

NADA Protocol for addiction treatment in India- In retrospect

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National Survey on Extent, Patterns & Trends Drug abuse in India (2004)

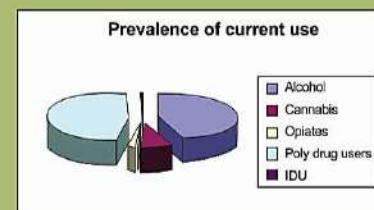
Sample size 40,697 males (12 - 60 year)

Prevalence

Alcohol 62.5m

Cannabis 8.7m

Opiates 2.0m



Dependency/Volume

16.8% /10.5m

25.7% /2.3m

22.3% /1.5m

Manifestations of Drug Addiction

- Irresistible urge for drug.
- Lack of self control.
- Change in daily routine of activities.
- Moody and guilt feeling
- Lack of self confidence and self image.
- Inability to take decisions.
- Lack of objective perception.
- Feeling of loneliness and apathy.
- Distortion of interpersonal relationships.
- Association with addict friends.
- Deterioration of work performance.
- Propensity for illegal activities.

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Treatment Components and Challenges

- Detoxification
- Counseling
- Rehabilitation
- After Care
- Relapse prevention

Needs and Challenges in Addiction Treatment

A gap between the streets or 'natural settings' associated with drug use or the outreach worker and the threshold of the drug treatment program where the drug user is expected to arrive committed, ready or interested in quitting drugs.

Drug treatment that is limited to abstinence and acceptance of the addict identity has excluded the majority of drug users who are not ready or interested in quitting drugs or taking on this identity or disease.

Challenges

Can we treat a client before assessment and diagnosis are completed so that the client can be calm and cooperative enough for a useful diagnosis to be made. Confronting about drug use is necessary? Can we help a client even while they are in denial about the need for treatment. Can we help a client even while they are in denial about the need for treatment.

Change is a process...

'I have a problem' or 'I think I should quit' or 'I have to do something about this...' Mixed feeling of ambivalence to commitment for treatment is long journey... and relapses are part of it.



A Journey in retrospect of NADA protocol globally and India in particular

In the mid-1970s, Michael Smith, a medical doctor at Lincoln Hospital in the South Bronx area of New York, modified an existing system of auricular acupuncture into a simple technique for the treatment of many common drug addictions as an alternative to methadone. This selection of five ear points proved to be extremely effective in the treatment of addictions, and became what is now referred to as the "NADA protocol."

Acupuncture and all Qi-flow therapies "help the body help itself." Some of us have come to appreciate the body's spontaneous healing potential.

Non verbal...non threatening

Acupuncture is usually non-threatening because it is non-verbal—the person does not have to explain or justify himself and it does not have to be associated with labeling or diagnosis, or an expectation that the person be interested in abstinence, much less drug or alcohol free at the time they are treated.

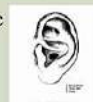
NADA acupuncture adds a valuable component to the correction, rehabilitation and behavioral health field without any extra cost.

NADA Protocol

NADA-Protocol

3 ear acupuncture points:

- 1.Sympathetic
- 2.Shen men
- 3.Lung



At three designated ear points in each auricle (outer ear), clinicians trained through NADA apply fine gauge, sterilized, one-time use stainless steel needles just under the skin, where they remain for up to an hour while the client (in most circumstances) relaxes quietly in a comfortable chair. Ordinarily, groups of clients sit together while undergoing the treatment.

The procedure functions as an adjunct to a comprehensive treatment program offering the basic therapeutic elements of counseling, education, family involvement, mutual support group involvement, supportive health care of general nature.

Beyond the actual needling treatment, a key element of the protocol specifies qualities of behavior and attitude on the part of the clinician, consistent with what is known as the Spirit of NADA.

Lincoln Hospital Acupuncture Detox Protocol

- a)Acupuncture
- b)Counseling (including special groups)
- c)Contingency Contracts
- d)Narcotics Anonymous
- e)Therapeutic Milieu

Dozens of studies have documented the effectiveness of the NADA protocol. Among the benefits reported by patients and health care providers are: improved retention in drug treatment programs; more optimistic attitudes about detoxification and recovery; reductions in cravings and anxiety; fewer episodes of sleep disturbance; and reduced need for pharmaceuticals

Two placebo-design studies provide strong support regarding acupuncture's use as a treatment for alcoholics (Bullock 1987, 1989)

Acudetox receivers showed significantly better outcomes regarding attendance, self-reported desire for alcohol and drinking episodes, and readmission for detoxification. Results were published in the British Medical Journal - The Lancet. Opiate addicts showed significantly improved program attendance than sham treatment receivers. (Washburn 1993)

Klamath Falls, - a pilot study of 86 addicted clients with chronic histories of arrest found a statistically significant increase in program retention for acudetox outpatient treatment as opposed to a historical no-acupuncture control group. (Russell, Sharp and Gilbertson, 2000)

NADA acupuncture may help facilitate significant reduction in cravings, depression, anxiety, anger, body aches/headaches, concentration, and decreased energy (NADA Acupuncture Prospective Trial in Patients with Substance Use Disorders and Seven Common Health Symptoms. Kenneth O. Carter, Medical Acupuncture Volume 23, Number 3, 2011

EAR ACUPUNCTURE PROTOCOL MEETS GLOBAL NEEDS

The 21st century has brought a remarkable expansion in the use of the NADA protocol. It is used in 130 prisons in England. Correction officers provide all the treatments under a 5 year training contract by Smart-UK. The jail program was expanded because of an 80% reduction in violent incidents.

Dr.Smith says "The creativity and commitment within the drug abuse treatment community in India has added to our development of NADA. Training in all parts of India has been a very positive experience".

Nearly 1,000 licensed drug treatment programs use acupuncture in the U.S. according to federal N- SSATS statistics.

NADA World wide

Austria, Denmark, Finland, France, Germany, India Italy, Norway, South Africa, Sweden, Switzerland U.K.,
Other countries that practice the NADA protocol: Armenia, Belgium, Bermuda, Bhutan, Canada, Chile, Colombia, Greenland, Guayana, Haiti, Honduras, Hungary, Iceland, Iran, Ireland, Israel, Kenya, Kosovo, Liberia, Mexico, Nepal, Netherlands, Peru, Philippines, Puerto Rico, Romania, Russia, Tadzikhistan, Trinidad and Tobago, Uganda, Uzbekistan

References:

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http://www.richardelovich.com/articles/article_acupuncture_and_treatment_readiness.html

www.acudetox.com

Nada -An Association of Barrier Free Rehabilitation Services, Physician Today issue-9, September 2011

www.acudetoxindia.com

NADA in India:

Nada India was registered as a Trust in New Delhi on 15th March 2001.

•**Capacity Building:** Acudetox Training workshops have been conducted and acudetox programs have been set up in states/UT like Andhra Pradesh, Delhi, Gujarat, Kerala, West Bengal, Uttar Pradesh, Madhya Pradesh, Punjab Rajasthan and Tamilnadu. Acupuncture has become part of one month courses of SPYM Regional Resource Center (North) and three month courses organized by National Institute of Social Defence, Ministry of Social Justice and Empowerment.

•**Border Security Force:** Acupuncture workshops for stress management & alcoholism were organized for Jawans and senior officials of BSF at Punjab, Kolkatta and Agartala Frontiers.

•**Correction Homes:** Ear acupuncture has been introduced at Tihar Jail Delhi, Sabarnati Central Jail Ahmedabad, Central Jail Vadodara Gujarat and prison officials of Madhya Pradesh. cupuncture has been introduced in Beggars Home of Delhi Govt.

•**Wellness:** Acudetox services have been introduced at Vinobha Asharam Vadodara Gujarat ,Adhyatam Sadhana Kendra Delhi

•**Advocacy:** Indian Association of Acupuncture Detoxification Specialist was registered IAADS in India advocates for public policies that will increase access to ear acupuncture within behavioral and psychiatric health programs, within comprehensive addictions treatment, harm reduction and peer recovery support groups.

•**Networking:** Nada India conducted workshops with Delhi Psychiatric Society, FINGDAP and NADA partners at Kathamandu Nepal, DARE Project Burma Thailand Border and NADA Kuala Lumpur Malaysia.