

**Circular No. ( 2 /2016)**

<b>From</b>	Qatar Council for Healthcare Practitioners (QCHP)
<b>To</b>	<ul style="list-style-type: none"><li>All practitioners concerned with practicing Complementary Medicine in the state of Qatar (Governmental/Private Sector)</li><li>All Healthcare Facilities in the State of Qatar (Governmental/Private Sector)</li></ul>
<b>Subject</b>	Regulation of Complementary Medicine (CM)
<b>Date</b>	3 <sup>rd</sup> of February 2016

Qatar Council for Healthcare Practitioners (QCHP) presents to you its compliments.

In QCHP's pursuit to be at the cutting edge of healthcare field for the sake of patient's safety, to assure that all medical practices are in legal framework and in accordance with proper standards, the QCHP board has approved a new policy to regulate the practice of (CM) in the state of Qatar to be under supervision of QCHP.

This decision was taken after carrying out comprehensive studies regarding the safety and efficacy of (CM). The concept of "complementary" will be adopted rather than alternative to guarantee that patients will receive complementary treatment in addition to conventional medical treatment. Hence, QCHP has announced the initial list of scopes that will be regulated including 5 scopes, "Hijama, Chiropractic, Homeopathy, Ayurveda and Acupuncture." (Requirements of each scope are attached).

All (CM) practitioners should apply for registration/licensing through the electronic system immediately after the issuance of this circular, (CM) practitioners who don't fulfill the current registration/licensing requirements will be granted a grace period of 10 months starting from the date of issuance of that circular to settle their situation. Accordingly, any unqualified (CM) practitioner will not be permitted to practice legally, and will be prohibited from QCHP's registry.

Should you have any questions or inquiries, please contact:

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**Thank you for your cooperation.**

Registration Team/Qatar Council for Healthcare Practitioners (QCHP)

### Attachment: Requirements of Each Scope of Complimentary Medicine

Definition	Scope of Practice	Qualifications Requirements	Experience Requirements
<p><b>1. Hijama</b> refers to the traditional medicine practice of wet cupping, or bloodletting with the aid of suction cups. It is a process where blood is drawn by vacuum from a small skin incision for therapeutic purposes. After suction from the dry cupping is released, tiny incisions are made in the patient's skin where the blood has collected beneath the surface.</p>	<p>Hijama has involved the application of suction cups to the skin to draw out blood, as well as other stagnant or morbid humors. Usually, the cups are made of glass, but they can also be made of plastic. Thus, the cupping tools should be cleaned and sterilized after use. Sterilization process is very important to maintain hygiene cupping instrument. It is the key to have successful treatment done. Moreover, it involves bloodletting cupping which is actually a very risky pass on the disease. Therefore, proper sterilization process is absolutely important. The Practice may include activities such as vital Signs examinations before and after the treatment, physical examination as appropriately indicated within his scope of practice, the preparation/ stimulation of points, areas of the body or substances in the body using cups.</p>	<ul style="list-style-type: none"> <li>• All Hijama Practitioners to have a high level of theoretical and practical training, health and safety training and sufficient knowledge of Physiology and Anatomy before they can practice upon the general public.</li> <li>• Submit proof of having completed a satisfactory training program offered through a licensed and/or competent Hijama practitioner or therapist and/or institute as deemed appropriate by QCHP.</li> </ul>	<p>Minimum of two years recent experience (no interruption in the practice).</p>

<p><b>2. Chiropractic</b> is a primary healthcare profession concerned with the relationship between structure (primarily of the spine) and function (primarily of the nervous system) as that relationship may affect the restoration, preservation and promotion of health and wellbeing. Chiropractic principles recognize the inherent recuperative power of the body. The word chiropractic is derived from two Greek words meaning “done by hand” and is defined as “the diagnosis, treatment and rehabilitation of conditions that affect the neuromuscular system”.</p>	<p>Chiropractic treatment involves diagnosis and treatment of disorders of the Neuromusculoskeletal system and the effect of these disorders on general health. There is an emphasis on manual techniques, including joint adjustment and /or manipulation, with a particular focus on subluxation.</p> <ul style="list-style-type: none"> <li>• The assessment of conditions related to the spine, non-spinal articulations and the Neuro-musculoskeletal system.</li> <li>• The diagnosis, prevention, rehabilitation, management of and education about those conditions.</li> <li>• Forming and communicating a differential diagnosis, diagnosis or clinical impression to identify a cause which impacts on a person’s symptoms, neuro-muscular-skeletal system and / or well-being.</li> <li>• Manipulate and adjust the spinal column and other joints of the human body and in the process thereof a chiropractor may manipulate the muscle and connective tissue related thereto.</li> <li>• Use all necessary mechanical, hygienic, and sanitary measures incident to the care of the body, including, but not limited to, air, cold, diet, exercise, heat, light, massage, physical culture, rest, ultrasound, water, and physical therapy techniques in the course of chiropractic manipulations and/or adjustments.</li> <li>• Employ the use of vitamins, food supplements, foods for special dietary use, or proprietary medicines.</li> <li>• Make use of X-ray and thermography equipment within his scope of practice.</li> <li>• Dietary, nutritional counseling and therapeutic exercise.</li> </ul>	<p>Graduates of Accredited Chiropractic Programs. Current license/ registration to practice as chiropractor in home country or country of last employment.</p>	<p>Minimum of two years recent experience (no interruption in the practice).</p>
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<p><b>3. Homeopathy</b> - means treating like with like. The theory of homeopathy is based on three principles: • The “law of similar” which states that a substance that can cause disease in a well person can cure similar symptoms in the diseased; • The “principle of the minimum dose,” which states that by diluting a substance, its curative properties are enhanced and its side effects minimized. • Prescribing for the individual, which advocates basing treatment not only on the medical diagnosis but also the patient’s temperament, personality and emotional and physical responses.</p>	<p>Physical examination and requested laboratory examinations consistent with their education and training, for diagnostic purposes, including clinical laboratory tests and physiological function tests;</p> <ul style="list-style-type: none"> <li>• Request diagnostic imaging studies consistent with their license;</li> <li>• Administer or order homeopathic medicines (pharmaceutical dosage form) and ‘over the counter’ medicines registered with SCH approved products list.</li> <li>• Provide nutritional, dietary and preventive medicine advice.</li> </ul>	<ul style="list-style-type: none"> <li>• Professional Degree of Homeopathy (BHMS- Bachelor in Homeopathic Medicine and surgery)/ licentiate from an accredited Homeopathic program of not less than 5 years (including internship).</li> <li>• Current license/registration to practice in home country or country of last employment.</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• To be certified from an accredited Homeopathy program of not less than 3 years full time program.</li> <li>• Current license/ Registration to practice in home country or country of last employment.</li> </ul>	<p>Experience: Not less than 2 years after internship. OR Experience: Not less than 4 years after completion of the course.</p>
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<p><b>4. Ayurveda</b> means "the science of life. It is a holistic system of healing which originated and evolved in India over five thousand years ago for the prevention, diagnosis, and treatment of human health conditions and diseases; the promotion and/or restoration of health; and the support and stimulation of a patient's inherent self-healing processes through patient education and the use of Ayurveda therapies and therapeutic substances. Ayurveda looks at each person as a unique individual and focuses on establishing and maintaining balance of life energies. It seeks to heal the fragmentation and disorder of the mind-body complex and restore wholeness and harmony. The main objective of this science is preservation of health and prevention of disease. Ayurvedic therapies include herbs, nutrition, panchakarma cleansing, massage, and therapeutic Yoga.</p>	<ul style="list-style-type: none"> <li>• Ayurvedic Practitioners provide guidance to individuals with imbalances.</li> <li>• Physical examination and requested laboratory examinations consistent with Ayurveda education and training, for diagnostic purposes, including, but not limited to, clinical laboratory tests, and physiological function tests.</li> <li>• Request diagnostic imaging studies consistent with their Ayurveda training.</li> <li>• Any spiritual practices are not permitted.</li> </ul>	<ul style="list-style-type: none"> <li>• Approved Ayurveda degree or its equivalent from a recognized institution.</li> <li>• Current license to practice in home country or country of last employment.</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• Licensure from an accredited Ayurveda Medicine program over a period of three to four years full time/ equivalent, comprising not less than 2500 hours (classroom theory and practical sessions) followed by 500 hours of supervised internship training.</li> <li>• Current license/ Registration to practice in home country or country of last employment.</li> </ul>	<p>Recent practice (no interruption in the practice for more than two years).</p> <p style="text-align: center;">Or</p> <p>Experience: Not less than 4 years after completion of the course.</p>
<p><b>5. Acupuncture</b> is the ancient practice of inserting fine needles into carefully selected points located along meridians, or energy pathways, in the body. It is thought that by adjusting the body's life healing will occur. The meridians have been documented electronically to exist.</p>	<ul style="list-style-type: none"> <li>• Physical examination and history taking.</li> <li>• The stimulation of points, areas of the body or substances in the body \using qi, needles with or without electrical stimulation (using clean needle technique), moxibustion, heat and cold, color, light, lasers,</li> <li>• Evaluation of the sensitivity of patient to the acupuncture treatment and the probable reaction and response of the patient to administration of the treatment</li> <li>• Therapeutic exercises, qi exercises, breathing techniques, and meditation.</li> <li>• Musculoskeletal manipulation consistent with their training.</li> </ul>	<ul style="list-style-type: none"> <li>• A professional degree of Acupuncture: Bachelor of Medicine (Acupuncture) with minimum 5 years full time duration including internship. Current license /registration to practice in home country or country of last employment.</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• A Licentiate from an accredited Acupuncture program of minimum two</li> </ul>	<p>Experience: Not less than 2 years after internship.</p> <p style="text-align: center;">OR</p> <p>Experience: Not less than 3 years after internship.</p>

	<ul style="list-style-type: none"> <li>• Differentiation of syndromes according to eight principles, the theory of visceral manifestations, the theory of qi and blood, and theory of meridians and collateral vessels.</li> <li>• Dietary and nutritional counseling</li> <li>• The prescription of Chinese herbal medicines (single or in combination as patent medicines, tinctures, granules or raw herbs) as long as it is consistent with CAM Facility Regulation</li> <li>• Any spiritual practices are not permitted.</li> </ul>	<p>years full time or the part time equivalent with not less than 2500 teaching hours / Certification from National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Current license/ Registration to practice in home country or country of last employment.</p>	
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# General Principals & Guidelines of Practice for Complementary Medicine Practitioners

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1. Qatar Council for Healthcare Practitioners permits Complementary Medicine (CM) practitioners to act as a portal of entry and provide healthcare services limited to their area of training and expertise.
2. CM practitioners need to recognize that they are holding themselves out to practice within a system of law and medicine which will review the standard of care that has been taken in relation to a patient.
3. Provide healthcare services consistent with and in accordance with the scope of qualifications and training.
4. Consider the health and wellbeing of the patient and have an understanding of the therapeutic nature of the patient and practitioner relationship.
5. Treat patients with compassion, respect and have an appreciation of the diversity of human background and cultural values.
6. CM practitioners should ensure that their practice and procedures are well defined and transparent, they operate in a way that is fair and hygienic and that all efforts to ensure standards of good medical practice are involved.
7. CM practitioners should be aware of the extent and limits of their specialty. They should be able to identify and refer patients to medically qualified physicians and specialists when necessary. A patient showing signs and symptoms of an underlying pathological condition should be advised to seek a medical diagnosis.
8. The practitioner should assist the patients in weighing the possible benefits and risks of other types of treatment, helping them to consider conventional diagnostic procedures; routine screening tests etc., acknowledging the usefulness of such procedures at appropriate times, even for those who may wish to avoid conventional treatment.
9. CM practitioners may make a medical diagnosis and/or diagnosis according to the science and philosophy of their field of training/specialty. However when discovering dysfunctions, they should also mention any believed disorder and advise the patient to see the medical doctor for further advice and/or treatment outside the scope of his/her practice.
10. Provide assistance to patients in emergency situations, to the greatest extent permitted by training and circumstances (ILS course).
11. CM practitioners are not allowed to treat patients with acute or critical conditions who need immediate emergency medical care. They should not perform any surgical procedure or any inoculation or injections as well as blood withdrawal from patients (Except for cupping).
12. CM practitioners should be aware of those diseases which are notifiable under the law and should direct the patient to go to the emergency or to medically qualified physicians.
13. CM practitioners are not allowed to treat communicable diseases.
14. CM Practitioner is allowed to advise his/her patients to use 'over counter' registered CM products within his/her scope of practice.
15. CM practitioners are not allowed to dispense any remedies unless registered with SCH approved products list.
16. The Practitioner should not alter a medical doctor's prescription to the patient. When a patient's health improves as a result of complementary treatment, the practitioner should not reduce the dosage or stop their prescribed medication. He should be aware that the responsibility for adjusting or withdrawing prescribed medication lies with the patient and the prescriber of that medication.



17. Claims, whether explicit or implied, orally or in writing implying cure of any named disease must be avoided.
18. CM practitioners must always balance their claims carefully while treating patients. They should consider the realistic chances of improvement and foresee the dangers of creating false hope and further disappointment.
19. CM practitioner should only use the professional title granted to him/her by the Registration Department/QCHP.
20. CM practitioners must act in the patient's best interest when making referrals and when providing or arranging treatment or care. CM practitioners must not ask or accept any inducement, gift or hospitality which may affect or be seen to affect the way they prescribe for, treat or refer patients.
21. CM practitioners intending to undertake research must be familiar with and abide by current research ethics requirements, and statutory obligations regarding research.
22. Present information accurately and clearly to a patient in accordance with good professional practice.
23. Respect the patient's right to make decisions about their healthcare.
24. Continue self-education to maintain currency of healthcare services.
25. Maintain patient confidentiality in accordance with legal requirements.
26. Maintain professional reputation based on integrity and ability.
27. Maintain and keep accurate up-to-date patient records in a secure and confidential manner.
28. Abide by the policies and rules of the registration department of QCHP.

## Acknowledgment and Undertaking for Complementary Medicine

Name of Healthcare Practitioner: \_\_\_\_\_

I, the undersigned \_\_\_\_\_, the practitioner aspiring to be licensed in the "Complementary Medicine" profession, hereby undertake that in the event of a medical error or negligence, QCHP will not be held liable in this regard. **I also acknowledge that I am fully aware of the conditions mentioned below and on the next page**, as soon as they have been received and signed with all legal rights reserved to QCHP.

1. CM practitioners must provide healthcare services consistent with and in accordance with the scope of qualifications and training.
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4. CM practitioners should assist the patients in weighing the possible benefits and risks of other types of treatment, helping them to consider conventional diagnostic procedures; routine screening tests etc., acknowledging the usefulness of such procedures at appropriate times, even for those who may wish to avoid conventional treatment.
5. CM practitioners may make a medical diagnosis and/or diagnosis according to the science and philosophy of their field of training/specialty. However when discovering dysfunctions, they should also mention any believed disorder and advise the patient to see the medical doctor for further advice and/or treatment outside the scope of his/her practice.

Date: \_\_\_\_\_ Signature of the aforementioned: \_\_\_\_\_

6. CM practitioners are not allowed to treat patients with acute or critical conditions who need immediate emergency medical care. They should not perform any surgical procedure or any inoculation or injections as well as blood withdrawal from patients (Except for cupping).
7. CM practitioners should be aware of those diseases which are notifiable under the law and should direct the patient to go to the emergency or to medically qualified physicians.
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**Date:** \_\_\_\_\_ **Signature of the aforementioned:** \_\_\_\_\_

## Acknowledgment and Undertaking for Complementary Medicine

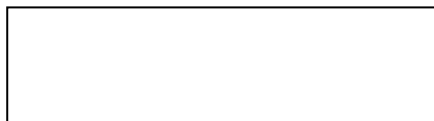
Name of Institution/Healthcare Facility: \_\_\_\_\_

I, the undersigned \_\_\_\_\_, the medical director of the Institution/Healthcare Facility hereby undertake that the Institution/Healthcare Facility shall be fully responsible for the quality of the services provided by our healthcare practitioners who have obtained a license in the Complementary Medicine (CM) profession by Qatar Council for Healthcare Practitioners. In the event of a medical error or negligence, QCHP will not be held liable in this regard. **I also acknowledge that I am fully aware of the conditions mentioned below and on the next page, and that they will be shared with all the concerned parties (focal points and healthcare practitioners)** as soon as they have been received and signed with all legal rights reserved to QCHP.

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Date: \_\_\_\_\_ Signature of the aforementioned: \_\_\_\_\_

Facility Stamp:



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**Date:** \_\_\_\_\_ **Signature of the aforementioned:** \_\_\_\_\_

**Facility Stamp:**