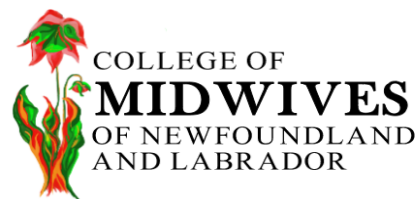


Standard:	Complementary and Alternative Therapies
Approved By:	CMNL
Date Approved:	February 2020
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Use of Complementary and Alternative Therapy Statement for Registered Midwives in Newfoundland and Labrador

The College of Midwives of Newfoundland and Labrador (CMNL) recognizes that complementary and alternative therapies such as homeopathy, herbology, aromatherapy, acupuncture, massage, osteopathy, chiropractic, reflexology, therapeutic touch, hypnotherapy, naturopathy hydrotherapy, traditional cultural practices and others may be used by individuals receiving midwifery care.

Complementary therapies may be used independently or in conjunction with other treatments. Some of these practices hold culturally rich and important traditions that may be preferred to standard western medical practices. They may be valued for their effect on the progress of pregnancy, labour and the postpartum period.

Registered Midwives should have a general awareness of common procedures and substances used in complementary and alternative therapies alongside the provincial regulations concerning their use. These therapies should be treated with the same caution as any other clinical intervention and they should be subject to the same rigorous evidence-based evaluation.

Registered Midwives should only recommend and give advice regarding and/or provide treatments in therapies that they are skilled and educationally trained for. Those who incorporate complementary therapies into the provision of midwifery care must provide comprehensive, accurate, timely and impartial evidence-based information to clients so that they may make informed choices. Midwives should clearly inform clients regarding their knowledge and qualifications in the use of complementary therapies and recommend alternate therapy specialists when applicable.