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Occupational profile

Federally qualified naturopathic practitioner for ... (branch of study)

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Short overview

<p>1. Area of work</p>	<p>Naturopathic Practitioners are healthcare professionals who diagnose, relieve and heal illnesses making use of the appropriate therapies from their specialist area. They autonomously treat, advise, attend and support people with acute or chronic health disorders on the basis of alternative medical treatment concepts.</p> <ul style="list-style-type: none"> - the majority works independently in its own practice or joint practices, - are employed in clinics, outpatient clinics, specialist centres or rehabilitation centres, - work within the framework of occupational healthcare and prevention programmes.
<p>2. Basic principles of the profession</p>	<p>The common goals of alternative medicine are the activation and strengthening of self-regulatory mechanisms, guiding the recovery process towards a natural healing course and strengthening the resources and health literacy of the patient. Alternative medicine (AM) treatment takes place within the scope of a respective field of study that represents its own complete system according to AM principles.</p>
<p>3. Exercise of profession</p>	<p>Naturopathic Practitioners are capable of:</p> <ul style="list-style-type: none"> - recognising and treating a patient's health disorders individually based on complete systems of alternative medicine, - carrying out a conventional medical evaluation to ensure that it is possible to work effectively with alternative medical therapies without any health risks and that patients can be competently managed through the various phases of their illness, - designing therapeutically-effective communication and relationship processes, - practising comprehensive and sustainable disease prevention, - working as part of a network and in a team, - handling occupationally relevant knowledge and information, - operating their business in a professional way and employing quality management, - behaving in a way that is professional and promotes the profession and observing ethical principles.
<p>4. Contribution to healthcare provision and the community</p>	<p>Naturopathic Practitioners offer alternative treatment options for health disorders. This offer is being increasingly utilised by the community and is making a contribution towards sustainably improving health, self-responsibility and health literacy.</p>



1 Area of work

1.1 Professional title

Federally qualified naturopathic practitioner for ... branch of study

1.2 Fields of work

Naturopathic Practitioners primarily work independently and autonomously but also as a member of an interdisciplinary team in individual sessions with the patient (and, if applicable, with their support persons)

- in their own practice,
- in joint practices.

It can be expected that greater numbers will work as healthcare employees in the future

- in medical healthcare centres (e.g. managed care organisations),
- in healthcare institutions (clinics, hospitals, outpatient clinics, specialist centres, rehabilitation centres),
- in the areas of occupational healthcare provision and health promotion.

1.3 Clientele, target groups

Care and treatment by a Naturopathic Practitioner is chosen by people of all ages, i.e.:

- with acute or chronic diseases, disorders of health and well-being,
- with somatic and psychosomatic complaints,
- with diseases and impairments that have been diagnosed using conventional medicine but are resistant to therapy,
- with repeatedly occurring illnesses,
- with functional disorders and unclear symptoms that have not yet been able to be attributed to a medical diagnosis,
- for rehabilitation following illnesses, accidents or operations,
- for palliative care for incurable illnesses,
- for promoting development in infants, children and young people.



The services offered by Naturopathic Practitioners are chosen by people with different expectations. It is possible to broadly differentiate between the following two patient groups:

- patients who choose alternative medicine as a complementary medical therapy in addition to ongoing conventional medical care and therapy; or
- patients who choose alternative medicine as an **alternative** medical therapy to conventional medical care and therapy. They expect a **comprehensive diagnosis and treatment using alternative medicine** including a medical assessment to ensure that it is possible to work effectively with the available medical therapies without any health risks. Moreover, they place their trust in appropriate patient management that guarantees they will be referred to medical specialists in the case of conditions that lie outside the Naturopathic Practitioner's area of expertise or serious medical situations.

2 Basic principles of the profession

2.1 Basic principles of alternative medicine¹

A Naturopathic Practitioner's actions are based on the following basic understanding. This understanding expresses the fact that the focus of attention of alternative medicine thought and action favours, however not exclusively, the healing processes (in the sense of salutogenesis).

The image of mankind is based on the aspects of...

- *Unity of body, mind and spirit:* A person is understood as a holistic being. The general guidance framework for therapeutic action is based on a biopsychosocial model, which incorporates the human ability for (self) development.
- *Uniqueness and individuality:* Every person has a unique personality and organism and consequently every occurrence of disease or experience of disease is always individual.
- *People and the environment:* People are a part of nature and embedded in a social and ecological environment. They continuously exert an influence on their environment and in turn are influenced by it. Interactions, influences and relationships such as these are taken into account in an appropriate manner.

The understanding of health and disease includes...

¹ Extract from "Grundlagen der Alternativmedizin 110826" (basic principles of alternative medicine)



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- *Self-regulating mechanisms:* Alternative medicine focuses on autonomous and active regulating processes, which regulate and control people's individual health and ability to adapt.
- *Individuality and subjectivity:* Alternative medicine is orientated on the individual aspects of each patient and his/her individual experience of disease.
- *Heterostasis/salutogenesis:* Human life is suspended between the conflicting tensions of lifestyle and life adaptation. Health and disease are not static conditions but rather continuous dynamic processes which flow seamlessly into one another in the sense of a continuum. Alternative medicine treatments do not strive to restore the original condition before the outbreak of the disease, but rather attempt to help create a new, best-case healthier condition.

The understanding of therapeutic process refers to...

- *Complete system:* The basis of all work and thought processes is the self-image of each specialist field, which defines the procedure for the individualised diagnosis, differential diagnosis and therapy measures according to a complete system of alternative medicine.
- *Strengthening the self-regulatory processes:* The therapeutic endeavour seeks to facilitate the patient's inherent, physiological, self-regulatory mechanism and promote the corresponding healing processes.
- *Resource orientation:* Alternative medicine promotes and supports the maintaining of good health and the healing capabilities and possibilities inherent in every patient.
- *Holistic approach:* Each person expresses their disease condition through individual physical, psychological and social symptoms. This individual expression overall forms the basis and the reference of an alternative medicine diagnosis and therapy across the range of specialist fields. The treatment of the whole person with the autonomous healing mechanism is central and the strength of alternative medical actions.
- *Sustainability and prevention:* The goal of alternative medical treatments is not just to restore health but to harmonise and strengthen the organism overall. Successfully healed diseases leave behind experiences at a range of levels and are thus able to contribute to more stable health in the future.
- *Relationship processes:* Therapy is always also a direct encounter between individuals who mutually influence one another. In the process, a range of resonances and interactions arise at different levels. In alternative medicine, the positive influence of the therapeutic process is promoted through the conscious arrangement of these interactions.



2.2 Specialist fields

The profession of Naturopathic Practitioner currently comprises four different specialist fields.

- Ayurveda medicine
- Homeopathy
- Traditional Chinese Medicine (TCM)
- Traditional European Naturopathy (TEN)

Each of these specialist fields comprises its own complete system of alternative medicine.

The occupational profile of professional skills and activities differs accordingly depending on each specific specialist method in the treatment area A – “Alternative medical treatments” (cf. 3.1).

Ayurveda medicine

Ayurveda – the science of long life – is a health concept originating from South Asia and dating back thousands of years.

In Ayurveda, inner harmony and the balance of all energy residing in the body is the basis for a fulfilled and healthy life. The harmonious interplay of the bioenergetic principles (Vata, Pitta, Kapha) is promoted and thus contributes to well-being and overcoming illnesses. The practical application of Ayurveda promotes healthy and balanced development of all aspects of life, making it possible for healing and disease prevention to take place. It also includes spirituality as an important prerequisite for perfect health.

The holistically orientated diagnostic flows throughout a range of Ayurveda-based treatment approaches:

herbalism, purification and detoxification therapies, nutritional regulation, massage therapies and manual therapies, harmonisation methods.

As opposed to Ayurveda therapy (within the scope of an occupational profile of complementary therapy), in Ayurveda medicine, a complete Ayurveda medical diagnosis, including pulse diagnosis is carried out; Ayurveda medicines are prescribed and invasive treatment methods are also employed. Moreover there are no restrictions on treatment of functional conditions of disease. External treatments are now often delegated to complementary therapists who practice Ayurveda therapy.



Homeopathy

Homeopathy is a self-contained and independent holistic healing method, with a 200-year-old history. It makes use of individual medical substances utilised according to fixed rules.

The central pillars of the homeopathic healing system are – “the life force as the causal life principle”, “the law of similars”, “the testing of medical substances on healthy people” and the “homeopathic potentisation of medical substances”.

Homeopathy is especially characterised by the law of similars, which prescribes that an illness must be treated by a substance that produces similar symptoms in healthy individuals to those of the diseases they treat. Homeopathy makes use of a detailed medical history (anamnesis), according to its principles, to determine the condition of health of the patient and taking into consideration the pathological findings. Patients are treated with individual potentised homeopathic medicines originating from the natural realms of plants, animals or minerals.

Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine was founded 2300 years ago and has been continuously further developed since then.

The central basic concepts of Chinese medicine are the yin and yang theory, the theory of the five transformation phases and the three jewels, JING (essence), QI (energy) and SHEN (spirit). Patterns of disease or disharmony in patients are diagnosed and differentiated in TCM taking these basic concepts into consideration. Consequently therapy is not carried out for diseases but always for individual patterns of disharmony.

Included in TCM methods are acupuncture and moxibustion, which influence bodily function in a targeted way through specific points on the surface of the body; medicine therapy consisting of plant, mineral and animal substances; dietetics; nutrition according to the “five elements”; Tui Na massage and Qi Gong, both of which strive to bring the Qi force back into balance or respectively to harmonise it.

Traditional European Naturopathy (TEN)

Traditional European Naturopathy (TEN) is a natural, empirical healing system historically developed over a period of more than 2500 years.

The most well-known part of the theoretical concept is based on the beliefs of Greek antiquity. The four “elements” were (and are) viewed as dynamic process phases of a whole – the holon – which encompasses mankind in exactly the same way as it does the living environment. Humoral



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pathology developed from this and is based on the active principle of four fluids, which, depending on the balance and “purity”, can result in health (eucrasia) or illness (dyscrasia).

More recent parts of TEN originated from folk medicine, e.g. from Hildegard von Bingen, Paracelsus, Sebastian Kneipp, Johan Schroth, Wilhelm Heinrich Schüßler and Alfred Pischinger. Scientists from the fields of natural science and social science are today examining the concepts and methods of TEN for their efficiency and consistency and correspondingly further developing them.

The objective of all TEN interventions is ultimately to restore the whole of the person to their adaptive and self-healing capabilities. A high value is placed on “dietetics” in counselling on the “art of living”. This is intended to dispel harmful habits and life circumstances as far as possible.

Above all “natural” means are used in therapy, such as physical therapies, adjustments to nutrition and exercise therapies combined with so-called detoxification therapies and various manual therapies. Herbal medicines in a variety of preparations and administrations are a central pillar of the therapy.

Also modern therapy approaches supported by technology are used as a complement to traditional therapies, such as, biophysical information therapy (bioresonance), bioenergetics and magnetic field therapy.

3 Exercise of profession

3.1 Areas of activities

The areas of activities identify and describe the most important fields of activity, tasks and roles of the Naturopathic Practitioner relevant both for working in the profession and for the course of study and examinations. Together they yield a well-rounded and complete picture of the work situation, skills and responsibilities of the profession of alternative medicine and in themselves are coherent and consistent.

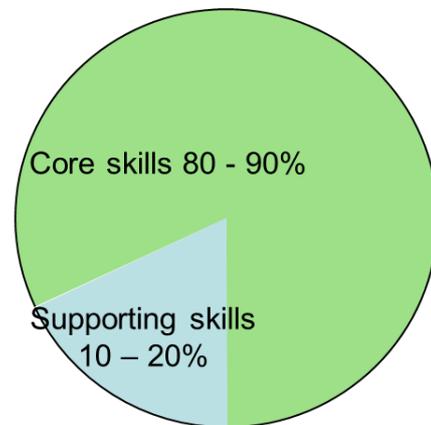
The areas of activities are ...

A. Alternative medicine activities



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- B. Develop relationships relevant to therapy
- C. Promote and support good health
- D. Learn and teach
- E. Behave in a professional manner
- F. Work as part of a network and in a team
- G. Lead and manage a business



The areas A and B form the core skills of the profile and are related to the primary therapeutic activities within the scope of the complete system of alternative medicine. They reflect the main activities of a Naturopathic Practitioner.

The areas C to G describe the supplementary skills of Naturopathic Practitioners, who principally autonomously care for their patients, continuously further develop themselves professionally and personally, are well networked in the healthcare services and who provide a contribution to the health of the community.

Naturopathic Practitioners are capable of integrating their skills in all areas into their occupation.



3.2 Overview of skills

		Area of activity	Professional decision-making skills and responsibility		
			1	2	3
Core skills	A	Alternative medicine activities	Develop therapy processes by means of a complete alternative system	Care for patients throughout a range of different phases of a disease according to the principles of alternative medicine	Strengthen the resources of the patient and promote health literacy
	B	Develop relationships relevant to therapy	Develop relationships individually according to the patient and his/her support persons	Develop a relationship with specialists to ensure patient management according to the principles of alternative medicine	
Supplementary skills	C	Promote and support good health	Preserve their own health and balance	Actively engage in promoting the health of society	
	D	Learn and teach	Continue to professionally develop	Continue to personally develop	Procure, evaluate and use information and impart this knowledge further
	E	Behave in a professional manner	Act according to high work ethics and represent the occupation professionally		
	F	Work as part of a network and in a team	Work as a specialist in a team	Develop a specialist network	
	G	Lead and manage a business	Manage the practice	Secure and develop the quality of their work	

3.3 Core skills

A. Alternative medicine activities

Naturopathic Practitioners are specialists in the healthcare services who treat, advise, care for and support people's health disorders on the basis of an alternative medical treatment system. In the process, they evaluate the general physical condition of the patient as far as possible, also medically.

A1 Design therapy processes by means of a complete system of alternative medicine	Naturopathic Practitioners work on the basis of a complete system of qualified alternative medicine to heal or relieve illnesses and increase good health. They appraise individual findings and initiate therapeutic measures for the initialisation and control of the corresponding recovery process.
A2 Care for patients throughout different phases of a disease according to the principles of alternative medicine	Naturopathic Practitioners carry out a conventional medical evaluation to ensure that it is possible to effectively work with alternative medical therapies without any health risks. They treat patients in both acute and chronic conditions of illness and care for and accompany them through different phases of illness and health. They evaluate the existing experience of disease from their own perspective, making use of their own skills and responsibilities and refer the patients on to physicians or other specialists for any necessary further assessments, therapies or measures.
A3	Naturopathic Practitioners work with the existing capabili-



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Strengthen the resources of the patient and promote health literacy	ties, resources and coping strategies individual to the patient and promote health literacy in addition to the strengthening of resources achieved through alternative medical therapies. They advise the patients in a holistic manner on questions related to health; improve health-related behaviour and are actively engaged in salutogenesis and disease prevention.
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B. Develop relationships relevant to therapy

Naturopathic Practitioners form a relationship with the patient, as well as with their personal and specialist support persons. They use their relationship skills as the basis for their alternative medicine work and the patient-related communication and cooperation processes. They are aware that good relationships represent a significant part of the success of the therapy.

B1 Develop relationships individually according to the patient and their support persons	Naturopathic Practitioners promote and support therapeutic work and patient care with appropriately developed communication and relationship processes.
B2 Develop a relationship with specialists to ensure patient management according to the principles of alternative medicine	Naturopathic Practitioners work effectively together with physicians, colleagues, healthcare specialists and other professional groups to provide optimal care, consultation and health provision for the patient. In agreement with the patient, they coordinate and organise external measures, correspondingly support the patient and represent the patient's interests.

3.4 Supporting skills

C. Promote and support good health

Naturopathic Practitioners uses their alternative medicine knowledge and ideas responsibly to attain, maintain and care for the health of the patient and the community. They are capable of maintaining and promoting their own health.

C1 Preserve their own health and balance	Naturopathic Practitioners are aware of the special challenges associated with the profession and can cope well with stress. They are able to recognise physical and psychological overstrain and act accordingly.
C2 Actively engage in promoting the health of society	Naturopathic Practitioners are actively engaged in general health promotion. They organise their own activities or support those of others to promote awareness of health issues in society from their professional perspective.



D. Learn and teach

Naturopathic Practitioners display a continuous engagement with reflective learning and broadening of their knowledge and skill set. They can autonomously procure, evaluate and adequately distribute information within the scope of their work.

D1 Continue to develop professionally	Naturopathic Practitioners act according to the current professional standard of knowledge. They reflect on their own vocational activity and continuously expand on and refine their own knowledge, skill-set and attitudes.
D2 Continue to develop personally	Naturopathic Practitioners reflect on their personal status of development. They organise continuous personal development in association with their occupational activities.
D3 Procure, evaluate, use information and further impart knowledge	Naturopathic Practitioners independently procure the information that is necessary for their work in a targeted manner. They evaluate this and use it for their own work. They impart the knowledge and experience of their profession to their patients and the community in an appropriate form.

E. Behave in a professional manner

Naturopathic Practitioners see themselves as professionals and display a professional manner and an ethical attitude, both in their therapeutic activities, as well as in their professional environment.

E1 Act according to high work ethics and represent the occupation professionally	Naturopathic Practitioners are obliged to conduct their professional activities according to the occupation's code of professional ethics. They conform to the legal framework of vocational activity. They work in a professionally competent manner, respect professional and personal boundaries, and contribute to the public's positive perception of the profession.
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F. Work as part of a network and in a team

Naturopathic Practitioners are well networked in the healthcare services and work in teams, projects and networks in a way that is constructive and solution-orientated. They are characterised by team skills and a responsible behaviour within teams to promote the provision of healthcare for the patient.

F1	Naturopathic Practitioners can work in group practices, in
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Work as a specialist in a team	interdisciplinary teams, as well as projects and networks in health, social and educational systems.
F2 Develop a specialist network	Naturopathic Practitioners develop an interdisciplinary network. They cooperate with specialist personnel and organisations within their own and other professional groups, and maintain a professional exchange of information.

G. Lead and manage a business

Naturopathic Practitioners manage their own practice according to business principles. They manage the available resources and ensure top-quality work for the benefit and security of the patient.

G1 Manage the practice	Naturopathic Practitioners manage the practice according to sustainable economic and ecological principles. They ensure operational procedure and administration. They document their own therapeutic activities. They set up and maintain the infrastructure.
G2 Secure and develop the quality of their work	Naturopathic Practitioners regularly check the quality of their own professional work and implement measures for targeted quality assurance and development.

4 Contribution to healthcare and the community

4.1 Contribution to healthcare provision

- **Holistic therapy approach:** Naturopathic Practitioners diagnose and treat health disorders with a holistic alternative medicine system that consciously places the patient relationship in the forefront and appropriately takes the individual interrelationship of body-soul-spirit and the environment into consideration during the therapy process.
- **Prevention and sustainability:** The range of services offered by Naturopathic Practitioners supports the self-regulatory and self-healing mechanisms of the **patient**, leads to a strengthening of the body's own functioning and resources, and promotes health awareness and self-responsibility. Combined with increased health literacy, the respective therapies have sustainable and preventative effects.



- **Wide target groups:** People with health disorders of different origins can be treated by Naturopathic Practitioners as a complement or alternative to conventional medical care, employing methods that are low in side effects, economical and that only use a minimum of technical equipment.
- **Expansion of the therapy offer:** With their additional alternative medicine diagnoses and treatment methods, Naturopathic Practitioners are in the position of being able to expand the possibility of effective community healthcare. Naturopathic Practitioners are also consulted by their patients as an initial contact point. Alternative medicine treatments are more often made use of as a final option in the case of therapy-resistant or chronic cases of illness.

4.2 Contribution to the community

- **Fulfilment of demand:** The range of services offered by Naturopathic Practitioners is a part of healthcare provision for broad sections of the community. This care is a useful and indispensable part of the Swiss health services.
- **Professional skills and patient safety:** The regulation of the profession through a Swiss federal diploma ensures the Naturopathic Practitioner has good professional and specialist skills. It standardises care of the population, using alternative medicine services to a high quality and the basic knowledge of medicine ensures reputable health protection for the patient.
- **Cost saving:** The services offered by Naturopathic Practitioners are covered by a supplemental insurance or by self-payment and therefore do not place a burden on the mandatory health insurance (basic insurance).
- **Freedom of therapy choice:** The additional alternative medical care provides greater freedom of therapy choice and makes it possible for health services to offer broader support or extend it with new approaches to health education.
- **Maintaining and further developing traditions and culture:** Naturopathic Practitioners protect and preserve traditional healing cultures and traditional healing knowledge. At the same time they continue to develop in the light of new information.
- **More simplified execution of practice:** The regulating of the profession through the Swiss federal diploma simplifies and improves the implementation of Swiss federal and cantonal laws.



4.3 Role within the public healthcare sector

- The profession of Naturopathic Practitioner for ... (specialist field) is a Swiss federally recognised profession, which has taken on the role of a reliable and supplementary service to the existing service offers within the health service sector.
- **Qualification:** As officially qualified health professionals, Naturopathic Practitioners are an indispensable component of healthcare services.
- **Initial point of contact and clientele:** For their patients, Naturopathic Practitioners serve as an initial point of contact. Their alternative medicine care and consultation function allow them to cover a section of community healthcare.
- **Networks:** Naturopathic Practitioners work in healthcare networks and cooperate with other healthcare specialists.
- **Fields of work:** The positioning differs according to the activities within the fields of work (such as outpatient clinics, clinics, HMO organisations, individual practices or rehabilitation institutions).
- **Level of training:** Naturopathic Practitioners are autonomous business people who possess the corresponding professional business skills. They act in complex and challenging professional situations. The training, or respectively the qualification, is assessed by means of a higher qualifying exam (HFP) at the tertiary level B.
- **Costs:** Naturopathic Practitioners invoice their services through supplemental insurance or by self-payment.

Relationships to conventional medical professions

- **Cooperation:** Naturopathic Practitioners utilise opportunities for cooperation and synergy through their health network for the benefit of their patients. They take into consideration existing conventional medicine explanations, diagnoses and measures, as well as the cooperation with physicians when making their own alternative medicine assessments and decisions.
- **Autonomy:** Naturopathic Practitioners diagnose and treat health disorders by means of autonomous, holistic therapy systems, which take into consideration individual, constitutional factors, aspects and expressions during diagnosis, including the treatment methods based on these.



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- **Complementarity:** Naturopathic Practitioners focus their attention on the holistic inter-connections of a disease when carrying out their work. Their respective diagnostic and therapeutic approaches are based on independent alternative medicine beliefs related to life and health processes. The main focus is directed towards the patient's individual autoprotective and salutogenic potential. These perspectives, with their intensive relationship processes combined with the diversity of methods and sustainability through a stronger self-healing capability, are complementary to orthodox healthcare.
- **Boundaries:** Naturopathic Practitioners take into account the boundaries of their alternative medicine work and therapy efforts as well as their skills, according to the complexities and difficulty of the case. They are not trained to take on primary emergency care, conventional primary healthcare, surgical, gynaecological or obstetrical procedures or the treatment of serious infections or sexually transmitted diseases. They take into consideration conventional medical case management and its consequences; they support these and independently and promptly refer patients who require or desire further explanations or therapies to a physician or other appropriate specialists.

Boundaries to complementary therapy and folk therapy

- **Complete system:** Naturopathic Practitioners work within specialist fields that represent complete systems of comprehensive alternative medicine, include diagnoses and therapy concepts and have long traditions and practical knowledge. Alongside the direct therapeutic interventions, lifestyle, in its broadest sense, is also taken into account.
- **Broad spectrum of activity:** The specialist fields of alternative medicine possess a broad spectrum of activity. The therapies achieve direct effects on the organism at a range of levels, meaning they may be successfully used to treat disorders of the whole system as well as disorders of organ systems or individual organs.
- **Initial point of contact:** Naturopathic Practitioners also serve as an initial contact point for their patients. They can carry out a conventional medical assessment and, in addition to chronic states of illness, they can also use their therapies to effectively treat and care for acute states of illness.
- **Invasive medical methods:** The specialist fields of alternative medicine also include individual procedures which, with their skin-damaging techniques, can be counted amongst the invasive methods.
- **Pharmacological-based therapies:** All specialist fields of alternative medicine make use of complementary medical pharmaceutical products.



4.4 Role within the educational system

The qualification process for the corresponding national diploma is a Swiss federal higher qualifying exam (HFP) at the tertiary level B.

Sources

BFA: *Bedarfsnachweis nichtärztliche Komplementär- und Alternativmedizin* (demonstration of need for non-physician medicine and alternative medicine).

BFA: *Grundlagen der Alternativmedizin* (basic principles of alternative medicine).



Annex: Decision-making skills and responsibility

A. Alternative medicine treatments

A1

Design therapy processes by means of an alternative medicine overall system

Naturopathic Practitioners work on the basis of a complete system of qualified alternative medicine to heal or relieve illnesses and increase good health. They appraise individual findings and initiate therapeutic measures for the initialisation and control of the corresponding recovery process.

Naturopathic Practitioners

- conduct and develop an individual diagnosis; in the process they gather comprehensive information by means of alternative medicine diagnostic procedures such as physical examinations, questioning and observing by actively including the patient and their support persons; during the diagnosis they ascertain information relevant to all somatic and psychosomatic perspectives in alternative medicine.
- analyse, interpret and classify the results continuously on the basis of alternative medicine understandings and document all information accordingly; create an individual diagnosis based on the complete system and initiate relevant therapy objectives and therapy procedures from them; develop and plan the necessary therapy steps in agreement with the patient.
- implement therapy measures to initiate and manage the healing processes and improve health on the basis of the learned complete system; carry out the treatment with the agreement and required orientation of the patient, and continuously monitor the status of the treatment phases in a professional, safe and resource-friendly manner; utilise appropriate therapy methods and non-prescription complementary medicinal products



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(OTC medicines)² or prescribe these to the patient along with the necessary instructions on administration.

- evaluate the information obtained in respect of its completeness, relevance and significance; continuously observe changes in how the patient feels, evaluate the type of changes regarding the efficacy and efficiency of the therapy objectives and carry out the required adjustments and changes to the therapy measures.

A2

Care for patients throughout different phases of a disease according to the principles of alternative medicine

Naturopathic Practitioners carry out a conventional medical evaluation to ensure that it is possible to effectively work with alternative medical therapies without any health risks. They treat patients in both acute and chronic conditions of illness and care for and accompany them through different phases of illness and health. They evaluate the existing experience of disease also from their own perspective, making use of their own skills and responsibilities and refer the patients on to physicians or other specialists for any necessary further assessments, therapies or treatments.

Naturopathic Practitioners

- collect information relevant to the health or disease situation of the patient and explain the current medical care situation to the patient.
- undertake a conventional medical assessment, thereby integrating the clinical history and any existing information and diagnoses; evaluate whether the situation is acute or chronic, medically stable or unstable and integrate this knowledge into a corresponding working diagnosis; check their own responsibility according to their personal limitations and own alternative medicine skills to tackle the complexity and difficulty of the case; recognise the indications for a developing or already manifest psychic or physical emergency; evaluate the current level of care required and decide which treatment processes should be carried out autonomously and which should be carried out in cooperation with physicians or other medical specialists.
- if necessary, substantiate their own assessment by means of appropriate diagnostic techniques, which they carry out themselves; initiate the corresponding alternative med-

² non-prescription medicines according to the Swiss law on pharmaceutical and medicinal products (*Heilmittelgesetz* (SR 812.21))



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icine measures for the purposes of treatment; recognise the indications for further conventional medical explanations or interventions, and prescribe the subsequent referral; care for and accompany the patient according to alternative medicine principles independently or in cooperation with other medical specialists through a range of stages and courses of their disease and recovery; act in emergency situations or initiate action in serious cases adequately and implement the necessary measures in a professional manner.

- continuously check the effect of previous actions on the overall condition of the patient; discuss the resulting consequences of the therapy measures, therapy objectives, prognosis and risks appropriately with the patient, and evaluate the appropriateness of their own offered course of treatment.

A3

Strengthen the resources of the patient and promote health literacy

Naturopathic Practitioners work with the existing capabilities, resources and coping strategies individual to the patient, and also promote health literacy in addition to the strengthening of resources achieved through alternative medical therapies. They advise the patients in a holistic manner on questions of health; improve the health-related behaviour and are actively engaged in salutogenesis and disease prevention.

Naturopathic Practitioners

- in discussions with the patient, reflect on their patient's lifestyle and look at aspects relevant to the illness and determine the relationship between the individual disease and lifestyle; question the patient's own options and resources for salutogenesis and prevention of disease in a targeted manner.
- evaluate the relevance of the existing information in relation to the origins or development of the illness; outline the possible relationship between lifestyle and aspects of the illness in an understandable manner; when setting therapy goals, they take into account relevant information and alternative medical therapy measures; determine the information requirements for follow-up consultation.
- together with the patient, they work through measures to improve health behaviour (comprehensive dietetics) and disease prevention; advise the patient on all health issues and determine relevant information for strengthening health literacy.



- check the implementation and effectiveness of jointly agreed measures and provide advice.

B. Develop relationships relevant to therapy

B1

Form relationships individually according to the patient and their support persons

Naturopathic Practitioners promote and support therapeutic work and patient care with appropriately-developed communication and relationship processes.

Naturopathic Practitioners

- consider the patient on all levels during the diagnosis; clarify the role of the support persons (family, professional and social environment) and in the process observe relevant aspects such as autonomy and patient responsibility.
- understand the aspects of communication and relationship that arise during the treatment and their underlying conditions, attitudes and requirements, adapt accordingly in order to communicate systematically and as required according to the given situation.
- form a relationship that is respectful, open and trusting; utilise language and communication style as a means of therapy, and integrate general and specialist specific requirements in order to ensure the necessary therapy-relevant communication process in a targeted way: include support persons on a case-relevant basis, advise them, thus making it possible for them to provide useful care and observation in daily life.
- continuously check and monitor the communication and relationship aspects and act constructively in the case of conflicts.

B2

Form a relationship with specialists to ensure patient management according to the principles of alternative medicine



Occupational profile of a Naturopathic Practitioner

Naturopathic Practitioners work effectively together with physicians, colleagues, healthcare specialists and other professional groups to provide optimal care, consultation and health provision for the patient. In agreement with the patient, they coordinate and organise external measures, correspondingly support the patient and represent the interests of the patient.

Naturopathic Practitioners

- determine the expectations and desires of the patient on the care, advice and management of each case of illness; gather, with the respective agreement of the patient required, information and second opinions of other specialists.
- together with the patient, plan further therapeutic or preventative measures; offer sensible suggestions and pay attention to the greatest possible autonomy and safety of the patient; observe the limitations of their own actions and place a realistic value on external responsibilities or options.
- work on a case-by-case basis together with physicians and other specialists in health, education, social and insurance institutions: coordinate and organise external measures when taking over the care of the patient according to principles of alternative medicine; exchange appropriate information thereby using appropriate terminology in agreement with the patient and observing the obligation to exercise discretion; compose reports in understandable and professionally-correct language for other specialists in healthcare services; represent the patient's interests towards relatives, other professional groups, institutions and authorities within the scope of the therapeutic case.
- recognise conflict situations or conflicting interests, reflect on their own role and meet conflicts in a professional and solution-orientated manner; use case-related relevant feedback from patients, physicians, other specialists, support persons and other vested persons to optimise care and therapy.

C. Promote and support good health

C1

Preserve their own health and balance



Occupational profile of a Naturopathic Practitioner

Naturopathic Practitioners are aware of the special challenges associated with the profession and can cope well with stress. They are able to recognise physical and psychological overstrain and act accordingly.

Naturopathic Practitioners

- conscientiously perceive their own working practices and their perspectives and recognise signs of physical, spiritual or mental stress and excessive demands.
- plan sensible measures for strengthening their own physical, emotional, spiritual and social resources.
- carry out the planned measures and, if required, take advantage of additional support.
- check the effectiveness of the chosen measures in relation to the resources, experience and working practices and adapt them to the given situation.

C2

Active engagement in promoting the health of the community

Naturopathic Practitioners are actively engaged in general health promotion. They organise their own activities or support those of others to promote a specific awareness of health issues in the community from their professional perspective.

Naturopathic Practitioners

- seek information on suitable concepts and existing offers for health promotion that exist in their own sphere of activity and have a relevance to their professional concerns.
- create concepts to represent health issues and subjects in their own profession to the public.
- implement health-promoting activities and introduce their own concerns, experiences and ideas independently or in a team.
- monitor effort, success and effectiveness of the activities carried out and evaluate the knowledge gained.

D. Learn and teach



D1

Continue to develop professionally

Naturopathic Practitioners act according to the current professional standard of knowledge. They reflect on their own vocational activity and continuously expand on and refine their own knowledge, skill-set and attitudes.

Naturopathic Practitioners

- evaluate their own professional strengths and potential for development.
- keep up to date on the current developments and research results relevant to the profession and recognise changed demands; evaluate their own case documentation and request feedback from patients.
- develop appropriate learning objectives and strategies and ensure they have an overview of the respective advanced training opportunities.
- keep up to date and increase the specialist, or respectively alternative medicine skills in advanced training courses, congresses, supervision, through specialist literature and in exchange with professional colleagues; evaluate professionally relevant information for applicability to the profession and practice and implement the knowledge, skill sets and attitudes in concrete practice.
- evaluate the new experiences by transferring them into daily life and make any required adjustments to the learning objectives and strategies.

D2

Continue to personally develop

Naturopathic Practitioners reflect on their personal status of development. They organise continuous personal development in association with their occupational activities.

Naturopathic Practitioners

- understand their personal and professional status of development and their personal strengths and weaknesses as well as their own developmental goals and potential; are orientated towards personal and professional development opportunities within the scope of their own specialist field and that of alternative medicine.
- develop and plan the corresponding perspectives.
- enhance their own potential and deepen their personal skills, resources and attitudes.



Occupational profile of a Naturopathic Practitioner

- reflect and if necessary make adjustments to their personal development process.

D3

Procure, evaluate, use information and further impart this knowledge

Naturopathic Practitioners independently procure the information that is necessary for their work in a targeted manner. They evaluate this and use it for their own work. They impart the knowledge and experience of their profession to their patients and the community in an appropriate form.

Naturopathic Practitioners

- recognise work situations with special requirements for information; clarify priorities, the tasks that are to be performed, set goals; explain the requirements and prerequisites for referral to other third parties.
- question relevant aspects on the subject; plan the acquisition of information through a range of sources and media; prepare the use of conventional means of communication for adequate mediation of information.
- procure the required information through the media and other relevant sources; evaluate, edit and analyse the researched data; transfer the information to the respective situation; impart and explain the prepared information in an understandable and effective way.
- recognise the value of the information, reflect on the researched information and close any recognized gaps; actively seek feedback and adapt their own strategies of mediation.

E. Behave in a professional manner



E1

Act according to high work ethics and represent the occupation professionally

Naturopathic Practitioners are obliged to conduct their professional activities according to the occupation's code of professional ethics. They conform to the legal framework of vocational activity. They work in a professionally competent manner, respect professional and personal boundaries and contribute to the positive perception of the profession by the public.

Naturopathic Practitioners

- orientate themselves according to the profession's code of professional ethics and skills and recognize their personal limitations in their activities; keep informed on the legal framework of therapeutic activities, as well as issues and problems relevant to the profession and their perception in the public.
- recognise and evaluate ethically complex situations and plan appropriate actions and communication; take into account legal regulations when planning work activities; reflect on and evaluate the significance of professional-political processes with regard to their own professional tasks.
- work according to the existing legal situation and the professional standards for alternative medicine; uphold any arrangements or obligations that have been made; respect professional and personal boundaries and take their responsibilities towards patients, support persons, professional groups and health services seriously; provide information about their services in an appropriate and correct manner; support the issues of their professional group.
- reflect on their personal attitude and professional action and adjust it to the respective requirements and conditions; if necessary they take advantage of supervision.

F. Work in a network and in a team



F1

Work as a specialist in a team

Naturopathic Practitioners can work in group practices, in interdisciplinary teams, as well as projects and networks in health, social and educational systems.

Naturopathic Practitioners

- clarify their own tasks and responsibilities and determine the need for information and coordination in the team; recognise factors influencing team strengths or weaknesses.
- consider steps and their own offers to achieve meaningful cooperation within the team; clarify points of contact and plan procedures and tasks within the scope of respective skills and responsibilities.
- work together in an interdisciplinary team and provide their own resources in a cooperative manner; analyse any problems that arise and contribute to constructively finding a solution.
- as a team, they reflect on joint activities and reaching goals as well as their own role; evaluate their own contribution and initiate joint and individual measures.

F2

Create a specialist network

Naturopathic Practitioners develop an interdisciplinary network. They cooperate with specialist personnel and organisations within their own and other professional groups and maintain a professional exchange of information.

Naturopathic Practitioners

- clarify possibilities of cooperation with other specialists and specialist organisations from health, education, social institutions that are relevant to their own support network; procure information about the responsibilities and procedures for an effectively functioning network.
- determine their own requirements and the goals of the specialist network.



Occupational profile of a Naturopathic Practitioner

- organise contacts and maintain specialist exchanges to ensure optimal treatment, consultation and care of the patient; guarantee a replacement in the case of personal absence.
- check that the network is up to date and of a high quality and make adjustments according to their own requirements.



G. Lead and manage a business

G1

Manage the practice

Naturopathic Practitioners manage the practice according to business principles. They ensure operational procedure and administration. They document the therapeutic activities. They set up and maintain the infrastructure.

Naturopathic Practitioners

- continuously keep up to date on any upcoming tasks and in doing so take into consideration the applicable legal regulations and policies for managing the practice and guidelines of the professional associations and registration authorities; are informed about standards and instruments that support the management of the practice; gather facts and information about the economic status of their own business as well as the market situation on the offers they provide.
- prioritise the tasks, plan and organise their own activities within the area of business management and administration; ascertain the requirements for necessary marketing measures and plan their implementation using suitable means.
- implement the required administrative and business measures; keep patient documentation and create reports for specialist units; ensure a secure storage of operating materials and archiving of data and records; maintain and manage practice resources; delegate and monitor the implementation of measures by third parties (employees, trust agencies, etc.); organise the infrastructure according to professional, economic and ecological and aesthetic considerations, maintain them and guarantee high standards of hygiene; implement marketing measures.
- check that goals have been achieved and adapt the practice management accordingly.

G2

Ensure and develop the quality of their own work



Occupational profile of a Naturopathic Practitioner

Naturopathic Practitioners regularly check the quality of their own professional work and implement measures for targeted quality assurance and development.

Naturopathic Practitioners

- are familiar with the principles of quality assurance (structural, process and result quality) and are familiar with the existing quality guidelines for therapeutic professions.
- plan the necessary measures for quality assurance and development relevant to their own vocational activity.
- implement quality assurance measures and the corresponding quality standards in their own practice.
- evaluate the results of quality checks and employ measures for targeted further development.