



Intervention	010. Complementary alternative therapies
For the treatment of:	Various conditions
Commissioning position	<p>This intervention is commissioned if recommended in NICE guidance.</p> <p>The only current such recommendation is for Acupuncture where this is delivered as part of a specialist chronic pain management programme in line with NG193.</p>
Summary of Rationale	<p>Complementary and alternative therapies comprise a wide range of disciplines. The House of Lords Select Committee divides these therapies into three groups:</p> <p>Group 1 Professionally Organised Alternative Therapies - acupuncture, chiropractic, herbal medicine, homeopathy and osteopathy.</p> <p>Group 2 Complementary therapies e.g., Alexander technique, aromatherapy, hypnotherapy, reflexology.</p> <p>Group 3 Alternative Disciplines</p> <p>3a) long established and traditional systems of healthcare e.g. Ayurvedic medicine.</p> <p>3b) other alternative disciplines e.g. crystal therapy, dowsing.</p> <p>Whilst evidence of effectiveness exists for some use of Acupuncture, there is not strong evidence, from good quality scientific trials, for the clinical effectiveness of the majority of other therapies in any of the above groups.</p> <p>Herbal and homeopathic therapies are not recommended for prescribing in primary or secondary care in line with the NHS England policy guidance on items which should not be routinely prescribed.</p>
References	<p>NHS England » Items which should not routinely be prescribed in primary care: policy guidance</p> <p>Overview Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain Guidance NICE</p> <p>House of Lords - Science and Technology - Sixth Report (parliament.uk)</p>
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