



The OBNM Review

OBNM 2015 LICENSE RENEWAL INFORMATION

License expiration date: December 31, 2015

2015 LICENSE RENEWAL LINK can be found at the **OBNM Home page**

www.oregon.gov/obnm

Detailed Instructions are on the OBNM website. You will want to be prepared to make the process go more smoothly. **What you will need to get to your renewal:** Your license number (no letters, just the number) and your social security number. **What you will need once you access your renewal:** Information on any address changes you may have (enter changes carefully to avoid errors); your CE records to enter; if licensed within the last two years, information on pain management education; if you hold a certificate in natural child-birth, information needed to renew this certification; answers to all history questions SINCE YOUR LAST RENEWAL; your credit card, if paying online or a printer if you are paying by check or money order. If you have everything you need beforehand, it should take you no more than 20 minutes to complete the online renewal. If you are not prepared to complete it in one visit, the information you have added, will not be lost; however, do not forget that you have not completed the renewal process. A late renewal is a late renewal. **What to do if you are changing the status of your license:** Contact the OBNM office; OBNM does not have the capabilities at this time to allow you to change your license status online.

Some Thoughts on Board Membership ~

I have been with this agency for 19 plus years. It has been my pleasure to work with this agency and profession of wonderful, insightful and conscientious Naturopathic physicians and bright, aware and caring Public members. It is a rewarding, yet very demanding volunteer service and the service is greatly appreciated. The dedication and commitment has exhibited itself no more than it has in the last few years. Besides the work done by Patrick Chapman, ND, assisted by Charles Wiggins, Public Member, and Kevin Wilson ND, LAc, Formulary Council Chair, on Opioid Prescribing (article on Page 2); Gregory Eckel, ND, LAc, guided the Board with continued continuity in his role as Board Chair for two years; and Sara Ohgushi, ND, provided endless energy between births to never miss a Board meeting.

Sheila Myers, ND, LAc, brought the central Oregon perspective to the table. After almost 25 years of practice she is retiring to take some well-deserved time to "travel the world" with her husband.

Patrick, Gregory and Sara continue to serve until appointments are made by the Governor.

These members established a mentoring program that will begin as their replacement appointments are made; resources and tools can now be easily found on the web site for help with pain patients, those seeking natural child-birth certificate can find what they need more easily, and soon-to-be graduates can talk with Board members to learn what the Board's role is and much more. Thank you for sharing your time, knowledge and foresight over the years.

~Anne Walsh, Executive Director

NEW TO YOU IN 2016

OREGON WORK FORCE (OWF) data collection begins. The Oregon Health Authority (OHA) has been collecting data on health care professionals in Oregon in order to determine how to best serve Oregonians' health care needs.

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~ Stay Young at Heart ~

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Board Hours

Monday thru Friday

8:30am—4:00pm

971-673-0193

971-673-0226 (fax)

obnm.info@state.or.us

Board Staff

Anne Walsh,

Executive Director

Robin Crumpler,

Administrative Assistant

Vacant, Investigator

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PRESCRIBING For Pain ~Patrick Chapman, ND

Within the last couple of years, there has been an increase in the number of licensees who have been disciplined for inappropriate or negligent prescribing of opioid medications. The practitioners involved have been disciplined in a variety of ways, including fines, prescribing limitations and loss of licensure. So that we may all better understand the issues at hand, general examples of licensee behaviors that have led to discipline include: using a very high dose of opioid medication (>120 morphine equivalent dose) without exam findings or imaging that corroborate a level of pain severity to justify the need of such high doses, inadequate charting, not enforcing pain contracts when patients are

demonstrating drug aberrant behaviors, failing to prescreen patients for risk of opioid abuse, prescribing for high risk patients, and various other reasons. The OBNM, has taken several steps to attempt to remedy the situation in hopes to prevent future discipline in this area.

In September of 2014, the board sent three representatives to the American Academy of Pain Management conference in Arizona entitled: Best Practices in Opioid Prescribing. We have presented a NCNM grand rounds in which the use of opioid medication was discussed in detail. The upcoming OANP December Pharmacy seminar on December 5-6, 2015 will include a

presentation on the judicious use of opioid medication. The board has also recently posted accepted community guidelines on the OBNM website. A great resource tool for prescribers is the Oregon Pain Guidance. Their web site and additional information can be found on the OBNM home page

The OBNM has reviewed these guidelines in great detail and have had permission from the southern Oregon Pain Guidance to share these best practices with our licensees.

Many more useful links have been posted on the OBNM website: <http://www.oregon.gov/OBNM/pages/index.aspx>

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AFTER SIX YEARS ~Sara Ohgushi, ND

My second term is expiring. Since we meet 6 times a year (with an occasional phone meeting), that means I will soon attend my 36th and I believe, my last all-day OBNM meeting, as I have not missed a meeting (remarkable as I've been on call as a midwife this whole time). It has gone by quickly, and has felt like important work.

The OBNM's number 1 mission is to protect the public. By making sure licensed Naturopathic Physicians are

abiding by our statutes and providing appropriate care, we are maintaining a high standard for our profession so that our licenses are respected.

Cases come to the Board when someone has filed a complaint.

That someone can be a patient, family member, pharmacist or other provider. Our investigator does an investigation and writes a report which DOES NOT INCLUDE THE NAME OF THE DOCTOR. Discussing these reports and deciding what to do makes up the bulk of our meetings.

If you have never been on the Board you will never know:

* **how many cases are dismissed with NO action!** We recognize a challenging patient with a grudge, for example.

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AS OUTGOING BOARD CHAIR ~Gregory W. Eckel, ND, LAc

As most recent past chair of the board of naturopathic physicians I would like to extend a tremendous THANK YOU to Anne Walsh for her dedication and knowledge of and towards our profession. Her wealth of knowledge and institutional memory of our profession is just incredible and her diligent work on our behalf behind the scenes, traveling to Salem, and networking with other boards is outstanding! So again, THANK YOU ANNE! And while I'm at it, a big thank you to our other board members (professional and public members alike), your service is very much appreciated.

We have the oldest licensure of naturopathic physicians in the union (1927), other states look to us for guidance, we have an amazing scope of practice, and none of it is etched in stone. Our profession and licensure is not a given, the mission of the board is "to protect the health, safety and welfare of the public in the matters of care provided by Naturopathic physicians in Oregon." The board and your license is a living entity that needs nourishment, support and input from its constituents (you). Being involved on

committees, your state association (OANP), the school (NCNM) are great ways to stay informed about what is going on with our profession and have an impact on improving the care delivered across the state and beyond.

We have had tremendous areas of our scope opened up with regards to formulary and with it an increased responsibility for extra training and due diligence, particu-

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NEW LICENSEES

Congratulations to all the new Doctors of Naturopathic Medicine. The Board is here to help in whatever way we can; feel free to contact the OBNM office with questions.

Name, License Number Issued October 1, 2014—December 31, 2014	Date	City, State
Stephanie Auerbach, ND 2061	10/7/2014	Portland OR
John Beedenbender, ND 2045	10/1/2014	Portland OR
Meghan Bennett, ND 2062	10/7/2014	Portland OR
Natalie Boeck, ND 2054	10/3/2014	Eugene OR
Aimee Bonneval, ND 2050	10/2/2014	Portland OR
Andrea Bowden, ND 2041	10/1/2014	Canby OR
Emily Burke, ND 2044	10/1/2014	Portland OR
Lai Chim Chan, ND 2055	10/3/2014	Beaverton OR
Cesilie Cocks, ND 2051	10/2/2014	Camas OR
Heather Crabtree, ND 2069	10/17/2014	Portland OR
Stephanie Culver, ND 2042	10/1/2014	Tualatin OR
Sara Defrancesco, ND 2036	10/1/2014	Portland OR
Gregory Duncan, ND 2046	10/1/2014	Talent OR
Corina Dunlap, ND 2052	10/2/2014	Portland OR
Joanna Fisher, ND 2067	10/15/2014	Portland OR
Jacob Hill, ND 2064	10/10/2014	Round Lake Beach IL
Ruth Hobson, ND 2058	10/6/2014	Portland OR
Jennifer Lamar, ND 2063	10/7/2014	Vancouver WA
Lesya Lasota, ND 2056	10/3/2014	Milwaukie OR
Elizabeth Lee, ND 2065	10/10/2014	Portland OR
Katherine Lewis, ND 2037	10/1/2014	Portland OR
Laura Lewman, ND 2038	10/1/2014	Portland OR
Malea MacOdrum, ND 2071	10/24/2014	Portland OR
Emerald Mansfield, ND 2047	10/1/2014	Portland OR
Cara Maxson, ND 2066	10/10/2014	Phoenix AZ
Megan McCormick, ND 2068	10/16/2014	Portland OR
Hilary Miller, ND 2048	10/1/2014	Portland OR
Miguel Mitchell, ND 2039	10/1/2014	Portland OR
Blake Myers, ND 2070	10/20/2014	Medford OR
Michael Pendell, ND 2057	10/3/2014	Portland OR
Angela Potter, ND 2053	10/2/2014	Portland OR
Paresh Shelat, ND 2043	10/1/2014	Portland OR
Jessica Stefanski, ND 2072	12/8/2014	Portland OR
Cory Szybala, ND 2059	10/6/2014	Portland OR
Katherine Walker, ND 2060	10/6/2014	Hood River OR
Jason Wells, ND 2049	10/1/2014	Portland OR
Kirsten Wright, ND 2040	10/1/2014	Portland OR

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**NEW LICENSEES
2015**

Those who have been licensed for a while should reach out, introduce yourself, offer your assistance, knowledge, mentoring and in the process be rejuvenated with the spirit the new licensee are bringing to the profession

Name, License Number Issued January 1, 2015 – October 13, 2015	Date	City, State
Kellyn Adams, ND 3024	10/1/2015	Portland OR
Laura Blevins, ND 3053	10/7/2015	Klamath Falls OR
Jessica Brandes, ND 3025	10/1/2015	Portland OR
Alana Branson, ND 3045	10/2/2015	Portland OR
Ashley Brauker, ND 3041	10/1/2015	Portland OR
Susanne Breen, ND 3042	10/1/2015	Portland OR
Michelle Brown Echerd, ND 2077	1/1/2015	Portland OR
Jessica Bryson, ND 3043	10/1/2015	Fort Wayne IN
Cori Burke, ND 2096	4/17/2015	Portland OR
Angela Carlson, ND 2084	2/2/2015	Medford OR
Casey Carpenter, ND 3051	10/5/2015	Portland OR
Gabrielle Carter, ND 3015	10/1/2015	Portland OR
Steven Chamberlin, ND 3054	10/7/2015	Portland OR
Maxwell Cohen, ND 3016	10/1/2015	Portland OR
Miranda Costa, ND 3058	10/13/2015	Portland OR
Maeghan Culver, ND 3005	8/12/2015	Shoreline WA
Erik Dawson, ND 3006	8/31/2015	Portland OR
Courtney Day, ND 2098	5/21/2015	Portland OR
Jason Derico, ND 3026	10/1/2015	Beaverton OR
Chase Etcheverry, ND 2095	4/16/2015	Salem OR
Chelsie Falk, ND 2083	1/26/2015	Portland OR
Heather Friedman, ND 3055	10/7/2015	Portland OR
Karmen Geller, ND 3046	10/2/2015	Milwaukie OR
Celisha Gerber, ND 2088	3/4/2015	Central Point OR
Hazel Gois, ND 2094	4/6/2015	North Las Vegas NV
Angelica Gonzales, ND 2078	1/5/2015	Bend OR
Laura Gouge, ND 3027	10/1/2015	Portland OR
Jennifer Greer, ND 3017	10/1/2015	Portland OR
Catharine Guaraldi, ND 2090	4/1/2015	Portland OR
Kimberly Gutierrez, ND 3003	7/27/2015	Portland OR
Natalie Hanan, ND 3049	10/5/2015	Portland OR
Aubrey Harding, ND 3012	9/28/2015	Portland OR
William Hibbitts, ND 2076	1/1/2015	Portland OR
Janna Hibler, ND 3001	6/1/2015	Portland OR
Analisa Jahna, ND 2075	1/1/2015	Jacksonville FL
Eric Jorgenson, ND 3047	10/2/2015	Portland OR

NEW LICENSEES (cont'd)

Name, License Number Issued January 1, 2015 – October 13, 2015	Date	City, State
Christine Kadykalo, ND 3056	10/7/2015	Courtice ON CAN
Wahji Kasten, ND 3011	10/1/2015	Portland OR
Kiran Khaira, ND 2092	4/3/2015	Seattle WA
Richard Krebs, ND 1421R	9/11/2015	Portland OR
Emil Kunkel, ND 3057	10/10/2015	Portland OR
Trisha Lee, ND 3018	10/1/2015	Portland OR
David Lemmon, ND 3052	10/5/2015	Oregon City OR
Loren Lubin, ND 3028	10/1/2015	Portland OR
Lara Martin, ND 2089	4/1/2015	Hillsboro OR
Ryan Martin, ND 3010	10/1/2015	Newberg OR
Lauren Mathewson, ND 3029	10/1/2015	Portland OR
Amelia Mazzei, ND 3050	10/5/2015	Atlanta GA
Nanci Miklowski, ND 3048	10/5/2015	Portland OR
Timothy Miller, ND 3007	9/8/2015	Lockport NY
Daniel Milligan, ND 3008	9/24/2015	Portland OR
Erin Moore, ND 2085	2/11/2015	Laurinburg NC
Erin Mullaney, ND 1962R	2/26/2015	Hillsboro OR
Sarah Myers, ND 2091	4/3/2015	Medford OR
Rhesa Napoli, ND 2079	1/5/2015	Portland OR
Robert Neilson, ND 3023	10/1/2015	Portland OR
Rachel Neuendorf, ND 3019	10/1/2015	Portland OR
Rebecca Nicholson, ND 3044	10/1/2015	Portland OR
Samuel Oltman, ND 3009	10/1/2015	Portland OR
Sydney Pallesen, ND 2097	4/22/2015	Portland OR
Alexander Pinchot, ND 2074	1/1/2015	White Salmon WA
Sara Polanco, ND 2099	5/22/2015	Portland OR
Niki Rarig, ND 3013	10/1/2015	Portland OR
Sabra Royer, ND 3040	10/1/2015	Portland OR
Hilary Sandell, ND 2082	1/20/2015	Portland OR
Diane Saunders, ND 3020	10/1/2015	Portland OR
Delia Sewell, ND 3059	10/13/2015	Portland OR
Sarah Silverman, ND 3002	7/1/2015	Portland OR
Heather Sorber, ND 2086	2/20/2015	St. Helens OR
Rachel Stricker, ND 2081	1/14/2015	Beaverton OR
Megan Taylor, ND 3021	10/1/2015	Portland OR
Tracy Tranchitella, ND 3000	5/28/2015	Bend OR
Erica Volk, ND 3014	10/1/2015	Portland OR
Amanda Watters, ND 3022	10/1/2015	Portland OR

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OBNM? OANP? Who Do You Call? ~Lissa McNeil, ND

The Oregon Board of Naturopathic Medicine (OBNM) and the Oregon Association of Naturopathic Physicians (OANP) both work to further the best practice of Naturopathic Medicine in Oregon, but each has a distinct and separate role.

In essence the OBNM is the regulatory authority in the practice of naturopathic medicine; the OANP is the professional association responsible for promotion of the profession of naturopathic medicine.

We hope the following information will offer some clarity to the question "who do I call?" Below is a list of summarized actions and duties of each organization. If you still find yourself confused, please direct your questions to Anne Walsh executive director of the OBNM, or Laura Farr executive director of the OANP.

OBNM

- Main duties include public protection through legislation, rules, investigation and discipline of Doctors and in general the regulation of the practice of naturopathic medicine in Oregon
- Communication with legislature to further clarify laws pertaining to Naturopathic medicine
- Clarification and if needed change of Oregon Rules associated with the practice of Naturopathic Medicine
- Cannot get involved in lay public matters other than in an advisory role of providing clarification surrounding laws and rules
- Must remain neutral as possible when carrying out regulatory functions
- Oregon Board of Naturopathic Medicine members are appointed by the Governor and confirmed by the Senate.

OANP

- Main duties include the support and advocacy of the practice of Naturopathic Medicine and the professional community practicing in Oregon
- Awareness of the profession to the consumer of health care
- Communication to promote the profession with the lay public, Naturopathic doctors, business enterprises, insurance companies, and as an outside advocate to legislature
- Clarification and public advocacy to prevent discrimination against Naturopathic doctors from Oregon Insurance companies
- Does not need to hold a neutral stance on public matters can advertise and promote the profession in any way the OANP Members see as appropriate
- Oregon Association of Naturopathic Physicians Board members are nominated by current members, and elected to office.

From time to time both organizations field questions from ND's and consumers alike about clarification regarding the duties of each organization. We hope this is helpful.

SERV-OR ~State Emergency Registry

SERV-OR, the State Emergency Registry of Volunteers in Oregon, is a great avenue for licensed healthcare professionals who may want to volunteer their services to help those in need during community disasters and public health emergencies. More information and an overview video can be found at www.SERV-OR.org

Questions?

Contact: DeWayne Hatcher
OHA, Public Health Division
Office 971-673-1038 or email dewayne.r.hatcher@state.or.us

(Continued from page 1) NEW IN 2016

Starting with the 2016 license renewal, you will be directed to a web site at which you will answer questions necessary to study the ND /patient relationship throughout the state. As well as gathering other information. There is a fee associated with this which will show up as an additional fee on your renewal. Currently that fee is \$2.00 annually.

LAW ENFORCEMENT DATA SYSTEM (LEDS) background checks. Random background checks using LEDS may begin with the 2016 renewal. It will not require fingerprints being done. You can read about this authority enacted with the 2009 Legislature, process, and purpose in ORS 685.195 and OAR 850-030-0020.

(Continued from page 2) P. Chapman, ND

The OBNM recognizes that principles of high-quality medical practice dictate that the people of the State of Oregon have access to appropriate, safe and effective pain management. The prevalence of inadequately treated chronic pain, coupled with abuse, misuse and illegal diversion of medications used in pain management, has resulted in a complex public health crisis. Improper use of any opioid can result in serious adverse effects including overdose and death. Over the last decade, there has been a parallel increase in opioid sales and an increase in morbidity and mortality associated with these drugs. Due to the complexities of treating people with chronic pain, the prescribing physician has many added responsibilities when deciding to treat people with opioid analgesic

medications in chronic non cancer pain patients. In contrast to prescribing opioid medication for acute pain, prescribing opioid medications long-term for chronic pain carries much greater risks to the patient, the community, and the prescribing physician. When opioids are used for chronic non-cancer pain, the prescriber needs to have a higher standard of patient assessment, reassessment, documentation, record keeping, and screening for risk of abuse.

One of the boards expert reviewers has summarized that the standard of care in using opioid medication is to:

- 1) Pre screen patients for risk of opioid abuse, multi-drug use and other risk factors that may complicate the prescribing of opioid medications.
- 2) Titrate dose of opioid medications safely and gradually to achieve pain control.
- 3) Monitor pain control, pain relief, and re-assess pain scale monthly.
- 4) Assess drug toxicity risks with periodic physical exams and blood chemistry.
- 5) Screen patients for compliance, multi-drug use, and illicit drug use with direct questioning and urine drug testing on a monthly basis.



(Continued from page 2) Sara Ohgushi, ND

* **how much we struggle with disciplinary action**, including exact CE to require, civil penalties that are consistent with previous cases, probation and other measures that we hope will ensure the doctor can keep practicing and provide appropriate care.

* **that since there are 5 ND members and 2 public members**, we have a range of experiences, leading to very lively discussions.

* **how much time it takes** to go through the CE applications to approve, or not.

With an ongoing need for quality members, if you have been licensed as an ND in Oregon for more than 5 years, consider serving your profession as an OBNM Board Member. Anne Walsh, our Executive Director, can let you know about upcoming openings. The goal for Board composition includes diversity in years in practice, gender, and distribution throughout the state of Oregon.

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Gregory W. Eckel, ND, LAc

larily in the area of scheduled drug prescribing. This is an issue across all fields of medicine for all prescribing providers, so not unique to us, though definitely an area with our modalities we could take a lead on the discussion and be in the forefront of the debate on how to best help people with acute and chronic pain.

Our continuing education hours have increased over the years to reflect the increased role our profession serves the needs of the people of Oregon. We have seen through time, that many of our doctors far

exceed the mandated hours of CE, they tend to be the thought leaders and experts in our community. I'd like to propose a challenge towards excellence in our field and continual learning to stay up to date with the ever evolving field of medicine. Yes, ours is rooted in clinical evidence and time tested methods, though our thought process as naturopathic physicians does lend itself to innovation and breakthroughs for the health of everyone on the planet. Become thought leaders and experts in our communities and help as many people as you can!

My oh my how time flies.....six years have come and gone, my service to

the people of Oregon and our lovely profession has come to an end (well at least on the board). Thank you all for being there and I look forward to what we can create together in this great state! In health,

Gregory W. Eckel, ND, LAc.





Oregon Board of Naturopathic Medicine
800 NE Oregon Street Suite 407
Portland OR 97232

Visit our website: oregon.gov/obnm



-- THIS IS YOUR REMINDER --

(Notice was emailed October 31, 2015)

**IT IS TIME TO RENEW
YOUR OREGON ND LICENSE**

Renewals are ready online at

www.oregon.gov/obnm

November 1, 2015