

ccnm  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

# Annual Report 2013



This year's annual report reflects growth, success, and innovation. For CCNM, 2013 marked a series of firsts for the entire profession. The featured stories highlight our achievements.

[DISCOVER HOW CCNM IS PIONEERING CHANGE >](#)

# Message from the Chair



This has been a wonderful year of success for the Canadian College of Naturopathic Medicine (CCNM), and I am proud to be associated with the College as it pioneers the changes that, through the enhanced utilization of naturopathic medicine, will make health care so much better in the future.

During the past year, CCNM's 2,000th graduate crossed the stage in Convocation Hall to receive her credential. CCNM successfully launched the Brampton Naturopathic Teaching Clinic (BNTC), the first naturopathic teaching clinic within a hospital in North America. The College became the first, and so far the only, institution to receive a seven year reaccreditation period from the Council on Naturopathic Medical Education (CNME). Our final research study with the Canada Post Corporation and the Canadian Union of Postal Workers was published in the Canadian Medical Association Journal (CMAJ), Canada's most impactful medical journal. Although the process is still underway, CCNM received two very positive reviews with respect to its degree granting quest.

The Ottawa Integrative Cancer Centre (OICC) is developing a strong relationship with the cancer care community in Ottawa and an increasing number of oncologists are willing to correspond re the integrative care of patients. CCNM launched the special program delivery for International Medical Graduates (IMGs), so that they could complete the courses they require in two years. The chance for these highly trained individuals to re-align their medical skills with naturopathic care was considered to be sufficiently noteworthy such that the Wall Street Journal posted the news release celebrating the start of the delivery.

Life can be challenging as a pioneer, but success achieved can be incredibly fulfilling. Fiscal 2013 has been a truly exceptional year for CCNM.

A handwritten signature in black ink that reads "Barbara Weiss".

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

# Message from the President



As Board Chair Barb Weiss, ND, has outlined, the last year has been a truly remarkable period of pioneering progress for the Canadian College of Naturopathic Medicine (CCNM). The achievements are a tribute to the very fine faculty, staff and students that we have at the college. I am approaching 40 years of experience in post-secondary education and I can say without a word of hesitation that CCNM is the most impressive institution with which I have been associated. Our students constitute the brightest, most socially conscious and environmentally concerned student body I have seen, and...they are incredibly nice individuals to know and work with!

I will not reiterate all of the achievements that Chair Weiss has identified, but I do want to highlight the significance of several of them. The seven year reaccreditation approved by the Council on Naturopathic Medical Education (CNME) is an incredible vote of confidence in the quality of our program and the strength of our institution. Thank you to the faculty, staff and students who contributed to, and participated in, the review. This is an achievement of which the entire institution can take great pride. In the same vein, CCNM received two strong reports from the review teams for the Post-Secondary

Education Quality Assessment Board, which again reflected confidence in our institution and our program. The launch of the Brampton Naturopathic Teaching Clinic reflects confidence among the progressive leaders of the William Osler Health System, that their patients can be aided through convenient access to naturopathic care. Initial surveys among the patients indicate an extremely high level of satisfaction with their care, and an indication that since receiving the care they have drawn less on other resources at the hospital. I believe that this clinic may represent the future of health care.

Finally, thank you to the members of the Board of Governors of the College for their vision and their support. Our pioneering journey would not be possible without them.

A handwritten signature in black ink, which appears to read "Bob Bernhardt". The signature is written in a cursive, slightly slanted style.

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

# Five Ends

To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed a series of "Ends":

**1. EXCELLENCE IN EDUCATION**  
Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

**2. HIGH-QUALITY CLINICAL SERVICES**  
Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

**3. EXCELLENCE IN RESEARCH**  
Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that fosters research activity and a culture of evidence-informed clinical practice.

**4. PROMINENT NATIONAL PROFILE**  
Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.

**5. CHANGE EVENT**  
Foster positive change in our health, our environment, and our health-care system through the promotion of the principles and practices of naturopathic medicine.

# CCNM Board of Governors 2014 – 2015

The Institute of Naturopathic Education and Research (INER) was incorporated under the Corporations Act (Ontario) in 1984. INER is registered as a charitable organization under the federal Income Tax Act. INER operates CCNM and the Robert Schad Naturopathic Clinic. CCNM receives no direct government funding.

CCNM's board of governors consists of naturopathic doctors and laypersons from a variety of disciplines who are elected by INER members. The Board's mandate is to govern the organization, that is the Corporation (INER) operating as the Canadian College of Naturopathic Medicine (CCNM), 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 with excellence.

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Naturopathic Medicine

### In Memory of:

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## LEGACY GIVING

We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

**Life Insurance:**

Heinz Vollenweider

**Bequests:**

Estate of Linda Ganly  
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## STRONG HISTORICAL SUPPORT

We thank the following supporters for their generous historical contributions to CCNM:

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# Bridging borders



**Canada is home to 10,000 foreign trained medical graduates with over 7,000 in Ontario alone. The majority of these highly trained individuals are working lower skilled jobs that make little or no use of their medical expertise.**

Those who do wish to pursue a career in medicine have to deal with costly evaluating and licensing exams and get backlogged in their attempts to secure and complete a hospital residency.

In May 2013, CCNM launched the first-ever naturopathic medicine program delivery for international medical graduates (IMGs). The IMG bridge delivery offers foreign-trained professionals an opportunity to further their health care careers in Canada. The first cohort, consisting of 22 students includes surgeons, oncologists, pediatricians and a medical geneticist and comprises medical professionals from countries including Egypt, Iran, China and Colombia.

The six-term (two-year) program allows for sequencing of required courses and early clinic exposure. IMGs are being supervised through 1032 hours of primary clinic experience – the same number required for the four-year program) and are serving as interns in the seven clinics run by CCNM, including five community health centres and the Brampton Naturopathic Teaching Clinic in Brampton Civic Hospital.



# First of its kind



**In March 2013, representatives from the Council on Naturopathic Medical Education (CNME) visited CCNM to assess the extent to which the College fulfilled its requirements for accreditation.**

After reviewing pages of documentation, evaluating the strength of the program, meeting with staff and faculty, and examining whether CCNM itself is a financially sound and well-managed institution, the CNME awarded the College with a seven-year reaccreditation – the first for any naturopathic medicine school in North America.

With the accreditation, the CNME expressed praise for the College’s continuous improvement of the curriculum and the commitment of the faculty and administrative staff to better the outcomes of the program for students. There are no requirements for interim visits and any areas of improvement need only be reported in CCNM’s annual report.

The CNME also recognized and approved CCNM as a sponsor for clinical residencies. In addition to CCNM’s eight residents – six in the clinic and two in research positions – the College opened residency opportunities at two external sites last year.



# Integrative, whole-person health care



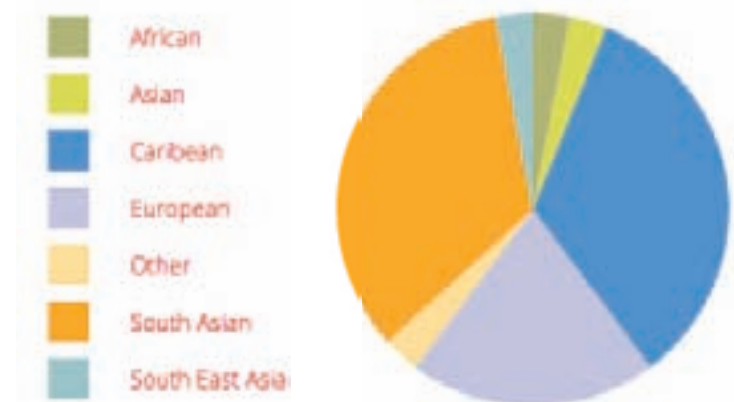
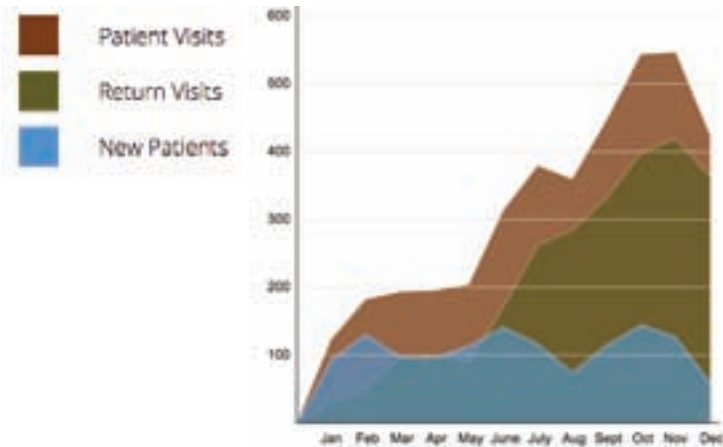
**When the Brampton Naturopathic Teaching Clinic first opened its doors at Brampton Civic Hospital in early 2013, it was met with some skepticism from the medical doctors and health-care practitioners.**

There is no such precedent in Canada – the BNTC is the first of its kind – but as more patients have seen their health improve, the attitude at the Hospital has shifted toward acceptance and cooperation. According to the BNTC’s lead supervisor Jonathan Tokiwa, ND, creating an open communication policy between the medical doctors and the NDs – including regular meetings and detailed correspondence regarding patient progress – has helped to create a more collaborative environment. The word about

naturopathic medicine and the BNTC is spreading. In the period between January and December 2013, the number of shifts increased from four to 12 and appointment numbers skyrocketed. Both new and returning patients combined to produce a remarkable 344 per cent increase in visits between January and December.

**New and returning patient visits between January and December 2013**

**The interns and supervisors at the BNTC treat a wide variety of conditions and ethnicities which reflect the diversity of the community.**



# Expanding our evidence base



**With each passing year, CCNM's research department continues to expand the evidence base of naturopathic medicine through ongoing studies in a variety of areas.**

This past year was no different as we started a cohort study looking at the impact of intravenous vitamin C on various types of cancer, secured funding for a substudy exploring the use of melatonin in non-small cell lung cancer, are investigating the safety and efficacy of a probiotic in treating severe irritable bowel syndrome, and completed a series of papers on the use of natural health products in cancer.

One of the most significant achievements for our research department this past year was the publication of the results of our randomized control trial on the use of naturopathic medicine for the prevention of cardiovascular disease in the Canadian Medical Association Journal. The multi-centre study was supported by a joint project between the Canada Post Corporation and the Canadian Union of Postal Workers. Researchers screened 1125 workers at Canada Post, admitted 246 who showed the

highest risk of cardiovascular disease and had 207 complete the year-long study. Participants in both groups received care from their family physicians; those in the naturopathic group also received health promotion counselling, nutritional medicine and/or dietary supplementation from regulated naturopathic doctors seven times during the year.

For those in the naturopathic group, the risk of a cardiovascular event over the next 10 years was reduced from 10.8 per cent to 7.7 per cent. This means that for every 100 workers treated with adjunctive naturopathic care, approximately three fewer would experience a significant and potentially deadly event such as a heart attack or stroke. The prevalence of metabolic syndrome (a risk factor for heart disease) was reduced by 17 per cent.



# OICC welcomed with open arms



## **The Ottawa Integrative Cancer Centre (OICC) continues to build relationships with local health organizations and community partners to bring awareness and support to integrative oncology.**

In 2013, the OICC further cemented its collaboration with the Ottawa Hospital through grand rounds presentations and a string of speaking engagements with some of the Hospital's researchers, oncology nurses, and other health-care practitioners and staff. The OICC also offered testimony regarding its model of health care to the Standing Committee on Health at the House of Commons.

Additionally, the OICC improved its digital profile by launching a new and improved website and boosting its social media presence. The new site houses a blog, a series of video clips extolling complementary cancer care, and a comprehensive media archive containing links to all of the OICC's radio, television, newspaper, and magazine appearances.



# Strengthening our mission

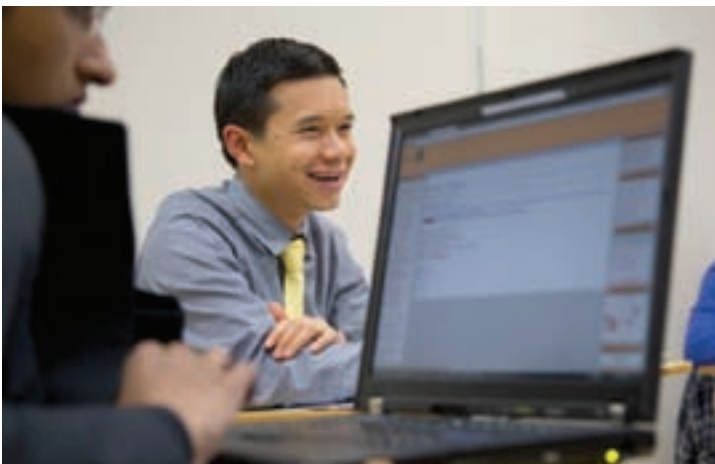


**CCNM took a step forward in its application to obtain degree granting this past year. In early 2013, we submitted a 2,000 page update of our application to the Post-Secondary Education Quality Assessment Board (PEQAB), the arm's length agency responsible for making recommendation to the Minister of Training, Colleges and Universities**

In May and June, the College was visited by the organization review team from the agency to assess whether the College and our naturopathic medicine program satisfied the standards for a degree granting institution.

Through meetings and interviews with staff, faculty and students and extensive research of our program and

curriculum the reviewers found strong reasons to support our application. In October they made their recommendations to the Minister. Should our application be approved, CCNM would be the only Canadian naturopathic institution to offer a Bachelor of Naturopathic Medicine.





**ccnm**  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

## **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.

### **Canadian College of Naturopathic Medicine**

Advancement Office, 1255 Sheppard Avenue East

Toronto, Ontario, Canada M2K 1E2

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