundation  
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**\$250,000 Plus**  
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Paracelsus Herb Garden at CCNM



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We are grateful for the gifts made in honour of and in memory of the following individuals:

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The Naturopathic Medical Students Association	The University of Toronto	Women's Breast Health Centre, The Ottawa Hospital
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We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

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We thank the following for their generous historical contributions to CCNM. Although they are not current donors, we appreciate their support over the years.

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## CCNM BOARD OF GOVERNORS 2014 – 2015

CCNM's Board of Governors consists of naturopathic doctors and laypeople from a variety of disciplines who are elected by INER members.

The Institute of Naturopathic Education and Research (INER) was incorporated under the Corporations Act (Ontario) in 1984 and carries on business as the Canadian College of Naturopathic Medicine (CCNM). INER is registered as a charitable organization under the federal Income Tax Act. CCNM receives no direct government funding.

CCNM's Board of Governors consists of naturopathic doctors and laypeople from a variety of disciplines who are elected by INER members.

The Board's mandate is to govern the organization, with a strategic perspective through effective policy governance and assurance of executive performance that allows the vision and ends of the organization to be achieved.

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## CCNM EXECUTIVE COMMITTEE 2014 – 2015

CCNM's Executive Committee's mandate is to provide strategic direction and leadership for the day to day operations of the College.

*CCNM's Executive Committee is made up of the College's functional leaders as well as the President & CEO.*

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Back row (L-R): Paul Battistuzzi, Dr. Nick De Groot, ND, David Lacroix Front row (L-R): Barbara Young, Bob Bernhardt, Simone Philogène, Leah Daniels



Students at the 2015 welcome back barbecue



## OUR VISION

CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.

## OUR MISSION

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;
- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

... and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.



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