



HB 2143: Five-Needle Protocol (5NP)

Frequently Asked Questions



Responses are based on [HB 2143 \(2025\)](#) and [OMB 5NP rules](#). Additional questions may be submitted to elizabeth.ross@omb.oregon.gov for consideration.

Questions are organized in the following groups:

- 5NP Overview & Background
- Regulation & Rulemaking Process
- 5NP Technicians
- 5NP Treatments
- Informed Consent Form
- 5NP Continuing Education
- 5NP Training & Trainers

[5NP Overview & Background](#)

1. Why did the Oregon Medical Board (OMB) create five-needle protocol (5NP) regulations?

In June 2025, the Oregon Legislature passed House Bill 2143 (2025), and Governor Kotek signed the bill into law. This legislation allows individuals with specific training and OMB registration to provide 5NP treatments beginning March 1, 2026. The law also directs the Oregon Medical Board to establish comprehensive rules for training qualifications and safety standards, see full text of legislation [here](#) and OMB adopted [rules](#). The OMB's role is to implement the law that has already been enacted.

2. What is five-needle protocol (5NP)?

Under the new law in Oregon (HB 2143), 5NP is a standardized treatment protocol in which five points on the human outer ear are stimulated with sterile, single-use disposable needles, ear seeds, or ear beads for the purpose of achieving temporary relief from the symptoms of substance use disorder, mental health conditions or trauma. The five points are the shen men, sympathetic, liver, kidney and lung points on the human outer ear.

3. Where did 5NP originate from?

5NP emerged from an intersection of grassroots activism and community-driven healthcare innovation. In the 1970s, advocacy efforts demanded accessible drug detoxification services at Lincoln Hospital in South Bronx, NY. The protocol represents a unique fusion of ancient Eastern healing practices with modern healing social justice movements of the Black Panthers and Young Lords. These activists recognizing the failure of traditional medical systems to adequately serve marginalized populations struggling with addiction, collaborated with healthcare providers to develop what became known as acudetox which transformed a hospital detox program into a community-centered healing practice. This grassroots origin reflects the protocol's core values of accessibility, community empowerment, and culturally responsive care, establishing it as more than just a medical intervention but as a tool for social healing that



emerged from communities most affected by addiction and trauma. The protocol's evolution from this activist foundation to its current global application maintains its commitment to serving underserved populations and providing trauma-informed care that honors both individual healing and collective community wellness.

Regulation & Rulemaking Process

4. Who regulates 5NP in Oregon?

The Oregon Medical Board (OMB). Oregon-licensed acupuncturists and MD/DO physicians with appropriate training may provide 5NP treatments under their physician and acupuncture license, and the OMB regulates both professions. HB 2143 will allow an individual with specific training and OMB registration to provide 5NP treatments without a physician or acupuncture license beginning March 1, 2026. OMB will also regulate these 5NP technicians by establishing and enforcing rules, including qualifications, registration, standards, and disciplinary actions.

5. What process did the OMB use to create the 5NP rules and regulations?

In August and September 2025, the OMB formed a Workgroup of acupuncturists, physicians, and community members to gather input on draft rules and related materials.

5NP Rulemaking Timeline:

August-September 2025 – HB 2143 Workgroup meets

September 12, 2025 – Acupuncture Advisory Committee reviews the Workgroup's recommendations and makes recommendations to the Oregon Medical Board

October 2, 2025 – Oregon Medical Board reviews all recommendations

After October meeting – OMB files notice and public comment opens

November 24, 2025, 5PM – Public comment period ends

December 5, 2025 – Final review by the Acupuncture Advisory Committee

January 8, 2026 – Final review and adoption by the Board

January-March 2026 – OMB staff develop systems for program

March 1, 2026 – Rules become effective

6. How can I stay updated on 5NP implementation in Oregon?

Sign up for the OMB's acupuncture interested parties email list through [Subscriber Lists](#) to receive updates about the 5NP program.

7. Who can I contact for more information?

For questions about 5NP in Oregon, contact Elizabeth Ross at elizabeth.ross@omb.oregon.gov or visit the OMB's [5NP webpage](#).



5NP Technicians

8. Can anyone in Oregon provide a 5NP treatment?

Beginning March 1, 2026, individuals who complete required training, meet the qualifications, and register with the Oregon Medical Board (OMB) may provide 5NP treatments. Oregon-licensed acupuncturists and MD/DO physicians with appropriate training may already provide 5NP treatments and will not need to obtain a 5NP registration to continue providing this care within their practice.

9. What are the qualifications for a 5NP technician?

A 5NP technician must:

1. Be at least 18 years of age,
2. Successfully complete a 5NP training program as described in OMB rule, and
3. Have good moral character as those traits would relate to the applicant's ability to provide 5NP treatments. Substance use disorder in remission, mental health conditions, or other lived experiences alone are not a reflection of current moral character.

10. How does the OMB review good moral character to qualify as a 5NP technician?

All 5NP technician applicants must complete a national fingerprint-based background check. Criminal history is not an automatic disqualification for 5NP registration. The Board evaluates each applicant's background and experience and will consider additional information provided by the applicant. To be evidence of a lack of good moral character, the acts or conduct in question must be rationally connected to the applicant's ability to safely provide 5NP treatments. Substance use disorder in remission, mental health conditions, or other lived experiences alone are not a reflection of current moral character.

11a. What training is required to become a 5NP technician?

5NP technicians will be required to successfully complete a 5NP training program consisting of at least 30 didactic hours and 40 ears needed under supervision. In general, 5NP training offered by the National Acupuncture Detoxification Association (NADA) or People's Organization of Community Acupuncture (POCA) will meet the requirement.

11b. What if I took my 5NP training more than 10 years ago, can I still become a 5NP technician?

Yes. If you completed a 5NP training program more than ten years before the date of your application, you must demonstrate current competency through relevant courses or 5NP treatments. You do not need to retake a complete 5NP course, but you may provide documentation or an explanation of how you have kept current regarding 5NP treatments through either courses or providing treatments. On the 5NP technician application, if you enter a training date more than ten years ago, a text box will be provided for you to offer an explanation, and you may upload documents.



12. Would Battlefield Acupuncture (BFA) training meet the OMB's requirement?

No. BFA uses different acupuncture points than those required by Oregon law (HB 2143). BFA uses the cingulate gyrus, thalamus, omega 2, point zero, and shen men points, while the 5NP law requires the shen men, sympathetic, liver, kidney, and lung points. Additionally, BFA training is typically only a few hours, but OMB requires at least 30 hours of classroom instruction, supervised clinical practice needling 40 ears, and other elements listed in OAR 847-071-0040.

13. Do I need to be a licensed healthcare provider to apply for 5NP registration?

No. HB 2143 does not require a 5NP technician applicant to hold a related healthcare license.

14. Does a nurse, PA, or other licensed healthcare provider need to qualify and register as a 5NP technician to provide 5NP treatments?

Yes. These healthcare providers must register with the OMB before providing 5NP treatments. Typically, dual licenses or registrations are treated as separate practices. Providers should check with their state licensing board and employer/facility about procedures and requirements for providing care under multiple authorizations.

15. Can a 5NP technician diagnose?

No. 5NP technicians will not diagnose. The individual receiving a 5NP treatment will self-identify that they are seeking treatment for temporary relief from the symptoms of substance use disorder, mental health conditions, or trauma.

16. What standards must 5NP technicians follow?

The OMB adopted [OAR 847-071-0040](#) outlining 5NP regulations for sanitation standards and professionalism requirements. 5NP treatment must be used to provide temporary relief from symptoms of substance use disorder, mental health conditions, or trauma, and must utilize only the five designated ear points: shen men, sympathetic, liver, kidney, and lung.

Before providing a treatment, 5NP technicians must obtain [written consent](#) from the individual or their representative. This consent process requires technicians to clearly explain the treatment including needle placement, duration, and expected sensations, discuss potential risks and realistic treatment outcomes, and respect the individual's right to decline treatment or withdraw consent at any time.

The rule also establishes safety standards requiring 5NP technicians to use only sterile, single-use disposable needles, ear seeds, or ear beads, adhere to sanitation and hygiene protocols, meet community standards of care, and establish clear procedures for handling complications or adverse reactions. Finally, technicians must maintain professional boundaries with all individuals receiving 5NP treatments and protect their privacy and dignity. **Review [OAR 847-071-0040](#) for all regulations.**



17. Is there a registry of qualified 5NP technicians?

Yes. The OMB will maintain a public registry of qualified 5NP technicians starting in March 2026 that will be available online.

18. Do 5NP technicians have any reporting requirements?

As a person registered with the Oregon Medical Board, each 5NP technician will be responsible for the reporting requirements in [ORS 676.150](#), including arrests and convictions and prohibited or unprofessional conduct by healthcare providers.

19. Can a 5NP technician use the title “acupuncturist” or offer “acupuncture”?

No. A 5NP technician may not use the title “acupuncturist” or advertise or hold themselves out as being an acupuncturist or otherwise indicate they are authorized to practice acupuncture as defined in [ORS 677.757](#).

20. Where can I report a 5NP technician for unprofessional or other conduct?

Complaints about treatment provided or unprofessional conduct by 5NP technicians should be reported to the OMB. Information about filing a complaint is [available online](#).

5NP Treatments

21. What is a 5NP treatment?

The protocol works by stimulating five specific points in the outer ear that are believed to help restore balance and calm the nervous system by helping to reduce cravings, anxiety, and withdrawal symptoms while promoting relaxation and mental clarity.

22. What is the 5NP protocol designed for?

Based on Oregon HB 2143, a 5NP technician may only provide 5NP treatments for the purpose of achieving temporary relief from the symptoms of substance use disorder, mental health conditions or trauma.

23. What points can a 5NP technician needle or apply ear beads or ear seeds?

The five points are the shen men, sympathetic, liver, kidney and lung points on the human outer ear. A 5NP technician cannot use any other points.

24. What are the minimum safety elements of a 5NP treatment?

A 5NP technician must:

- Use only sterile, single-use disposable needles, ear seeds, or ear beads;
- Adhere to sanitation and hygiene protocols, including proper disposal of needles in a sharps container;
- Meet community standards of care, including trauma informed care;
- Establish clear procedures for handling complications or adverse reactions; and



- Set and maintain professional boundaries with all individuals receiving 5NP treatments and protect the individual's privacy and dignity.

25. What are community standards of care?

The degree of care, skill, and diligence that is used by ordinarily careful 5NP technicians in the same or similar circumstances in 5NP technician's community or a similar community.

26. Does HIPAA apply?

HIPAA (Health Insurance Portability and Accountability Act) may apply to 5NP treatments, but the specific application depends. In general, HIPAA applies to covered entities and business associates who conduct certain healthcare transactions electronically. It may not apply if treatment is provided in certain community or volunteer settings that don't meet covered entity criteria or if no protected health information is created, transmitted, or stored electronically. The Oregon Medical Board cannot provide legal advice, and one may need to seek legal advice regarding application of HIPAA and other federal or state laws. Information is available on the [U.S. Department of Health and Human Services webpage](#).

27. Where should I report adverse events?

Complaints about treatment provided by a 5NP technician should be reported to the OMB. Information about filing a complaint is [available online](#). Any adverse events that occur through no wrongdoing by the 5NP technician may be reported to People's Organization of Community Acupuncture (<https://acupunctureconsumersafety.net/>).

28. Can a 5NP treatment include electrical stimulation or electro-stimulation?

No. 5NP technicians may only use single-use disposable needles, ear seeds, or ear beads.

Informed Consent Form

29. Does a 5NP technician need to obtain an Informed Consent form every time?

Yes. A 5NP technician must obtain a signed and dated informed [consent form](#) prior to each treatment. Simply signing a name on a clipboard would not meet Oregon's consent documentation requirements for 5NP treatments.

30. Is the OMB's Informed Consent form required?

No. OMB recommends use of its [5NP Informed Consent Form](#). However, 5NP technicians may create their own form, including electronically generated forms, containing the same information contained on the OMB Informed Consent form.

31. Why does a 5NP technician need to obtain written Informed Consent prior to every treatment?

Informed consent is a fundamental requirement in healthcare to ensure a person understands what they're agreeing to receive. It respects a person's right to make informed decisions about



care they receive, even for standardized treatments. Informed consent must be in writing as it will be the only documentation of the 5NP treatment and may be used to resolve any concerns raised to the Oregon Medical Board.

32. How long does a 5NP technician need to retain Informed Consent forms?

A minimum of 3 years.

33. May an individual get a copy of their Informed Consent form?

Yes. A 5NP technician must provide a copy of an informed consent form to the individual who received treatment if requested.

5NP Continuing Education

34. Why do 5NP technicians need to take continuing education to renew their registration?

Continuing education provides an opportunity for 5NP technicians to refresh and strengthen their knowledge and competency, remain engaged with the educational standards, and promote a culture of continuous learning.

35. Why is the Oregon Health Authority pain education class relevant to 5NP technicians?

Pain is interconnected with the conditions 5NP treatment in Oregon may address (substance use disorder, mental health conditions, trauma). [OHA's pain education course](#) is free, accessible, and includes relevant content about acupuncture, cultural competency, and trauma-informed care.

5NP Training & Trainers

36. How do I know if a 5NP training program meets OMB requirements?

5NP training programs completed prior to 2026 may be substantially similar to meet the requirements described in the rule for a training program. In general, 5NP trainings completed with National Acupuncture Detoxification Association (NADA) or People's Organization of Community Acupuncture (POCA) will meet the OMB's requirements. A person may contact the OMB's licensing staff by email at licensing@omb.oregon.gov to inquire if a 5NP training program meets the OMB's rules.

37. Are there requirements to be a 5NP trainer?

Yes. A 5NP trainer will need to meet the requirements in OMB rule:

- Be an actively licensed Oregon acupuncturist or a physician licensed under ORS 677.100 to 677.133 who is in good standing with the Oregon Medical Board and has been practicing auricular acupuncture for a period of at least two years, or
- Be an active National Acupuncture Detoxification Association (NADA) Registered Trainer or People's Organization of Community Acupuncture (POCA) Auricular Acu-Technician (AAT) Trainer that holds an active 5NP technician registration with the OMB.



38. How do 5NP trainers request approval from OMB?

Before training 5NP technicians in Oregon, a person who meets the 5NP trainer requirements must request the ability to train 5NP technicians through their OMB [Applicant/Licensee Services](#) account (starting March 2, 2026). Once signed in look for the link.

After the 5NP program has operated in Oregon for more than two years, the OMB rules allow a person who has held an active 5NP technician registration for a minimum of two years, the ability to become a 5NP trainer, see OAR 847-071-0025(1)(b)(B).