

International Research Consortium of Naturopathic Academic Clinics (IRCNAC)

ABOUT IRCNAC

The International Research Consortium of Naturopathic Academic Clinics (IRCNAC) is a collaboration of naturopathic educational institutions with common goals in supporting and advancing naturopathic research globally. The aim of the consortium is to bring together clinical sites in different countries and in so doing amplify the benefits of collaboration across institutional and geographical boundaries. The research consortium currently includes naturopathic academic clinics in four countries and across two world regions. The structure of the Consortium centres on a core mission to which all members subscribe, a clear scope of activity, and defined criteria for membership. The Consortium provides infrastructure which supports multicentre international study designs for the conduct of research projects focusing on naturopathy and naturopathic care.

MISSION

The purpose of the Consortium covers three core areas. Firstly, we are committed to advancing international research in the naturopathic profession. Alongside important advances such as the World Naturopathic Federation, the Consortium matches the growing strength in the international naturopathic community. As links between practitioner communities in different countries develop and strengthen, simultaneous links between researchers in these countries is not only advantageous but vital for advancement of the profession.

Secondly, we intend to support collaborative relationships between researchers affiliated with naturopathic academic clinics. Building on the important foundations of the International Naturopathy Leadership and Capacity Building Program this initiative will support the formation of relationships between naturopathic educational institutions in general, and naturopathic academic clinics in particular. The international naturopathic academic community will benefit from the increased collaboration and connection which is facilitated by the structure of the Consortium. In part the manifestation of this mission will also include leveraging the research strength within some naturopathic academic institutions to support and grow naturopathic research capacity and activity in other institutions less developed in research skills and infrastructure.

Lastly, but no less importantly, we commit to enabling the efficient conduct of international multicentre research projects through naturopathic academic clinics. The advantages of international research projects in naturopathy has already been described, as have the logistical challenges often faced by research teams looking to establish international multicentre trials. It is hoped that the Consortium will reduce the burden on researchers planning trials in more than one country.

LEAD RESEARCHERS

Dr Amie Steel (Office of Research, Endeavour College of Natural Health, Fortitude Valley, Queensland, Australia /Australian Research Centre in Complementary and Integrative Medicine, Faculty of Health, University of Technology Sydney, Ultimo, New South Wales, Australia)

Dr Joshua Goldenberg (Bastyr University, Kenmore, Washington, United States/Australian Research Centre in Complementary and Integrative Medicine, Faculty of Health, University of Technology Sydney, Ultimo, New South Wales, Australia)

Dr Kieran Cooley (Canadian College of Naturopathic Medicine, Toronto, Ontario, Canada/Australian Research Centre in Complementary and Integrative Medicine, Faculty of Health, University of Technology Sydney, Ultimo, New South Wales, Australia)

PARTICIPATING INSTITUTIONS

Consortium member	Clinic	Location	Number of patient visits*
Endeavour College of Natural Health	Wellnation Clinic	Adelaide, South Australia, Australia	4500
		Brisbane, Queensland, Australia	
		Gold Coast, Queensland, Australia	
		Melbourne, Victoria, Australia	
		Perth, Western Australia, Australia	
Bastyr University	The Bastyr Center for Natural Health	Seattle, Washington, USA	43,000
		San Diego, California, USA	
The Canadian College of Naturopathic Medicine	Robert Schad Naturopathic Clinic	Toronto, Ontario, Canada	35,000
Wellpark College of Natural Therapies	Prema Clinic	Albany, Auckland, New Zealand	300
South Pacific College of Natural Medicine	Paua Clinic	Ellerslie, Auckland, New Zealand	600
Southern School of Natural Therapies & Australasian College of Natural Therapies	Think Wellbeing Centre	Fitzroy, Victoria, Australia	2000
		Pymont, New South Wales, Australia	
		Brisbane, Queensland, Australia	
Southwest College of Naturopathic Medicine and Health Sciences	SCNM Medical Center	Tempe, Arizona, USA	16,000
National University of Natural Medicine	NUNM Health Centers	Portland, Oregon, USA	12,500

*Estimated number of patient visits for the naturopathic academic clinic in one calendar year

LINK TO PUBLICATIONS

Steel A, Goldenberg J, Cooley K (2017) '*Establishing an international research collaborative for naturopathy: The International Research Consortium of Naturopathic Academic Clinics (IRCNAC)*'. *Advances in Integrative Medicine*. <https://doi.org/10.1016/j.aimed.2017.10.003>

RESEARCH PROJECTS

'Naturopathic Approaches to Irritable Bowel Syndrome: Protocol for a Prospective Observational Study in Academic Teaching Clinics'

Lead Investigator: Dr Joshua Goldenberg (*Bastyr University, Kenmore, Washington, United States*)

Co-investigators: Dr Kieran Cooley (*Canadian College of Naturopathic Medicine, Toronto, Ontario, Canada*); Dr Amie Steel (*Office of Research, Endeavour College of Natural Health, Fortitude Valley, Queensland, Australia*); Dr Andrew Day (*Bastyr University, Kenmore, WA, USA*); Dr Catherine Yap (*Bastyr University, Kenmore, WA, USA*); Dr Ryan Bradley (*National University of Natural Medicine, Portland, OR, USA*)

Description:

This project aims to describe naturopathic approaches to IBS as well as establish pilot data on before and after changes in validated IBS instruments. The study will employ a multi-centered, international, prospective, observational, naturalistic design. The uncontrolled before-and-after study will examine the outcomes associated with individualised, whole system naturopathic care as determined by each provider. Adult patients diagnosed with IBS and presenting to a participating naturopathic academic teaching clinic will be recruited to the study. Participants' IBS symptoms will be measured using validated instruments (IBS-SSS and IBS-AR). Quality of life will be measured by the PROMIS - 29. Adverse events will be tracked, as will treatment descriptions. The primary outcomes will be before and after differences using week 12 as the primary endpoint.