



ccnm  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

# Annual Report 2012

*It's been a year of growth for CCNM, and this year's initiatives position the College to further improve the health of Canadians.*



# Message from the Chair of the Board of Governors



## ***New clinics, new program delivery, expanded markets and expanded community access to naturopathic medical care.***

This year was a year of positioning for the future. The Canadian College of Naturopathic Medicine was engaged in a number of important activities that are literally laying the foundation for the future of the College, the naturopathic profession, and integrative health care in Canada.

CCNM put a tremendous amount of planning and work into the design, development, staffing and marketing of the Ottawa Integrative Cancer Centre (OICC), and on October 15, 2012 we held the grand opening of the Centre. For those who were not able to attend, here is a brief video that introduces the centre through images and song.

We held numerous meetings with the William Osler Health system to discuss the possibility of a naturopathic teaching clinic embedded within Brampton Civic Hospital. On January 8, 2013 the clinic opened and we hosted our first eight patient visits. The clinic is highly valued and fully booked.

Individuals throughout the College worked diligently in preparing a resubmission to the College's degree granting application, so that all 2,500 pages of it could be submitted early in 2013. The submission follows the release of our application from the Ministry of Health and Long-term Care, where it has languished since 2006. We have a commitment from the Deputy Minister of Training, Colleges and Universities to move the update through an expedited review process.

The academic department worked on two different bridge delivery models for compressed delivery of the ND program for qualified medical professionals, one for

chiropractic doctors and one for internationally trained medical graduates (IMGs). Both delivery models have received approval from our programmatic accreditor, the Council on naturopathic Medical Education, and the delivery model for IMGs will commence in May, 2013. There are over 10,000 foreign trained medical graduates in Canada, over 7,000 in Ontario alone. Most of these highly trained individuals are currently engaged in lower skilled jobs that make little or no use of their medical expertise. We see real value in ensuring that these highly trained immigrants to Canada can build upon the knowledge and skills that helped them gain entry to the country and use them in gainful employment.

On a personal note, I have completed the maximum term on the Board (nine years) and I will now be retiring from this role. During the past years I have witnessed remarkable achievements: CCNM is highly respected throughout North America for the quality of its educational program and research; naturopathic medicine is being regulated/licensed in many more jurisdictions across North America; and the links between the College and the existing medical providers are becoming increasingly productive. With the increase in chronic illness across North America, and the success of naturopathic medicine in preventing and treating chronic conditions, I am delighted to see that CCNM is producing the well prepared graduates, highly respected research, and medical partnerships that will lead to a healthier tomorrow.

*Kim Piller*

# Message from the President

***It's been a year of growth for CCNM, and this year's initiatives position the College to further improve the health of Canadians. CCNM's 2012 annual report reflects our year of impressive evolution.***



Outgoing Board Chair Kim Piller has done an excellent job in highlighting the very significant projects that CCNM started or advanced during FY2012. I will not reiterate those items. I will highlight some of the other foundations and bridges that the College has put in place in preparation for a strong healthy future.

The foundation for learning and care within CCNM's Robert Schad Naturopathic Clinic has been greatly enhanced through a major refurbishment program. The Clinic is now clearly the envy of naturopathic clinics across North America. Further, we have built bridges for greater access to naturopathic education and treatment. An additional naturopathic care shift at the Sherbourne Health Centre in Toronto focuses on care for local immigrants, a traditionally underserved population.

CCNM has received notice of acceptance from the Canadian Medical Association Journal (CMAJ) for the article submitted documenting the cardiovascular research conducted with Canada Post Corporation and the Canadian Union of Postal Employees. Having this published in the CMAJ is a very significant achievement for the College and the profession.

During fiscal 2012, CCNM submitted additional funding requests to the Lotte and John Hecht Memorial Foundation and the Gateway Foundation for expanding the study of melatonin for prevention of recurrence of non-small cell lung cancer (now in five hospitals across Canada) – applications that eventually led to another \$400,000 in funding.

CCNM sought, and received approval from the Ontario Student Assistance Program (OSAP) for a restructuring of credits within the naturopathic program that will result in a clearer and more even division of credits between academic years. In 2013 the change will move over

\$800,000 of student tuition forward to May with the result that we will substantially reduce our short term borrowing during the summer. In September 2013 CCNM will have fully paid down its mortgage.

CCNM implemented a social networking strategy that effectively integrates new applicants and provides the naturopathic community with reliable information about naturopathic medicine through social media. The change has moved CCNM's Klout score (the best measure of social media influence) from under 20 to over 70 – the highest of any naturopathic institution.

Over the past year, there were many other advances within the College – far too numerous to comprehensively list or to them in detail. Some of these were:

- Curriculum changes were implemented that reduced lecture hours and provided better integration of courses.
- The Clinic Therapeutics Committee, under the leadership of Jonathan Prousky ND, has developed an excellent set of practice standards for the Robert Schad Naturopathic Clinic.
- Research staff and faculty made numerous research presentations and publications.
- CCNM Press, under the leadership of CFO Paul Battistuzzi, had its most successful year thus far.
- Donations and sponsorships were almost double what they were the previous fiscal.

In summary, fiscal 2012 was a significant milestone in building the foundations and bridges that will lead to a strong healthy academic and research institution, superb clinical care, and a vibrant naturopathic profession.

*Bob Bernhardt, PhD*

# Mission & Vision

## Our Vision

**CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.**

## Our Mission

**The Canadian College of Naturopathic Medicine will:**

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;
- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

... and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.

# The 5 Ends

**To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed a series of "Ends":**

## 1. Excellence in Education

Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

## 2. High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

## 3. Excellence In Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that fosters research activity and a culture of evidence-informed clinical practice.

## 4. Prominent National Profile

Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.

## 5. Change Event

Foster positive change in our health, our environment, and our health-care system through the promotion of the principles and practices of naturopathic medicine.



# Board of Governors



Standing: Aeryn Twidle, Barb Weiss, Neil Davis, Malcolm Heins, Rudy Breda, Mike Hoehn, David Nostbakken, Daniel Lander, Carol Morley  
Seated: Laura Brown (Student Governor), Melissa Johnson, Kim Piller, Bob Bernhardt (President), Eileen Tobey, Colin Huska  
Absent: Arnel Beaubrun, Joel Lanphear

The Board's mandate is to govern the organization, that is the Corporation (Institute of Naturopathic Education and Research) operating as the Canadian College of Naturopathic Medicine (CCNM), with a strategic perspective through effective policy governance and assurance of executive performance that allows the vision and ends of the organization to be achieved with excellence.

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# Our Supporters



The following list recognizes cumulative giving from active supporters who have contributed \$50 or more between August 1, 2011 and July 31, 2012.

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We are grateful for the gifts made over the past year in honour of, or in memory of, the following individuals:

### **In Honour of:**

Bob Bernhardt  
CCNM Board of  
Governors 2012  
Class of 2001  
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### **In Memory of:**

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### Gift-in-kind Donations

The following suppliers have generously donated gifts-in-kind in the past year:

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### Research Funders and Partners

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Advanced Orthomolecular Research (AOR)	Naturopathic Physician's Research Institute	The Centre for Addiction and Mental Health	The Ontario HIV Treatment Network
Canada Post Corporation/ Canadian Union of Postal Workers (CUPW)	Researchers at the Ottawa Hospital Research Institute	The Integrative Canadian Oncology (ICON) Research Initiative	The Ottawa Regional Cancer Foundation
Canadian Institutes of Health Research	SickKids Foundation	The Lotte and John Hecht Memorial Foundation	The Royal College of Physicians and Surgeons of Ontario
Dicentra Inc.	The Canadian AIDS Treatment Information Exchange	The Ontario Health Human Resources Research Network	The University of Toronto
Gateway for Cancer Research	The Canadian CAM Research Fund		Wakunaga of America
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### Legacy Giving

We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

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<b>Life Insurance:</b> Heinz Vollenweider	<b>Bequests:</b> Estate of Linda Ganly Estate of Lucy Hopkins Estate of Ina Meares	Estate of Marilyn A. Scheifele Estate of Patricia Thorsley	Estate of Joyce Isabella Vanderburg Estate of Gordon Wilinski
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### Strong Historical Support

We thank the following supporters for their generous historical contributions to CCNM:

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<b>\$1 Million Plus</b> Husky Injection Molding Systems Ltd.	<b>\$500,000 Plus</b> Swiss Herbal Remedies Ltd.	<b>\$250,000 Plus</b> Essiac Canada International
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## How CCNM has been bridging the gaps in health care



“We’ve built bridges for greater access to naturopathic education and treatment.”

**Bob Bernhardt**, PhD, President

CCNM is providing access to education for international medical graduates (IMGs) who wish to further enhance their knowledge and skills for a successful health-care career in Canada. This year, CCNM developed a bridge delivery of its naturopathic medical program specifically designed for IMGs.

“There are over 10,000 foreign trained medical graduates in Canada, over 7,000 in Ontario alone. Most of these highly trained individuals are currently engaged in lower skilled jobs that make little or no use of their medical expertise. That does not make sense for Canada, and it doesn’t make sense to these medical professionals. We see value in ensuring that these highly trained immigrants

to Canada can build upon the knowledge and skills that helped them gain entry to the country and use them in gainful employment,” says CCNM President Bob Bernhardt, PhD.

The six-term (two-year) bridge delivery allows for reasonable sequencing of all required courses. Students will learn to model and integrate naturopathic medical practice through mentorship and observation at the Robert Schad Naturopathic Clinic (RSNC). Clinic exposure, commencing early in the delivery, provides context for the different modalities that define the practice of naturopathic medicine.

## Ashley's experience in Naturopathic Oncology



“I always felt there was a need for a more integrative approach to cancer care.”

**Ashley Chauvin**, ND Resident at Marsden Centre of Naturopathic Excellence

This year, CCNM introduced three affiliate site residencies to the CCNM Residency Program: the Marsden Centre of Naturopathic Excellence in Maple, Ontario; the Ottawa Integrative Cancer Centre, and the Carp Ridge EcoWellness Centre in Carp, Ontario. These affiliate residencies complement the six clinic resident and two research resident positions at CCNM.

With an undergrad in Radiation Therapy Technology and her post grad at CCNM spent expanding on her interest in naturopathic oncology, it was only fitting that Ashley Chauvin, B.Sc., ND, apply for a residency position that would cater to her growth in this field. “I chose the residency at the Marsden Centre of Naturopathic Excellence because it is specific to treating patients with cancer using an integrative approach.”

## Providing opportunities for new graduates



“I get a great deal out of teaching for the sake of sharing knowledge, but also because it improves me as a clinician.”

**Chris Roberts, ND, CCNM Resident**

The CCNM residency program has continued to grow since its inception in 1996. It is now a Council on Naturopathic Medical Education (CNME) accredited program that boasts a more organized schedule, increased responsibilities and a special curriculum for residents. What has remained constant however is the programs purpose: to provide an opportunity for new graduates to put their newly acquired skills into practice, expand their knowledge base and not only receive mentorship from senior NDs but to give back to future graduates of CCNM.

With a belief in trusting the body’s natural ability to heal itself, Chris Roberts, ND, decided to forego a career in medicine for that of teaching. That is until, he discovered CCNM. A 2011 graduate and now in his second and final year of residency, Chris finds himself blending his love of naturopathic medicine with his initial love of teaching. Seeing his students make informed decisions not only helps them to grow, but Chris as well. “I get a great deal out of teaching for the sake of sharing knowledge, but also because it improves me as a clinician. The residency program is the ideal opportunity to do this.”

## How CCNM's residency program helps its grads grow



“... because I wanted to give back; I wanted to grow as an individual.”

**Melvia Agbeko**, ND, CCNM Resident

CCNM prides itself on fostering an environment where students and faculty alike can learn and continue to learn about naturopathic medicine and advancements made in the profession and practice. Last year our continuing education (CE) department developed and implemented two new initiatives that did just that. The Research in Practice weekend featured a variety of speakers providing the most recent research and relevant naturopathic news from the past year. In addition, The Celebration discussed the history, philosophy and principles of naturopathic medicine, as practiced and interpreted by elders of the profession.

Our residency program also provides a great platform for learning. First-year resident Melvia Agbeko, ND, can attest to that. “I really enjoy stoking my passion for learning new things that I can share with others and I love the ability to continue learning, teaching and applying the knowledge in multiple settings.” She’s learned to approach cases critically yet holistically, refine her clinical skills, and become more efficient with her time and with her patients – all of which helps her grow as a practitioner.

## How the RSNC has raised the bar



“What was particularly pleasing about this campaign was that every stakeholder group in the College contributed.”

**Norman Wiggett**, Director of Advancement

“For many patients, the Robert Schad Naturopathic Clinic is their very first encounter with naturopathic medicine, so we want our clinic experience to be the very best we can make it.”

On November 19, 2012, the Robert Schad Naturopathic Clinic (RSNC) celebrated the completion of its ‘Revitalization Campaign.’ The fundraising campaign was designed to generate finances for renovations to help cement the RSNC’s legacy as the premier naturopathic clinic in North America. Over \$300,000 was raised through to upgrade patient consult rooms and clinic conference rooms. This ensures the RSNC adhere to its goal of offering high-quality

clinical services. Already the largest naturopathic teaching clinic, the money was also vital in leading to an expansion of services by allowing the RSNC to create a sports medicine room that uses the state of the art equipment needed to offer specialized care to the public.

The more than \$300,000 helped to revitalize:

- 43 number of rooms
- 12 number of preview/review rooms
- Construction of a new sports medicine room



## How research improves both curriculum and patient care



“By identifying key patient issues... our institution is primed for delivering excellent care.”

**Mitchell Zeifman**, ND, Associate Dean, Clinical Education

The research department continues to be a leader in furthering our understanding of naturopathic medicine. In addition to tracking and analyzing patient data provided by the Robert Schad Naturopathic Clinic, the research team has been involved in a multitude of other projects this year including:

- A phase two expansion of a study being conducted on melatonin for non-small cell lung cancer, supported by funding from the Gateway Foundation
- Completing a study investigating the role of NDs (and other health-care providers) in rural/remote areas
- Studying the OICC and other research on integrative cancer
- Sharing CCNM research with the broader scientific and medical community through publications and presentations
- Beginning a five-year prospective cohort study on patients using IV vitamin C for various cancers, with funding from the Ottawa Regional Cancer Centre

## Setting up our students for long-term success



“The additional acquisition of 69 resources provides students, faculty and alumni with a very competitive breadth of materials.”

**Michael Reansbury**, Circulation Desk Administrator

Through excellence in education, CCNM provides students with the tools they need to prosper as NDs. This year, the Learning Resources Centre grew its collection to such an extent that it now contains more literature concerning naturopathic and complementary medicine than the other naturopathic colleges in North America combined.

In keeping with our mission to provide a strong foundation for learning and growth, CCNM implemented several

changes to the curriculum, notably in the health psychology and anatomy courses. The College also launched the Doctor of Naturopathic Medicine Centralized Application Service before the September 2012 intake period, which allows prospective students to apply to the program and view their progress online.

# Thank you to our sponsors



“This past year, our suppliers donated a record \$75,000 worth of products.”

**Lindsey White, ND**

## **Thank you to all our gift-in-kind supporters:**

- Ascenta Health Ltd.
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CANADIAN COLLEGE OF  
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Advancement Office, 1255 Sheppard Avenue East

Toronto, Ontario, Canada M2K 1E2

Tel: (416) 498-1255 Fax: (416) 498-1643

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