

### PURPOSE

Guidelines for the use of acupuncture for the treatment of children with complex pain

### POLICY STATEMENTS

The following guidelines outline the procedure for the use of acupuncture in the treatment of children with complex pain who are followed by the Complex Pain Consultation Service at BCCH. These guidelines are in conjunction with Practice Standard 10 (Effective April 1, 2013), of the College of Physical Therapists of BC (<http://www.cptbc.org/practicestandards.asp>).

### SITE APPLICABILITY

Inpatients/Outpatients

### PRACTICE LEVEL/COMPETENCIES

Physical Therapists providing acupuncture or dry needling treatments to patients at BCCH will have completed one of the needling programs, including associated examinations (both theoretical and practical) approved by the College of Physical Therapists of BC. A list of approved programs may be found in Schedule 'G' of the College Bylaws ([www.cptbc.org/pdf/PracticeStandards/PracticeStandards10.pdf](http://www.cptbc.org/pdf/PracticeStandards/PracticeStandards10.pdf)). Proof of educational qualifications must be provided to the College before a Physical Therapist can practice acupuncture or dry needling techniques. Before they can administer acupuncture at BC Children's Hospital, a copy of their acupuncture certificate must also be provided to the Professional Practice Leader of Physiotherapy.

PROCEDURE	<i>Rationale</i>
Therapists performing acupuncture will:	
1. Obtain informed consent from patients and parents/guardians prior to treatment	
2. Adhere to the World Health Organization standard precautions ( <a href="http://www.wpro.who.int/sars/docs/practicalguidelines/dec2004/chapter3.pdf">www.wpro.who.int/sars/docs/practicalguidelines/dec2004/chapter3.pdf</a> ), the BC Centre for Disease Control infection control procedures ( <a href="http://www.bccdc.org/content.php?item=194">www.bccdc.org/content.php?item=194</a> ), and follow BCCH policy for safe needle use ( <a href="http://infosource.cw.bc.ca/cw_pathlab/InfecCtrlManual/pdf/IB_Standard%20Precautions.pdf#Sharps">http://infosource.cw.bc.ca/cw_pathlab/InfecCtrlManual/pdf/IB_Standard%20Precautions.pdf#Sharps</a> ).	
3. Use only sterile single-use needles and dispose of contaminated or used needles in a puncture-resistant sharps container with a lid	
4. Dispose of sterile guide tubes (intended for single use only) immediately after treatment	
5. Perform a clean needle technique	
<b><u>Clean Needle Technique</u></b>	
1. Wash hands before each treatment	
2. Prepare the patient's skin with Stanhexidine® (2% chlorhexidine + alcohol) at all needle insertion sites before beginning insertion of needles	
3. If Stanhexidine® is not available, use Betadine® to prepare the skin for intra-articular insertions,	

in cases of poor circulation and in immune-compromised patients	
4. Avoid handling the sterile needle shaft	

**REFERENCES**

Acupuncture Foundation of Canada Institute. 4<sup>th</sup> Edition, Level CAFCI, Part I Manual. 2005

Safety and Efficacy of Acupuncture in Children: A Review of the Evidence. Vanita Jindal, MD, Adeline Ge, MD, and Patrick J. Mansky, MDJ *Pediatr Hematol Oncol* \_ Volume 30, Number 6, June 2008

College of Physical Therapists of BC. Dry Needling for Physical Therapists. Practice Standard Number 10. April 1, 2013.