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## Overview

Naturopathy is a philosophy and holistic healthcare system that recognises the healing power of nature present in all living things. As a healing system it aims to promote and restore health by employing various natural treatment approaches that may include: naturopathic nutrition, lifestyle advice, detoxification techniques, hydrotherapy, physical therapy, naturopathic psychosocial support and other appropriate techniques. Naturopaths interpret presenting symptoms as the individual's unique response to physical, emotional, environmental or genetic stress factors. The practitioner's role is to identify these underlying causes and to support the healing power of nature within the individual. Naturopathy is also a way of life and the naturopath will help empower individuals through education about lifestyle, diet and exercise. This standard is about working with individuals to provide naturopathic healthcare. It describes the minimum competence specific to naturopathy. Many naturopaths will have a much wider range of competences and specialisms than those described here. Users of this standard will need to ensure that practice reflects up to date information and policies.

### Performance criteria

*You must be able to:*

- P1 how the results of naturopathic assessment and consultation inform treatment planning
- P2 how to support the client to make informed choices within a wide range of naturopathic approaches
- P3 how to recognise red flag symptoms which require urgent or non-urgent referral to orthodox (conventional) care
- P4 how to advise clients concerning what to expect after treatment, possible discomforts and the reasons for these
- P5 how to support the client during change and recognise progress in health
- P6 how to decide on appropriate actions following review
- P7 the naturopathic approach to food and diet as a primary means to maintaining and restoring good health
- P8 the naturopathic perspective on the use of food supplements
- P9 the naturopathic perspective of detoxification
- P10 the various detoxification techniques
- P11 how to identify individual situations where detoxification techniques would be appropriate or contra-indicated
- P12 the use and application of physical therapies such as touch therapies, body work and exercise within a naturopathic context
- P13 the physiological mechanisms that underpin the principles of physical therapies
- P14 the effects, indications and contraindications of physical therapies
- P15 the physiological mechanisms that underpin the principles of hydrotherapy
- P16 the use and application of external and/or internal hydrotherapy
- P17 the effects, indications and contraindications of a broad range of hydrotherapeutic techniques
- P18 the role of emotions in health and disease processes
- P19 the various consultation techniques and natural approaches for addressing emotional issues
- P20 the importance of the basic lifestyle requirements for health
- P21 the impact of the following on health and disease: environment, disposition, behaviour and attitude
- P22 how to advise on stress management
- P23 how to advise on healthy eating
- P24 conduct a naturopathic assessment, evaluate the approach to be taken and plan the treatment
- P25 ensure that the environment meets the client's needs
- P26 ensure that any equipment and materials are ready for use
- P27 position the client for effective naturopathic treatment and to give as much comfort as possible

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- P28 implement the naturopathic treatment safely, correctly and in accordance with professional codes of practice, legal and organisational requirements
- P29 make appropriate adjustments to the naturopathic treatment to meet any changing needs
- P30 check the client's well-being throughout and give reassurance where needed
- P31 provide clear and accurate advice with regard to the naturopathic treatment, and any relevant aftercare and self-care
- P32 evaluate the outcomes and effectiveness of the naturopathic treatment to inform future plans and actions
- P33 complete and maintain records in accordance with professional and legal

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### Knowledge and understanding

*You need to know and understand:*

- K1 the development of naturopathic medicine and key naturopathic pioneers
- K2 the similarities and differences between orthodox (conventional) medicine and naturopathic medicine
- K3 the naturopathic principles and philosophy of health and disease
- K4 the principles of:
  - K4.1 the healing power of nature
  - K4.2 identifying and addressing the causes
  - K4.3 first do no harm
  - K4.4 the naturopath as educator
  - K4.5 treating the whole person
  - K4.6 prevention
- K5 anatomy and physiology which are essential to the understanding of the foundation of disease as understood by orthodox (conventional) medicine and relevant to naturopathic practice
- K6 the function of water, key macro and micronutrients and their metabolic processes and interactions
- K7 naturopathic perspective of the homeostatic and web-like interactions of physiological processes
- K8 the functioning and interaction among the following bodily systems at the molecular, cellular and systemic levels:
  - K8.1 skeletal
  - K8.2 muscular
  - K8.3 nervous
  - K8.4 sensory
  - K8.5 endocrine
  - K8.6 respiratory
  - K8.7 digestive
  - K8.8 urinary
  - K8.9 excretory
  - K8.10 reproductive
  - K8.11 circulatory
  - K8.12 lymphatic and immune
  - K8.13 integumentary
- K9 the integration of the above systems and their role in detoxification pathways
- K10 the aetiology and clinical features of a broad range of common diseases in all bodily systems
- K11 the clinical signs and symptoms generated by the body's response to stress or injury through exposure to toxins, chemicals, physical and infectious agents, other environmental factors, genetic predisposition, emotional and psychosocial factors

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- K12 the impact of stress on bodily systems
- K13 the processes which lead to the breakdown of bodily function and subsequent disease
- K14 common terminology used in pathology
- K15 the actions and side effects of the major classes of orthodox (conventional) drugs and how to access information about pharmaceuticals
- K16 recognised interactions between food, drugs and supplements within a naturopathic context
- K17 how to take a naturopathic case history and conduct clinical examinations encompassing lifestyle, physical, emotional, nutritional assessment and biochemical aspects
- K18 the types of diagnostic tests and their application to support decision making
- K19 how to form a naturopathic assessment and evaluation
- K20 how to put naturopathic principles and philosophy of health and disease into practice
- K21 how the results of naturopathic assessment and consultation inform treatment planning
- K22 how to support the client to make informed choices within a wide range of naturopathic approaches
- K23 how to recognise red flag symptoms which require urgent or non-urgent referral to orthodox (conventional) care
- K24 how to advise clients concerning what to expect after treatment, possible discomforts and the reasons for these
- K25 how to support the client during change and recognise progress in health
- K26 how to decide on appropriate actions following review
- K27 the naturopathic approach to food and diet as a primary means to maintaining and restoring good health
- K28 the naturopathic perspective on the use of food supplements
- K29 the naturopathic perspective of detoxification
- K30 the various detoxification techniques
- K31 how to identify individual situations where detoxification techniques would be appropriate or contra-indicated
- K32 the use and application of physical therapies such as touch therapies, body work and exercise within a naturopathic context
- K33 the physiological mechanisms that underpin the principles of physical therapies
- K34 the effects, indications and contraindications of physical therapies
- K35 the physiological mechanisms that underpin the principles of hydrotherapy
- K36 the use and application of external and/or internal hydrotherapy
- K37 the effects, indications and contraindications of a broad range of hydro therapeutic techniques
- K38 the role of emotions in health and disease processes

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- K39 the various consultation techniques and natural approaches for addressing emotional issues
- K40 the importance of the basic lifestyle requirements for health
- K41 the impact of the following on health and disease: environment, disposition, behaviour and attitude
- K42 how to advise on stress management
- K43 how to advise on healthy eating

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### Additional Information

#### External links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

#### Related Functions

Principles of Good Practice

CNH1 Explore and establish the client's needs for complementary and natural healthcare

CNH2 Develop and agree plans for complementary and natural healthcare with clients

General Naturopathic Council (GNC) Core Elements and Standards

There are additional National Occupational Standards which may be relevant to Naturopathy covering individual therapeutic techniques which link to the competences described in this document. These may be useful for the future Continuing Professional Development of Naturopaths and curriculum development.

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<b>Original URN</b>	CNH10
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<b>Relevant occupations</b>	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Complementary and Natural Healthcare
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<b>Key words</b>	Complementary, complimentary, natural, well-being, wellbeing, detox, detoxification, nutrients
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