



NATIONAL DEFENSE RESEARCH INSTITUTE

Complementary and Alternative Medicine in the Military Health System

Appendixes

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Preface

These appendixes are part of a larger document on the use of complementary and alternative medicine (CAM) in the military health system. Because appendixes A through E contain mostly text and summarize the key results and characteristics for five CAM services commonly offered and used at military treatment facilities (MTFs) (acupuncture, chiropractic, diet therapy, mindfulness meditation, and stress management/relaxation therapy), they are included with the main body of the report. Appendixes F through H supply other supplementary material. Appendixes F and G contain the CAM survey instrument and a glossary of CAM services, respectively. Appendix H contains tables of detailed results from the CAM survey and the MHS administrative data analyses. Individual tables in this appendix are referenced in Chapters Three through Seven of the main report.

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Appendix F: CAM Survey Instrument

Study of Complementary and Alternative Medicine (CAM) Practice in the Military Health System (MHS)

RCS# DD-USA(OT)2590 Expires 06/05/2016

Purpose: To conduct an environmental scan of CAM use within the MHS; to understand the demand and type of CAM services offered and their clinical relevance; to identify challenges to safe and effective integration of CAM modalities into the existing healthcare system.

Definition of CAM: Medical and health care systems, practices, and products that are not generally considered part of conventional medicine. For specific definitions, please see the Appendix that makes up the last three pages of this document.

Recommended Process for Completing the Scan:

Every Military Treatment Facility is asked to complete Steps 1 & 2 of this environmental scan.

STEP 1: Within two weeks of the tasking memo, the CAM Champion or another designated point of contact contacts RAND Corporation (RAND) investigators (CAMScan@rand.org) with his/her contact information, and RAND will then send the website link and login code for the environmental scan by return email.

STEP 2: Upon receipt of the website link and login code, please follow the instructions below to complete the electronic environmental scan. Please complete this task within four weeks of receiving the tasking memo.

Assistance: If you have any questions about how to fill out the environmental scan or technical problems, please call 1-888-586-8882 or send an email to CAMScan@rand.org. If you have any questions about the design or purpose of study, please contact Patricia Herman (pherman@rand.org) at RAND at 310-393-0411 x7129.

It is recommended that one person be responsible for entering all data into this environmental scan and that this person collaborates with a team comprised of multiple facility staff in order to submit the most accurate and complete response to the data requested. Potential collaborators include the facility CAM Champion, and staff in any department that may offer CAM services. Examples include Mental/Behavioral Health, Rehabilitation, Spinal Cord Injury / Disorders, Primary Care, and Pain Management.

We suggest the following process for completing the scan:

- 1) **Print out a blank copy of the entire scan.** This will give you an overall look at the types of data needed.
- 2) **Log in to the online scan using the login code in the email from RAND and complete Part I (4 questions) and, if applicable, Part II (selecting from a list of specific CAM services).** The login code allows you to enter and exit the scan as many times as you need before submitting your final responses.

- a. **For those MTFs that do not offer CAM services and do not recommend on-base or community CAM services to patients:** After Part I, you will skip Part II and be directed to answer Q47 and Q48 on the size of your MTF and asked to give your name and contact information before exiting the scan.
 - b. **For those MTFs that do not offer CAM services, but do recommend on-base or community CAM services to patients:** After Part II, you will be directed to answer Q47 and Q48 on the size of your MTF and asked to give your name and contact information before exiting the scan.
 - c. **For those MTFs that offer CAM services:** See numbers 3 through 5 below.
- 3) **Because the questions in Part III depend on your responses to Part II, it is critical that you complete all the questions in Part II and enter your responses online before moving on to Part III.** Note that for Part II you will need to identify all the CAM services offered at your MTF AND you will have the opportunity to combine individual CAM modalities that are always/often offered together, if applicable, to reduce the response burden in Part III.
- 4) **Print copies of Part III** by clicking on the print icon at the beginning of Part III. Note that as many copies of Part III will be printed as there are specific CAM services (or combinations of services) offered at your MTF. In each copy, questions will be auto-filled with the name of a specific CAM service (or combination) offered at your MTF. Use these printouts to gather the data requested. Note that one copy of Part IV and one copy of Part V will also be printed for ease in obtaining the answers required there.
- 5) **Log back in to the online scan and transfer responses to complete the environmental scan.** After you have entered all of your responses online and indicated your intent to submit your responses, you will have the opportunity to review and answer any applicable questions that were missed. After you have completed all applicable questions, you will be asked to provide your name and contact information in case of questions about your responses. At this point you will have the opportunity to print a copy of the completed scan for your records.

*****To optimize your experience with the online scan, please do not use the backward and forward arrows in your browser to navigate through the survey. Instead, use the “<<Back” and “Next>>” buttons at the bottom of the screen to navigate through the survey.*****

Thank you in advance for taking the time to complete this environmental scan! Your responses are voluntary, but strongly encouraged to help determine how the CAM service needs of Service members and their dependents can be better met within the MHS.

If you have any questions about the design or purpose of the study, please contact Patricia Herman (pherman@rand.org) at RAND at 310-393-0411 x7129. If you have any questions about how to fill out the environmental scan or technical problems, please call 1-888-586-8882 or send an email to CAMScan@rand.org.

Part I: General Questions on CAM Services

1. Are CAM services currently offered at this MTF?

- 1. Yes → (Go to question 1b)
- 2. No → (Go to question 1a)
- 3. No, but they are in the process of being developed → (Go to question 1b)

1a. In your opinion, why are CAM services not being offered at this MTF? (Choose all that apply)

- 1. Limited patient interest
- 2. Low buy-in from patients on CAM efficacy
- 3. Lack of patient willingness to participate in CAM services
- 4. Limited evidence of efficacy
- 5. Concern over safety of CAM interventions
- 6. Lack of available providers; lack of provider proficiency
- 7. Low awareness and/or interest on the part of providers
- 8. Not supported by facility due to lack of funding
- 9. Not supported by facility leadership
- 10. Insufficient office clinic space available
- 11. Unclear process for insurance reimbursement of CAM services [only applies to referrals]
- 12. Lack of a formal process for CAM integration and implementation
- 13. Unclear credentialing/ privileging process
- 14. Other
14a. If other, please specify: _____

(Go to question 2.)

1b. In your opinion, why does this MTF offer or now plan to offer CAM services? (Choose all that apply)

- 1. Attracts new patients
- 2. Promotes cost savings
- 3. Has proven clinical effectiveness
- 4. Fulfills patient preference
- 5. Fulfills provider request
- 6. Have provider(s) who volunteer expertise
- 7. Reflects facility's mission
- 8. Promotes wellness
- 9. Adjunctive to chronic disease management
- 10. Increases patient engagement in care
- 11. Other

11a. If other, please specify: _____

2. If it were feasible, which top three CAM services would you be most interested in offering at your MTF including, as appropriate, those you already offer or would like to offer? (Choose your top three.)

- 1. Acupuncture
- 2. Animal-assisted therapy
- 3. Aromatherapy
- 4. Biofeedback
- 5. Botanical medicine
- 6. Chiropractic
- 7. Energy medicine (reiki, healing touch)
- 8. Guided imagery
- 9. Homeopathy
- 10. Hypnosis
- 11. Hyperbaric oxygen therapy
- 12. Massage therapy
- 13. Meditation (mindfulness, other)

- 14. Music therapy
- 15. Nutrition, supplements consultation
- 16. Relaxation techniques (stress management, progressive muscle relaxation)
- 17. Tai chi, qi gong
- 18. Yoga
- 19. Other (please specify)
19a If other, please specify: _____

3. How often do providers at your MTF receive requests from patients for CAM services?

- 1. Never
- 2. Rarely
- 3. Sometimes
- 4. Often
- 5. Always

4. How often do patients receive referrals or recommendations to on-base or community CAM providers when a particular CAM service is not available at your MTF?

- 1. Never
- 2. Rarely
- 3. Sometimes
- 4. Often
- 5. Always

If CAM services are not offered at your MTF (i.e., the answer to Q1 is “No”) AND patients receive referrals or recommendations to on-base or community CAM providers never or rarely (i.e., the answer to Q4 is “Never” or “Rarely”), go to Q47. Otherwise, continue to Part II.

Part II: Identification of Specific CAM Service Offerings

Please indicate whether your MTF offers or provides recommendations to patients for the following CAM services. Descriptions of each are contained in the Appendix at the end of this document. For each service, please indicate whether you provide it at your facility with MTF staff, provide it at your facility with contract staff or volunteers, whether your providers recommend that patients seek this care from providers outside the MTF (either via formal referral or simple recommendation to either on-base or community providers), or you neither provide it at your facility nor recommend that patients seek this care outside the MTF. You will then be asked a series of additional questions for each service provided at the MTF. **If CAM services are not offered at your MTF (i.e., the answer to Q1 is “No”) AND patients receive referrals or recommendations to on-base or community CAM providers at least sometimes (i.e., the answer to Q4 is “Sometimes”, “Often”, or “Always”), skip columns a and b for Q5–Q38, and complete only columns c and d as appropriate. For MTFs that answered “Yes” to Q1, please choose all that apply in columns a, b, and c, or, if the CAM service is neither provided at the MTF nor recommended, select column d.**

	a. Provided at MTF by MTF staff	b. Provided at MTF by contract staff or volunteers	c. Recommended outside the MTF	d. Not provided at the MTF or recommended
Mind-body medicine				
5. Animal-assisted therapy				
6. Aromatherapy				
7. Biofeedback				
8. Guided imagery				
9. Hypnosis/ hypnotherapy				
Meditation* (see 10–13 below)				
10. Mindfulness*				
11. Transcendental*				
12. Mantram repetition*				
13. Other meditation*				
14. Music therapy				
15. Nontraditional spiritual practices				
16. Progressive muscle relaxation				
17. Stress management/ relaxation therapy				
18. Yoga**				
Biologically based practices				
19. Diet-special, diet therapy				
20. Dietary/nutritional supplements				
21. Herbal medicines**				
22. Chelation therapy				
Manipulative and body-based practices				
23. Acupressure**				
24. Acupuncture**				
25. Massage therapy				
26. Movement practices (e.g. Feldenkreis, Pilates)				
27. Chiropractic				

	a. Provided at MTF by MTF staff	b. Provided at MTF by contract staff or volunteers	c. Recommended outside the MTF	d. Not provided at the MTF or recommended
28. Hyperbaric oxygen therapy				
Energy therapy				
29. Energy healing (therapeutic touch, healing touch, reiki, etc.)				
30. Tai chi, qi gong**				
Whole medical systems				
31. Ayurveda				
32. Homeopathy				
33. Native American healing practices (sweat lodge, etc.)				
34. Naturopathic medicine				
35. Traditional Chinese medicine				
Additional services (please specify)				
36. Other				
37. Other				
38. Other				

* Note: Mindfulness, transcendental meditation, and mantram repetition all fall in the general category of "Meditation."

** Note: may be used as part of whole medicine system

If there is only one CAM service offered at your MTF, skip e and Q39 and go to Part III, Q40.

If there are at least two CAM services offered at your MTF, go to e.

CAM Services Offered in Combination with Other CAM Services

e. Some CAM services tend to be offered as separate services and some may be offered in combination with other CAM services. For example, mindfulness meditation may be offered as a separate class or it might be offered in combination with another CAM service, such as progressive muscle relaxation, as part of a stress reduction course.

[At this point in the online survey you will be given the opportunity to review the CAM services you indicated as offered at your MTF (i.e., the services with a check mark in columns a and/or b above) and to indicate for each CAM service whether it tends to be offered as a stand-alone service, tends to be offered only in combination with other CAM services, or has a substantial offering in both forms. You will then be prompted (Q39) to combine services offered in combination into "packages" so that you can answer the following questions (f–p) for that combination or package of services rather than for each individual service components it includes.]

NOTE: Because the questions in Part III depend on your responses to Part II, it is critical that you complete all the questions in Part II and enter your responses online before moving on to Part III.

Part III: Information about Each Specific CAM Service Offering

Now we would like more information for each CAM service and combination of CAM services provided at the MTF. For each of the CAM services and combinations of CAM services you offer, please provide information on the following three categories:

- 1) Training, credentialing, and privileging
- 2) Clinical relevance and outcomes
- 3) Demand, documentation, and coding

As described at the beginning of the scan, we recommend that you complete the next set of questions (f-p) in the following manner:

- 1) Print out a paper copy of the questions below*
- 2) Log out of the online survey
- 3) Gather and record all of the information needed to answer the questions on the printed copy
- 4) Log in again to enter your responses online.

*One copy will automatically be printed for each CAM service or combination of services that you indicated was offered at the MTF.

Please answer the following questions for [CAM service], which you indicated was offered at your MTF.

Training, Credentialing, Privileging (questions f–h)

f. Which types of and how many providers are offering [CAM service] at your MTF?

For each type of provider **who is offering this CAM modality at your MTF**, please estimate the full-time equivalents (FTEs) of their time devoted to providing this CAM modality over the last year. For example, two acupuncturists each offering acupuncture half time would equal one FTE acupuncturist. If one provider has more than one license or position, please only enter their time under their highest or most comprehensive license (e.g., enter the time for an MD who is also licensed in acupuncture as MD time).

Provider Type	FTEs of each type	
	MTF Staff	Contract Staff or Volunteers
<input type="checkbox"/> 1. Acupuncturist (licensed)		
<input type="checkbox"/> 2. CAM-specific provider (trained and/or licensed in specific modality)		
<input type="checkbox"/> 3. Chaplain, clergy, spiritual leader		
<input type="checkbox"/> 4. Chiropractor (Doctor of Chiropractic, licensed)		
<input type="checkbox"/> 5. Dentist		
<input type="checkbox"/> 6. Dietitian		
<input type="checkbox"/> 7. Marriage and family therapist (licensed)		
<input type="checkbox"/> 8. Massage therapist (licensed)		
<input type="checkbox"/> 9. Nurse, clinical specialist		
<input type="checkbox"/> 10. Nurse practitioner		
<input type="checkbox"/> 11. Nurse, registered staff		
<input type="checkbox"/> 12. Pharmacist		

Provider Type	FTEs of each type	
	MTF Staff	Contract Staff or Volunteers
<input type="checkbox"/> 13. Physical therapist/occupational therapist		
<input type="checkbox"/> 14. Physician assistant		
<input checked="" type="checkbox"/> 15. Physician (MD, DO)		
<input type="checkbox"/> 16. Professional counselor (licensed)		
<input type="checkbox"/> 17. Clinical psychologist		
<input type="checkbox"/> 18. Social worker (licensed)		
<input checked="" type="checkbox"/> 19. Other; please specify _____		

g. Who has responsibility for reviewing and approving Clinical Privileges for providers delivering [CAM service] at your MTF? (Choose all that apply)

- 1. Credentialing board/ committee
- 2. CAM provider's supervisor
- 3. Administration or leadership (e.g., Chief of medical staff)
- 4. Other professional standards board
- 5. Other
5a. If other, please specify: _____
- 6. No credentialing and privileging process established → (Go to Qi)

h. During the Credentialing and Privileging process for providers delivering [CAM service], which of the following criteria are used? (Choose all that apply)

- 1. Certification
- 2. Demonstrated performance
- 3. Special training
 - 3a. CAM provider with education from an institution accredited by state or agency recognized by US Secretary of Education
 - 3b. CAM provider with education from non-accredited institution, or accreditation status unknown
 - 3c. Conventional provider familiar with CAM modality through CME, CEU credits
- 4. Licensure
- 5. Other
5a. If other, please specify: _____

Clinical Relevance and Outcomes (questions i-l)

i. What type of evidence was used to support the decision to provide [CAM service]? (Choose all that apply)

- 1. Scientific evidence—i.e., published studies, including systematic reviews and meta-analyses, showing the effectiveness and/or safety of the CAM modality
- 2. Experiential/anecdotal evidence—e.g., patient demand and/or patient or provider reports of clinical effectiveness
- 3. Recommended by clinical practice guidelines
- 4. None
- 5. Don't know

j. For which reason/condition(s) is [CAM service] used? (Choose all that apply)

Chronic Disease Management

- 1. Asthma
- 2. Cancer
- 3. Diabetes mellitus
- 4. Heart disease
- 5. Hypertension
- 6. Obesity
- 7. Other

7a. If other, please specify: _____

Mental Health

- 8. Anxiety disorder
- 9. Depression
- 10. Posttraumatic stress disorder (PTSD) & acute stress disorder
- 11. Stress management
- 12. Sleep disturbance
- 13. Substance use disorder (excluding tobacco or nicotine dependence)
- 14. Other

14a. If other, please specify: _____

Pain Management

- 15. Acute pain (post trauma/ injury, post-op, pre-op)

- 16. Arthritis
- 17. Back pain
- 18. Chronic pain
- 19. Headache (excluding traumatic brain injury (TBI)-related pain)
- 20. Pain related to traumatic brain injury (headache, neck pain, radiculopathy)
- 21. Other
 - 21a. If other, please specify: _____

Miscellaneous

- 22. General health/ wellness/ prevention
- 23. Resilience promotion
- 24. Tobacco dependence
- 25. Neurological symptoms related to traumatic brain injury
- 26. Weight loss
- 27. Women's health (e.g. fertility, menopause)
- 28. Other
 - 28a. If other, please specify: _____

k. What is the level of patient adherence for [CAM service]?

- 1. High (attend 70–100% of prescribed sessions)
- 2. Moderate (attend 30–70% of prescribed sessions)
- 3. Low (attend <30% of prescribed sessions)
- 4. Not applicable
- 5. Don't know

l. Please indicate conditions for which [CAM service] shows the most success per patient and provider report. (Choose all that apply)

- 1. Reduced pain
- 2. Reduced depressive symptoms
- 3. Reduced anxiety symptoms
- 4. Reduced PTSD symptoms

- 5. Reduced stress
 - 6. Improved quality of life
 - 7. Improved work performance
 - 8. Improved sleep
 - 9. Improved self-management skills, self-regulation, and awareness
 - 10. Increased healthy behaviors
 - 11. Increased military retention
 - 12. Improved functional health status (e.g., fewer sick days, fewer hospitalizations, less frequent exacerbations of chronic condition)
 - 13. Improved patient satisfaction
 - 14. Other (please specify)
 - 14a. If other, please specify:
-

NOTE: If you selected “reduced pain” (#1), “reduced depressive symptoms” (#2), “reduced anxiety symptoms” (#3), “reduced PTSD symptoms” (#4), or “improved sleep” (#8) in response to question l, go to question la below. If you did not select any of these responses, go to question m.

la. Has there been an observed reduction in the use of medications by patients using [CAM service]? (Choose all that apply)

- 1. Yes, decreased use of analgesics
 - 2. Yes, decreased use of anti-depressants
 - 3. Yes, decreased use of anxiolytics
 - 4. Yes, decreased use of sleep medications
 - 5. Yes, Other:
 - 5a. If other, please specify:
-

- 6. No observed reduction in medication use
- 7. Don't know

Demand, Documentation, and Coding (questions m–p)

m. Please estimate the current number of patient encounters per month for [CAM service] at your MTF?

- 1. Fewer than 50 patient encounters
- 2. 51–100 patient encounters
- 3. 101–150 patient encounters
- 4. 151–200 patient encounters
- 5. 201–500 patient encounters
- 6. More than 500 patient encounters

n. How many patients are on the waiting list for [CAM service]?

- 1. Fewer than 10 patients
- 2. 10–40 patients
- 3. More than 40 patients
- 4. No waiting list
- 5. Don't know

o. Is the use of [CAM service] consistently documented in the electronic medical record (e.g., AHLTA)?

- 1. Yes
- 2. No
- 3. Don't know

p. Is there a CPT procedure (or other) code available to document the use of [CAM service]?

- 1. Yes → (Go to question p1a)
- 2. No → (Go to question p1c)

p1a. Please list CPT (or other) codes used for [CAM service], and if not a CPT code, please list coding system: _____

p1b. How often is this CPT procedure (or other) code used to document the use of [CAM service] in the medical record?

- 1. Never
- 2. Rarely

- 3. Sometimes
- 4. Often
- 5. For every episode
- 6. Don't know

(Skip question p1c)

p1c. How is [insert CAM modality] documented in the electronic medical record?

You have reached the end of the questions about [insert CAM service]. If there are additional CAM services offered at the MTF for which you haven't answered questions f-p, go to the next section and answer questions f-p about the next CAM service; if questions f-p have already been answered for all CAM services offered at your MTF, go to question 40 in the CAM Integration section.

Part IV: General Information about CAM Service Offerings
The following questions are asked for CAM in general.

CAM Integration

The following questions (40–45) are meant to address the level of integration of CAM services into your existing MTF structure.

40. In what clinical settings are CAM services offered at this MTF? (Choose all that apply)

- 1. Inpatient
- 2. Outpatient primary care
- 3. Outpatient behavioral health
- 4. Outpatient pain clinic
- 5. Concussion center
- 6. Family and children program
- 7. Other

7a. if other, please specify: _____

41. Does your MTF deliver CAM services in an organized CAM specialty or Integrative Health/Medicine clinic?

- 1. Yes, in a CAM specialty clinic—a clinic offering only CAM services → (Go to question 41a)
- 2. Yes, in an Integrative Health/Medicine (IM) clinic—a clinic offering both CAM and conventional medical services → (Go to question 41a)
- 3. No, Neither → (Go to question 42)

41a. How long has your CAM or IM clinic been in existence?

- 1. 0–1 year
- 2. 2–4 years
- 3. 5–7 years
- 4. >7 years

41b. What is the funding source for your CAM or IM clinic at this time? (Choose all that apply)

- 1. Academic/ research grant
- 2. Part of MTF's overhead
- 3. Other

3a If other, please specify: _____

41c. If there is a point of contact (POC) for this CAM or IM clinic who is willing to be contacted for further information regarding this clinic, please provide their contact information below:

41c1. POC Name: _____

41c2. POC Title: _____

41c3. POC phone number (including area code and extension): _____

41c4. POC email address: _____

42. What is the level of collaboration between CAM and conventional providers? (Choose all that apply)

- 1. CAM providers do not usually interface with conventional medical providers
- 2. CAM and conventional medical providers openly discuss mutual patients
- 3. Multidisciplinary rounds that include CAM and conventional providers exist to discuss clinical cases
- 4. CAM and conventional medical providers mutually refer to each other
- 5. Other

5a. if other, please specify: _____

43. What are the top three referral sources for CAM services at this site?

- 1. Self-referred or referred by friends and family
- 2. Referred by primary care provider (PCP)
- 3. Referred by pain specialist
- 4. Referred by psychologist, psychiatrist, behavioral health provider
- 5. Referred by addiction specialist
- 6. Referred by neurologist, TBI center
- 7. Other

7a. if other, please specify: _____

44. For what CAM services are patients referred the most by conventional providers?

Please specify the top 3:

1) _____

2) _____

3) _____

45. What types of training are given to CAM providers when they start working at this MTF?

(Choose all that apply)

- 1. AHLTA training
- 2. Medical charting and coding
- 3. MHS structure

4. Internal referral network

5. Other

5a. if other, please specify: _____

6. No training provided

Data Sources

46. What types of people and/or resources did you use to answer the questions in this environmental scan? (Choose all that apply.)

1. CAM champion/expert at this facility

2. Individual providers of CAM services

3. Individual healthcare providers who do not themselves provide CAM services

4. Any staff in behavioral health/mental health

5. Any staff in pain management

6. Any staff in primary care

7. Any staff in rehabilitation

8. Any staff in spinal cord injury/disorders

9. Any staff in an onsite CAM or IM clinic

10. Human resources or staffing

11. Member(s) of the credentialing board or committee

12. Clinic or hospital administration

13. A new review of a sample of medical records

14. Data from a previous review of medical records

15. Other

15a. if other, please specify: _____

Appendix G: CAM Glossary

Term	Definition
NCCAM domain: Mind-body medicine	
Animal-assisted therapy	A type of therapy that involves an animal (e.g., horse, dog), other than a service animal, as a fundamental part of a person's treatment.
Aromatherapy	A therapy in which the scent of essential oils from flowers, herbs, and trees is inhaled to promote health and well-being.
Biofeedback	Biofeedback uses information from physiological monitoring devices to teach clients how to consciously regulate bodily functions, such as breathing, heart rate, and blood pressure.
Guided imagery	Any of various techniques (such as series of verbal suggestions) used to guide another person or oneself in imaging sensation – especially in visualizing an image in the mind – to bring about a desired physical response (such as stress reduction).
Hypnosis/hypnotherapy	Hypnosis is an altered state of consciousness characterized by increased responsiveness to suggestion. The hypnotic state is attained by first relaxing the body, then shifting attention toward a narrow range of objects or ideas as suggested by hypnotist or hypnotherapist. Hypnotherapy is the application of techniques to induce hypnosis.
Meditation	A conscious mental process using certain techniques – such as focusing attention or maintaining a specific posture – to suspend the stream of thoughts and relax the body and mind.
Mindfulness	A form of meditation where the focus of attention is on a physical sensation such as breathing with intent to increase awareness of the present.
Transcendental meditation (TM)	A technique of sitting meditation derived from Hindu tradition that promotes deep relaxation through the use of mantra, assigned by a teacher of TM.
Mantram meditation	A form of non-sitting meditation where sacred words or phrases are silently, internally repeated throughout the day as objects of concentration and re-directed attention.
Music therapy	Music used to achieve therapeutic goals.
Nonconventional spiritual practices (e.g., coordinated through chaplain)	Alternative pastoral/ spiritual care utilizes spiritual interventions or practices, provided or facilitated by qualified chaplains, that lie outside of traditional religious/faith practices and traditional health care.
Progressive muscle relaxation (PMR)	PMR is used to relieve tension and stress by systematically tensing and relaxing successive muscle groups.
Stress management/relaxation therapy	Relaxation therapy is a broad term used to describe a number of techniques that promote stress reduction, the elimination of tension throughout the body, and a calm and peaceful state of mind.
Yoga	A course of specific exercises, postures, breathing, and meditation to promote well-being.
NCCAM domain: Biologically based practices	
Diet therapy	Major dietary changes to promote health not related to allergies or intolerance and not part of the USDA's dietary guidelines, e.g. blood type diet, raw food diet; may include significant reductions or increases in certain daily nutrient intake requirements.

Term	Definition
Dietary/nutritional Supplements	Products that contain one or more vitamins, minerals, botanicals or other nutrients that are used to supplement the diet and improve health.
Herbal medicines	A plant or part of a plant used for therapeutic properties. Includes flowers, leaves, bark, fruit, seeds, stems, and roots.
Chelation therapy	Chelation therapy is a process in which a substance is introduced into the body intravenously, intramuscularly or orally to bind molecules, such as metals or minerals, and hold them tightly so that they can be eliminated from the body.
NCCAM domain: Manipulative and body-based practices	
Acupressure	Use of the fingers to press key acupuncture-related points on the body's surface of the skin to stimulate the flow of energy.
Acupuncture	Acupuncture is the stimulation of specific points on the body through the insertion of thin metal needles through the skin.
Massage therapy	Manipulation of the superficial and deeper layers of muscle and connective tissue by using usually manually applied pressure, tension, motion or vibration to improve function.
Movement practices (e.g. Feldenkreis, Alexander Technique, Pilates)	A broad range of Eastern and Western movement-based approaches (i.e., focused on teaching correct movement) used to promote physical, mental, emotional, and spiritual well-being.
Chiropractic	Chiropractic care focuses on the relationship between the body's structure—mainly the spine—and its functioning. Although practitioners may use a variety of treatment approaches, they primarily perform adjustments (manipulations) to the spine or other parts of the body with the goal of correcting alignment problems, alleviating pain, improving function, and supporting the body's natural ability to heal itself.
Hyperbaric oxygen therapy	A treatment in which the patient is placed in a chamber and breathes oxygen at higher-than-atmospheric pressure.
NCCAM domain: energy therapy	
Therapeutic touch	An adaptation of several religious and secular healing traditions and is commonly used in nursing practice for many different conditions. The practitioner passes his or her hands over the body of the person being treated in order to induce relaxation, reduce pain, and promote healing.
Healing touch	A noninvasive technique utilizing the hands to energize and balance the energy within the human body to restore and promote health.
Reiki	A form of treatment based on the belief that there is a universal energy that supports the body's healing abilities. The universal healing energy (the Reiki) is channeled through the practitioner to the patient.
Tai chi	Tai chi is a mind-body practice that originated in China as a martial art. A person doing tai chi moves his or her body slowly and gently, while breathing deeply and meditating.
Qi gong	Qi gong is an ancient Chinese discipline combining the use of gentle physical movements, mental focus, and deep breathing directed towards specific parts of the body for the purpose of healing.
NCCAM domain: Whole Medicine System	
Ayurveda	A whole medical system that originated in India. It aims to integrate the body, mind, and spirit to prevent and treat disease. Therapies used include herbs, massage, and yoga.
Homeopathy	A whole medical system that originated in Europe. Homeopathy seeks to stimulate the body's ability to heal itself by giving very small doses of highly diluted substances that in larger doses would produce illness or symptoms (an approach called "like cures like").
Native American healing	A whole medical system based on the Native American healer or

Term	Definition
practices (sweat lodge, etc.)	Medicine man who is a traditional healer who uses information from the “spirit world” in order to benefit the patient. The sweat lodge (also called purification ceremony, sweat house, medicine lodge) is a ceremonial sauna and is an important event in some North American First Nations or Native American cultures.
Naturopathic medicine	Naturopathic medicine is a whole medical system that proposes that there is a healing power in the body that establishes, maintains, and restores health. Practitioners work with the patient with a goal of supporting this power through treatments, such as nutrition and lifestyle counseling, dietary supplements, medicinal plants, exercise, or homeopathy.
Traditional Chinese medicine	A whole medical system that originated in ancient China and has evolved over thousands of years. Practitioners use herbs, acupuncture, and other methods to treat a wide range of conditions.

Appendix H: Supplemental Data from the MTF CAM Survey

Table H.1. Number and Percentage of MTFs Providing Specific CAM Services, and/or Recommending Outside the MTF, or Neither Providing nor Recommending Outside the MTF

CAM Service	Provided at and Recommended Outside the MTF, <i>N</i> (%)	Provided at but Not Recommended Outside the MTF, <i>N</i> (%)	Recommended Outside but Not Provided at the MTF, <i>N</i> (%)	Neither Provided at nor Recommended Outside the MTF, <i>N</i> (%)
Acupressure	1 (1)	29 (22)	23 (17)	80 (60)
Acupuncture	7 (5)	69 (52)	20 (15)	37 (28)
Animal-assisted therapy	3 (2)	12 (9)	30 (23)	88 (66)
Aromatherapy	0 (0)	10 (8)	21 (16)	102 (77)
Ayurveda	0 (0)	0 (0)	14 (11)	119 (89)
Biofeedback	3 (2)	36 (27)	30 (23)	64 (48)
Chelation therapy	0 (0)	0 (0)	9 (7)	124 (93)
Chiropractic	5 (4)	55 (41)	32 (24)	41 (31)
Dietary/nutritional supplements	2 (2)	41 (31)	26 (20)	64 (48)
Diet-special, diet therapy	2 (2)	50 (38)	20 (15)	61 (46)
Dry needling	0 (0)	11 (8)	0 (0)	21 (16)
Energy healing	1 (1)	8 (6)	21 (16)	103 (77)
Guided imagery	3 (2)	58 (44)	12 (9)	60 (45)
Herbal medicines	0 (0)	6 (5)	28 (21)	99 (74)
Homeopathy	0 (0)	0 (0)	19 (14)	114 (86)
Hyperbaric oxygen therapy	0 (0)	6 (5)	25 (19)	102 (77)
Hypnosis/hypnotherapy	0 (0)	15 (11)	16 (12)	102 (77)
Mantram repetition meditation	0 (0)	10 (8)	11 (8)	112 (84)
Massage therapy	2 (2)	20 (15)	55 (41)	56 (42)
Mindfulness meditation	8 (6)	48 (36)	17 (13)	60 (45)
Movement practices	2 (2)	14 (11)	42 (32)	75 (56)
Music therapy	1 (1)	14 (11)	21 (16)	97 (73)
Native American healing practices	0 (0)	0 (0)	9 (7)	124 (93)
Naturopathic medicine	0 (0)	0 (0)	24 (18)	109 (82)

CAM Service	Provided at and Recommended Outside the MTF, <i>N</i> (%)	Provided at but Not Recommended Outside the MTF, <i>N</i> (%)	Recommended Outside but Not Provided at the MTF, <i>N</i> (%)	Neither Provided at nor Recommended Outside the MTF, <i>N</i> (%)
Nontraditional spiritual practice	2 (2)	6 (5)	14 (11)	111 (83)
Osteopathic manipulative therapy	0 (0)	11 (8)	0 (0)	21 (16)
Other meditation	3 (2)	23 (17)	18 (14)	89 (67)
Other stand-alone CAM service	0 (0)	7 (5)	2 (2)	21 (16)
Progressive muscle relaxation	6 (5)	58 (44)	20 (15)	49 (37)
Stress management, relaxation therapy	6 (5)	77 (58)	12 (9)	38 (29)
Tai chi, qi gong	2 (2)	9 (7)	29 (22)	93 (70)
Traditional Chinese medicine	1 (1)	7 (5)	16 (12)	109 (82)
Transcendental meditation	1 (1)	5 (4)	15 (11)	112 (84)
Yoga	5 (4)	24 (18)	52 (39)	52 (39)

Table H.2. Number of MTFs Reporting Use of Evidence to Support the Decision to Provide CAM Services

CAM Service	Scientific Evidence	Experiential/ Anecdotal Evidence	Recommended by Clinical Practice Guidelines	None	Don't Know
Acupressure (n=23)	16	13	5	0	2
Acupuncture (n=62)	43	44	17	0	7
Animal-assisted therapy (n=12)	4	3	0	0	6
Aromatherapy (n=1)	0	1	0	0	0
Biofeedback (n=29)	18	8	9	0	9
Chiropractic (n=49)	36	27	14	0	8
Dietary/nutritional supplements (n=31)	25	18	12	1	4
Diet-special, diet therapy (n=34)	22	15	22	1	6
Dry needling (n=7)	4	4	2	0	1
Energy healing (n=6)	1	3	0	0	3
Guided imagery (n=28)	17	13	9	1	6
Herbal medicines (n=2)	0	2	0	0	0
Hyperbaric oxygen therapy (n=5)	4	2	0	0	1
Hypnosis/hypnotherapy (n=11)	7	3	2	0	3
Mantram repetition meditation (n=6)	2	3	1	1	2
Massage therapy (n=14)	7	7	4	0	1
Mindfulness meditation (n=32)	21	18	8	1	7
Movement practices (n=8)	2	4	1	0	3
Music therapy (n=7)	4	4	0	1	1
Nontraditional spiritual practice (n=4)	3	4	1	0	0
Osteopathic manipulative therapy (n=11)	9	9	5	0	1
Other meditation (n=13)	7	6	4	1	4
Other stand-alone CAM service (n=6)	5	5	0	0	1
Progressive muscle relaxation (n=32)	21	15	10	0	6
Stress management/relaxation therapy (n=47)	28	23	18	0	10

CAM Service	Scientific Evidence	Experiential/ Anecdotal Evidence	Recommended by Clinical Practice Guidelines	None	Don't Know
Tai chi, qi gong (n=8)	4	5	1	1	1
Traditional Chinese medicine (n=6)	4	6	1	0	0
Transcendental meditation (n=4)	3	3	1	0	1
Yoga (n=19)	13	8	5	0	2
Biologically based Combinations (n=10)	7	5	6	0	1
Manipulative and body-based combinations (n=5)	5	4	2	0	1
Mind-body medicine combinations (n=44)	31	25	19	0	8

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.3. Number of CAM Procedures Provided in 2013 by Type of CAM and by MTFs Based on MHS Utilization Data

Facility Service Branch	Parent MTF	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
Army	[0110] Darnall AMC-Ft. Hood	7,082	6,779	4,788	42	5,666
Army	[0052] Tripler AMC-Ft. Shafter	6,153	1,716	9,557	224	5,389
Army	[0125] Madigan AMC-Ft. Lewis	5,076	763	14,258	120	2,111
Army	[0108] William Beaumont AMC-Ft. Bliss	7,769	2,052	7,328	1	1,898
Army	[0047] Eisenhower AMC-Ft. Gordon	6,650	468	9,040	4	1,476
Army	[0607] Landstuhl Regional Medcen	6,637	819	7,055	986	1,032
Navy	[0024] NH Camp Pendleton	3,853	1,247	8,987	.	518
Navy	[0029] NMC San Diego	892	95	11,173	12	2,258
Navy	[0124] NMC Portsmouth	986	46	6,884	.	5,515
Navy	[0091] NH Camp Lejeune	874	1,981	9,242	472	544
Army	[0057] Irwin ACH-Ft. Riley	.	16	11,471	.	582
Navy	[0067] Walter Reed Natl Mil Med Cntr	2,536	2,459	6,247	106	702
Army	[0032] Evans ACH-Ft. Carson	3,715	485	6,049	43	933
Army	[0089] Womack AMC-Ft. Bragg	2,188	99	7,895	25	830
Army	[0123] Ft. Belvoir Community Hosp	989	102	4,615	14	4,558
Army	[0049] Winn ACH-Ft. Stewart	41	159	7,973	3	1,171
Air Force	[0117] 59th Med Wing-Lackland	271	126	7,944	.	199
Army	[0048] Martin ACH-Ft. Benning	317	2,140	2,120	.	3,913
Army	[0061] Ireland ACH-Ft. Knox	2,520	241	5,266	.	407
Army	[0003] Lyster AHC-Ft. Rucker	.	553	7,713	.	51

Facility Service Branch	Parent MTF	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
Navy	[0039] NH Jacksonville	666	1	6,825	.	552
Army	[0105] Moncrief ACH-Ft. Jackson	696	196	6,502	3	232
Air Force	[0066] 779th Med Grp-Andrews	1,393	60	5,719	.	34
Air Force	[0033] 10th Med Group-USAF Academy Co	84	.	6,867	.	165
Army	[0060] Blanchfield ACH-Ft. Campbell	102	2,177	4,168	513	128
Army	[0098] Reynolds ACH-Ft. Sill	1,107	1,912	3,613	6	407
Air Force	[0083] 377th Med Grp-Kirtland	15	.	6,701	.	20
Air Force	[0045] 6th Med Grp-MacDill	4	.	6,511	.	181
Navy	[0385] NHC Quantico	131	.	6,129	.	80
Air Force	[0006] 673rd Med Grp-Elmendorf	841	19	4,334	.	665
Navy	[0100] Naval Hlth Clinic New England	1,229	181	3,407	1	873
Air Force	[0055] 375th Med Grp-Scott	323	.	4,440	.	631
Air Force	[0009] 56th Med Grp-Luke	34	.	4,800	.	435
Air Force	[0095] 88th Med Grp-Wright- Patterson	4	40	4,824	.	235
Air Force	[0014] 60th Med Grp-Travis	60	16	4,900	.	89
Air Force	[0120] 633rd Med Grp Langley-Eustis	2	.	4,652	.	391
Army	[0330] Guthrie AHC-Ft. Drum	25	24	4,575	3	291
Navy	[0621] NH Okinawa	815	.	3,344	.	663
Air Force	[0004] 42nd Medical Group- Maxwell	.	2	4,154	.	504
Army	[0005] Bassett ACH-Ft. Wainwright	196	467	3,737	1	225
Navy	[0104] NH Beaufort	277	.	4,046	.	177

Facility Service Branch	Parent MTF	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
Navy	[0092] NHC Cherry Point	193	.	3,682	.	20
Army	[0064] Bayne-Jones ACH-Ft. Polk	94	467	2,351	.	955
Navy	[0038] NH Pensacola	227	.	2,912	.	575
Air Force	[0010] 355th Med Grp-Davis Monthan	40	97	3,493	.	80
Air Force	[0326] 87th Med Grp-Mcguire	.	2	3,091	.	583
Air Force	[0073] 81st Med Grp-Keesler	13	1	3,489	.	58
Air Force	[0062] 2Nd Med Grp-Barksdale	.	2	3,296	.	241
Navy	[0028] NH Lemoore	.	8	3,457	.	28
Air Force	[7139] 1St Spec Ops Med Grp-Hurlburt	164	.	3,296	.	17
Army	[0609] Bavaria Meddac	129	3	3,038	93	96
Navy	[0056] James A Lovell Fhcc	99	.	3,178	.	39
Air Force	[0078] 55th Med Grp-Offutt	.	.	3,162	.	100
Army	[0069] Kimbrough Amb Car Cen-Ft. Meade	410	352	2,353	.	98
Army	[0075] L. Wood ACH-Ft. Leonard Wood	.	42	2,177	.	944
Navy	[0280] NHC Hawaii	650	.	2,402	.	27
Air Force	[0096] 72nd Med Grp-Tinker	12	.	2,960	.	1
Navy	[0030] NH Twentynine Palms	21	.	2,668	14	169
Air Force	[0042] 96th Med Grp-Eglin	217	7	1,332	.	828
Army	[0109] Bamc-Sammc Jbsa Fsh	1,071	199	3	67	390
Navy	[0126] NH Bremerton	160	29	1,270	.	71
Air Force	[0079] 99th Med Grp-O Callaghan Hosp	706	.	.	.	115

Facility Service Branch	Parent MTF	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
Army	5273	655
Navy	[0617] NH Naples	446	.	.	.	31
Air Force	[0046] 45th Med Grp-Patrick	.	193	.	.	276
Air Force	[0077] 341st Med Grp-Malmstrom	.	1	.	.	438
Army	[0612] Brian Allgood ACH-Seoul	99	55	.	.	244
Air Force	[0637] 8th Med Grp-Kunsan Ab	361	.	.	.	8
Air Force	[0633] 48th Med Grp-Lakenheath	235	.	.	.	101
Navy	[0306] NHC Annapolis	251	.	.	.	79
Navy	[0618] NH Rota	52	.	.	.	273
Air Force	[0806] 86th Medical Group-Ramstein	300
Air Force	[0635] 39th Med Group-Incirlik	236	62	.	.	2
Air Force	[0364] 17th Med Grp-Goodfellow	238
Army	[0086] Keller ACH-West Point	159	.	.	.	57
Air Force	[0356] 628th Med Grp-Charleston	53	17	.	.	125
Navy	[0624] NH Sigonella	30	.	.	.	165
Navy	[0622] NH Yokosuka	143	.	.	.	49
Army	[0008] R W Bliss AHC-Ft. Huachuca	.	169	.	.	15
Air Force	[0015] 9th Med Grp-Beale	3	13	.	.	162
Air Force	[0084] 49th Med Grp-Holloman	161	.	.	.	7
Air Force	[0050] 23rd Med Grp-Moody	11	39	1	.	110
Air Force	[0653] 422 Abs Med Flt-Croughton	152
Air Force	[0074] 14th Med Grp-Columbus	144
Navy	[0615] NH Guantanamo Bay	143
Army	[0001] Fox AHC-Redstone Arsenal	.	.	.	8	116

Facility Service Branch	Parent MTF	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
Air Force	[0090] 4th Med Grp-Seymour Johnson	.	.	1	.	120
Air Force	[0036] 436th Med Grp-Dover	83	.	.	.	34
Navy	[0118] NHC Corpus Christi	108	1	.	.	2
Air Force	[0013] 19th Medical Group- Little Rock	.	108	1	.	1

NOTE: This table only contains data for the MTFs where the number of CAM procedures provided in 2013 totaled at least 100 across these five types of CAM.

Table H.4. Number of CAM Procedures Used by TRICARE Beneficiaries 2008–2013, by Treatment Locations and Service

Data Source	CAM Procedure or Service Branch	2008	2009	2010	2011	2012	2013
CAPER – MTF-based outpatient use	Acupuncture	10,916	19,579	31,502	37,759	56,647	74,311
	Biofeedback	12,200	15,880	24,299	25,595	23,175	28,044
	Chiropractic	241,485	247,147	253,862	295,953	311,908	313,438
	Hypnotherapy / Hypnosis	465	722	919	1,392	1,673	2,722
	Massage	35,936	37,739	48,700	58,495	57,741	55,801
	Music Therapy	-na-	-na-	-na-	-na-	-na-	-na-
TED-I - non-MTF-based inpatient use	Acupuncture	22	34	40	18	16	7
	Biofeedback	-na-	-na-	-na-	-na-	-na-	-na-
	Chiropractic	-na-	-na-	-na-	-na-	-na-	-na-
	Hypnotherapy / Hypnosis	0	0	0	0	0	0
	Massage	-na-	-na-	-na-	-na-	-na-	-na-
	Music Therapy	1	4	1	0	0	1
TED-NI – non-MTF-based outpatient use	Acupuncture	212	2,267	3,306	3,035	1,126	403
	Biofeedback	406	825	1,316	976	1,917	1,842
	Chiropractic	614	592	706	1,039	1,029	494
	Hypnotherapy / Hypnosis	10	1	15	146	159	40
	Massage	7,700	9,199	9,986	9,916	9,030	7,551
	Music Therapy	-na-	-na-	-na-	-na-	-na-	-na-
SIDR – MTF-based inpatient use	Acupuncture	7	7	5	7	16	23
	Biofeedback	-na-	-na-	-na-	-na-	-na-	-na-
	Chiropractic	-na-	-na-	-na-	-na-	-na-	-na-
	Hypnotherapy / Hypnosis	2	0	0	1	2	0
	Massage	-na-	-na-	-na-	-na-	-na-	-na-
	Music Therapy	0	0	0	0	0	0
By Service of the MTF	Air Force	101,982	108,447	107,739	105,258	103,716	104,742
	Army	119,659	134,113	160,214	205,680	225,723	250,498
	Coast Guard	726	579	589	565	486	389
	Navy	79,600	81,823	95,989	112,453	124,709	120,801

Data Source	CAM Procedure or Service Branch	2008	2009	2010	2011	2012	2013
	Non-catchment area—more than 40 miles from an MTF	8,009	9,032	10,126	10,376	9,805	8,247
TOTAL	Acupuncture	11,157	21,887	34,853	40,819	57,805	74,744
	Biofeedback	12,606	16,705	25,615	26,571	25,092	29,886
	Chiropractic	242,099	247,739	254,568	296,992	312,937	313,932
	Hypnotherapy / Hypnosis	477	723	934	1,539	1,834	2,762
	Massage	43,636	46,938	58,686	68,411	66,771	63,352
	Music Therapy	1	4	1	0	0	1
	Total	309,976	333,996	374,657	434,332	464,439	484,677

Table H.5. Number of MTFs Reporting Reasons/Conditions for Which CAM Services Are Used

CAM Service	Asthma	Cancer	Diabetes mellitus	Heart disease	Hypertension	Obesity	Other chronic disease management	Anxiety disorder	Depression	Posttraumatic stress disorder & acute stress disorder	Stress management	Sleep disturbance	Substance use disorder (excluding tobacco or nicotine dependence)	Other mental health	Acute pain (post trauma/injury, post-op, pre-op)	Arthritis	Back pain	Chronic pain	Headache (excluding TBI related pain)	Pain related to TBI (headache, neck pain, radiculopathy)	Other pain management	General health/wellness/prevention	Resilience promotion	Tobacco dependence	Neurological symptoms related to TBI	Weight loss	Women's health	Other miscellaneous	Gastrointestinal problems	Neck pain	Neuropathic pain	Don't know	
Acupressure (n=23)	1	0	1	2	2	3	0	10	6	6	12	8	6	0	14	7	19	21	17	6	0	5	1	5	2	4	1	0	1	0	1	0	
Acupuncture (n=62)	9	8	7	6	12	15	0	32	28	25	30	31	18	1	49	34	55	57	51	31	1	20	10	24	12	21	11	5	3	0	3	2	
Animal-assisted therapy (n=12)	0	1	0	1	0	0	3	7	7	9	4	0	2	1	0	0	0	1	0	1	0	4	2	0	3	0	0	0	0	0	0	0	
Aromatherapy (n=1)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
Ayurveda (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Biofeedback (n=29)	3	1	2	2	4	2	1	23	15	24	22	17	8	0	5	2	10	15	9	8	1	6	7	5	6	3	1	1	1	1	0	0	2
Chelation therapy (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chiropractic (n=49)	0	0	0	0	0	1	0	2	2	3	4	4	0	0	30	25	47	44	30	20	1	12	8	1	4	2	2	0	0	0	1	1	
Dietary/nutritional supplements (n=31)	1	5	17	14	16	17	4	5	10	3	7	14	3	1	5	11	8	10	9	2	0	22	11	5	5	14	4	1	0	0	1	1	
Diet-special, diet therapy (n=34)	4	9	29	27	26	29	0	1	4	1	5	5	4	1	2	5	3	7	6	1	0	23	10	5	2	26	3	2	0	0	0	1	
Dry needling (n=7)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	6	4	2	0	0	0	0	1	0	0	1	0	0	0	0	
Energy healing (n=6)	0	0	0	0	0	0	0	5	4	3	4	3	1	0	3	2	3	3	2	2	0	4	3	0	1	0	0	0	0	0	0	0	

CAM Service	Asthma	Cancer	Diabetes mellitus	Heart disease	Hypertension	Obesity	Other chronic disease management	Anxiety disorder	Depression	Posttraumatic stress disorder & acute stress disorder	Stress management	Sleep disturbance	Substance use disorder (excluding tobacco or nicotine dependence)	Other mental health	Acute pain (post trauma/injury, post-op, pre-op)	Arthritis	Back pain	Chronic pain	Headache (excluding TBI related pain)	Pain related to TBI (headache, neck pain, radiculopathy)	Other pain management	General health/wellness/prevention	Resilience promotion	Tobacco dependence	Neurological symptoms related to TBI	Weight loss	Women's health	Other miscellaneous	Gastrointestinal problems	Neck pain	Neuropathic pain	Don't know		
Guided imagery (n=28)	3	3	3	4	4	3	1	26	23	24	26	23	17	1	9	3	8	15	8	8	1	10	11	7	5	3	2	0	0	0	0	0		
Herbal medicines (n=2)	0	0	0	0	0	0	0	2	1	1	2	1	1	0	1	1	1	1	1	0	0	1	2	0	1	0	0	0	0	0	0	0	0	
Homeopathy (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Hyperbaric oxygen therapy (n=5)	0	0	2	0	0	0	2	0	0	1	0	0	0	0	0	0	0	0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	
Hypnosis/hypnotherapy (n=11)	1	1	1	1	1	1	0	10	8	6	9	8	5	0	2	1	2	5	2	3	0	1	1	3	1	3	1	0	0	0	0	0	1	
Mantram repetition meditation (n=6)	1	1	1	1	2	1	0	4	3	3	4	3	2	0	2	2	2	4	3	3	0	3	4	2	3	1	1	0	0	0	0	0	0	
Massage therapy (n=14)	0	1	1	1	2	2	0	4	3	4	5	5	1	0	5	2	11	12	8	6	0	5	3	1	1	1	0	0	0	0	0	0	1	
Mindfulness meditation (n=32)	5	5	6	6	8	7	1	29	28	25	28	24	17	1	9	7	11	17	10	9	0	19	16	9	11	7	3	0	1	0	0	0	1	
Movement practices (n=8)	0	0	0	1	1	1	0	1	1	1	1	2	0	0	1	2	3	6	1	1	0	3	2	1	1	1	1	0	0	0	0	0	1	
Music therapy (n=7)	0	0	0	0	1	1	0	4	4	5	4	3	2	0	3	0	1	4	2	3	0	2	2	0	3	1	1	1	0	0	0	0	0	
Native American healing practices (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Naturopathic medicine (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

CAM Service	Asthma	Cancer	Diabetes mellitus	Heart disease	Hypertension	Obesity	Other chronic disease management	Anxiety disorder	Depression	Posttraumatic stress disorder & acute stress disorder	Stress management	Sleep disturbance	Substance use disorder (excluding tobacco or nicotine dependence)	Other mental health	Acute pain (post trauma/injury, post-op, pre-op)	Arthritis	Back pain	Chronic pain	Headache (excluding TBI related pain)	Pain related to TBI (headache, neck pain, radiculopathy)	Other pain management	General health/wellness/prevention	Resilience promotion	Tobacco dependence	Neurological symptoms related to TBI	Weight loss	Women's health	Other miscellaneous	Gastrointestinal problems	Neck pain	Neuropathic pain	Don't know
Nontraditional spiritual practice (n=4)	1	2	1	1	1	1	0	3	3	4	4	3	3	0	1	1	3	3	2	1	0	3	3	3	0	0	1	0	0	0	0	0
Osteopathic manipulative therapy (n=11)	2	1	1	1	1	1	0	1	1	1	1	1	1	0	7	4	11	8	4	3	1	1	1	1	0	1	1	0	0	1	0	0
Other meditation (n=13)	2	3	2	3	4	3	0	10	6	8	9	7	5	0	4	4	5	9	5	6	0	8	7	4	2	2	1	0	0	0	0	2
Other CAM service (n=6)	0	0	0	0	0	0	0	3	1	2	3	3	0	0	1	2	4	4	3	0	0	1	1	0	1	0	0	0	0	0	0	0
Progressive muscle relaxation (n=32)	3	4	5	5	6	4	0	28	19	20	28	24	13	1	11	9	15	17	10	8	0	11	8	9	6	6	3	0	1	2	0	1
Stress management/relaxation therapy (n=46)	5	7	5	6	8	6	0	41	31	32	45	32	18	2	12	7	15	21	13	13	0	17	16	11	9	8	4	0	1	0	0	1
Tai chi, qi gong (n=8)	0	0	0	1	1	1	0	6	4	6	8	4	1	0	0	2	3	6	2	2	0	6	5	0	2	0	0	1	0	0	0	0
Traditional Chinese medicine (n=6)	2	2	1	1	1	2	0	4	3	3	4	3	2	1	4	5	4	6	4	3	1	2	2	2	2	2	3	1	1	0	1	0
Transcendental meditation (n=4)	1	1	1	1	2	1	0	4	3	2	4	3	2	0	2	2	2	2	2	2	0	3	3	2	2	1	1	0	0	0	0	0
Yoga (n=19)	1	1	1	1	2	1	0	11	8	11	12	10	6	1	2	5	9	15	7	6	0	14	10	1	1	1	1	0	0	0	0	1
Biologically based combinations (n=10)	1	2	5	5	5	6	1	2	2	1	1	3	3	1	2	2	3	3	3	2	0	4	2	3	1	5	2	3	1	0	0	0

CAM Service	Asthma	Cancer	Diabetes mellitus	Heart disease	Hypertension	Obesity	Other chronic disease management	Anxiety disorder	Depression	Posttraumatic stress disorder & acute stress disorder	Stress management	Sleep disturbance	Substance use disorder (excluding tobacco or nicotine dependence)	Other mental health	Acute pain (post trauma/injury, post-op, pre-op)	Arthritis	Back pain	Chronic pain	Headache (excluding TBI related pain)	Pain related to TBI (headache, neck pain, radiculopathy)	Other pain management	General health/wellness/prevention	Resilience promotion	Tobacco dependence	Neurological symptoms related to TBI	Weight loss	Women's health	Other miscellaneous	Gastrointestinal problems	Neck pain	Neuropathic pain	Don't know
Manipulative and body-based combinations (n=6)	0	0	1	2	2	4	0	4	4	4	4	5	4	0	5	5	6	5	5	4	0	5	2	4	3	4	2	0	0	0	0	0
Mind-body medicine combinations (n=44)	6	6	8	8	11	12	0	43	40	40	41	39	24	2	14	13	19	28	23	18	2	30	23	21	14	15	8	0	1	0	0	0
Mixed combinations (n=30)	5	5	7	7	9	9	0	24	23	21	25	24	15	1	20	23	24	28	25	20	1	20	15	12	10	13	9	4	2	0	2	1

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.6. Number of CAM Procedures in 2013, by Type of CAM and Diagnostic Category Based on MHS Utilization Data

Diagnosis Group Associated With Procedure*	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
[205] Spondylosis; intervertebral disc disorders; other back problems	31,712	1,485	158,186	11	10,981
[212] Other bone disease and musculoskeletal deformities	763	19	119,936	.	3,796
[254] Rehabilitation care; fitting of prostheses; and adjustment of devices	1,617	2,440	3,220	4	23,803
[211] Other connective tissue disease	5,377	280	10,377	2	10,309
[204] Other nontraumatic joint disorders	5,555	619	3,559	2	7,684
[232] Sprains and strains	727	67	8,170	.	1,397
[095] Other nervous system disorders	9,728	554	2,531	10	851
[651] Anxiety disorders	6,112	7,564	7	222	108
[084] Headache, including migraine	4,053	1,472	2,120	16	170
[256] Medical examination/evaluation ¹	452	4,212	1,653	17	549
[660] Alcohol-related disorders	2,450	34	.	1,330	.
[650] Adjustment disorders	646	2,594	1	68	1
[257] Other aftercare	56	66	.	.	2,235
[259] Residual codes; unclassified ²	751	1,401	9	39	48
[209] Other acquired deformities	68	5	1,741	.	182
[657] Mood disorders	559	1,465	1	24	1
[653] Delirium, dementia, and amnestic and other cognitive disorders	26	1,092	3	446	3
[225] Joint disorders and dislocations; trauma-related	80	30	279	1	204
[233] Intracranial injury ³	109	383	14	4	5
[203] Osteoarthritis	157	.	154	.	152
[663] Screening and history of mental health and substance abuse codes	225	196	5	27	2
[661] Substance-related disorders	263	19	.	106	.
[093] Conditions associated with dizziness or vertigo	54	19	17	.	5

Diagnosis Group Associated With Procedure*	Acupuncture	Biofeedback	Chiropractic	Hypnotherapy / Hypnosis	Massage
[202] Rheumatoid arthritis and related disease	9	1	37	.	1
[659] Schizophrenia and other psychotic disorders	10	25	.	7	.
[227] Spinal cord injury	5	.	2	.	.
[054] Gout and other crystal arthropathies	6

* = The number in brackets is the Agency for Healthcare Research and Quality Clinical Classifications Software (CCS) group number for that diagnostic category.

Table H.7. Perceived Patient Adherence Reported by MTFs Offering CAM Services

CAM Service	High	Moderate	Low	Not applicable	Don't know
Acupressure (n=23)	5	6	1	1	10
Acupuncture (n=62)	35	15	1	0	11
Animal-assisted therapy (n=12)	3	1	0	3	5
Aromatherapy (n=1)	0	0	0	0	1
Biofeedback (n=28)	6	9	0	0	13
Chiropractic (n=49)	30	11	0	0	8
Dietary/nutritional supplements (n=31)	4	14	1	2	10
Diet-special, diet therapy (n=33)	4	13	5	1	10
Dry needling (n=7)	3	2	0	0	2
Energy healing (n=6)	2	1	0	0	3
Guided imagery (n=28)	5	13	0	2	8
Herbal medicines (n=2)	0	1	0	0	1
Hyperbaric oxygen therapy (n=5)	2	0	0	0	3
Hypnosis/hypnotherapy (n=11)	2	1	1	1	6
Mantram repetition meditation (n=6)	2	2	0	0	2
Massage therapy (n=14)	8	2	0	0	4
Mindfulness meditation (n=32)	8	12	2	1	9
Movement practices (n=7)	1	2	0	0	4
Music therapy (n=7)	3	1	0	0	3
Non-traditional spiritual practice (n=4)	1	1	1	0	1
Osteopathic manipulative therapy (n=11)	3	5	1	1	1
Other (n=6)	1	3	0	1	1
Other meditation (n=13)	4	2	0	1	6
Progressive muscle relaxation (n=32)	10	11	1	1	9
Stress management/ relaxation therapy (n=46)	11	15	0	2	18
Tai chi, qi gong (n=8)	4	0	0	1	3
Traditional Chinese medicine (n=6)	2	1	0	1	2
Transcendental meditation (n=4)	1	1	0	0	2
Yoga (n=19)	7	5	0	1	6
Biologically based combinations (n=10)	2	2	1	2	3
Manipulative and body-based combinations (n=5)	2	1	0	0	2
Mind-Body Medicine Combinations (n=44)	15	16	2	1	10

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.8. Number of MTFs Reporting Specific Benefits from CAM Services per Patient and Provider Reports

CAM Service	Reduced pain	Reduced depressive symptoms	Reduced anxiety symptoms	Reduced PTSD symptoms	Reduced stress	Improved quality of life	Improved work performance	Improved sleep	Improved self-management skills, self-regulation, and awareness	Increased healthy behaviors	Increased military retention	Improved functional health status	Improved patient satisfaction	Other	Don't know
Acupressure (n=23)	20	6	5	4	6	7	3	6	6	5	1	6	8	1	2
Acupuncture (n=62)	57	16	27	18	31	41	23	33	20	17	4	27	35	1	2
Animal-assisted therapy (n=12)	1	5	7	7	7	5	1	0	3	1	0	0	6	0	0
Aromatherapy (n=1)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Biofeedback (n=28)	13	9	18	11	16	15	7	11	11	6	5	3	15	1	3
Chiropractic (n=49)	46	4	2	4	12	31	27	22	12	14	13	28	32	0	3
Dietary/nutritional supplements (n=30)	7	5	6	2	4	12	7	12	10	17	2	9	13	1	2
Diet-special, diet therapy (n=34)	2	0	1	1	2	20	11	5	9	23	7	16	14	4	3
Dry needling (n=7)	6	0	0	0	1	3	4	3	2	0	2	4	0	0	1
Energy healing (n=6)	1	2	5	2	3	3	0	1	0	1	0	0	2	0	1
Guided imagery (n=28)	11	16	25	16	22	15	11	16	16	11	3	6	10	0	1
Herbal medicines (n=2)	0	0	1	1	1	1	1	0	0	0	0	1	1	0	1
Hyperbaric oxygen therapy (n=5)	1	1	1	1	0	2	0	0	0	0	1	1	2	2	0
Hypnosis/hypnotherapy (n=11)	4	5	8	4	4	2	1	5	2	1	1	1	3	0	3
Mantram repetition meditation (n=6)	3	1	3	1	2	2	2	1	2	1	0	1	2	0	0
Massage therapy (n=14)	13	1	2	2	6	4	4	4	3	2	2	2	5	0	1
Mindfulness meditation (n=32)	11	15	28	17	27	20	13	19	18	14	3	5	13	0	2
Movement practices (n=8)	3	0	0	0	2	2	1	1	1	1	0	1	1	0	4
Music therapy (n=7)	2	3	4	4	4	2	0	2	2	2	0	2	5	0	1
Nontraditional spiritual practice (n=4)	4	3	3	3	3	3	3	2	3	3	1	2	3	0	0
Osteopathic manipulative therapy (n=11)	8	1	1	0	3	8	4	1	1	0	1	6	7	0	0

CAM Service	Reduced pain	Reduced depressive symptoms	Reduced anxiety symptoms	Reduced PTSD symptoms	Reduced stress	Improved quality of life	Improved work performance	Improved sleep	Improved self-management skills, self-regulation, and awareness	Increased healthy behaviors	Increased military retention	Improved functional health status	Improved patient satisfaction	Other	Don't know
Other meditation (n=13)	7	4	10	5	9	7	3	6	6	4	0	1	3	0	2
Other stand-alone CAM service (n=6)	4	0	3	1	4	2	3	3	3	2	1	1	2	0	0
Progressive muscle relaxation (n=32)	16	13	21	14	25	15	13	17	17	11	1	5	10	0	3
Stress management/relaxation therapy (n=46)	19	21	37	21	40	25	17	23	24	15	5	9	17	0	3
Tai chi, qi gong (n=8)	4	1	5	4	7	6	2	2	2	1	0	1	4	0	0
Traditional Chinese medicine (n=6)	3	2	2	2	3	2	2	2	3	3	2	2	4	0	1
Transcendental meditation (n=4)	2	1	2	1	2	2	1	2	1	2	0	1	2	0	1
Yoga (n=19)	13	5	9	4	13	14	7	7	9	10	3	7	12	0	1
Biologically based combinations (n=10)	3	2	1	1	1	5	2	1	3	6	1	4	5	1	0
Manipulative and body-based combinations (n=5)	5	1	2	1	2	3	2	2	3	2	0	1	3	0	0
Mind-body medicine combinations (n=44)	22	30	40	26	38	33	20	30	29	23	13	20	27	0	0

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.9. Number of MTFs Reporting Observed Reduction in the Use of Medications for Pain, Depression, Anxiety, PTSD, and Sleep

CAM Service	Yes, decreased use of analgesics	Yes, decreased use of anti-depressants	Yes, decreased use of anxiolytics	Yes, decreased use of sleep medications	Yes, other	No observed reduction in medication use	Don't know	Not applicable
Acupressure (n=21)	9	2	2	3	0	0	12	0
Acupuncture (n=59)	35	7	15	16	1	2	21	0
Animal-assisted therapy (n=10)	0	0	1	0	0	1	9	0
Aromatherapy (n=0)	0	0	0	0	0	0	0	0
Biofeedback (n=22)	8	3	6	4	0	2	11	0
Chiropractic (n=46)	27	2	2	6	0	1	18	0
Dietary/nutritional supplements (n=16)	1	1	1	3	0	2	12	0
Diet-special, diet therapy (n=7)	0	0	1	1	2	1	3	0
Dry needling (n=6)	2	0	0	0	0	2	2	0
Energy healing (n=5)	0	0	0	0	0	2	3	0
Guided imagery (n=26)	2	2	6	4	1	6	13	0
Herbal medicines (n=1)	0	0	1	0	1	0	0	0
Hyperbaric oxygen therapy (n=2)	0	0	0	0	0	1	1	0
Hypnosis/hypnotherapy (n=8)	2	2	3	4	0	1	3	0
Mantram repetition meditation (n=4)	1	1	1	1	0	0	3	0
Massage therapy (n=13)	4	0	1	1	0	1	8	0
Mindfulness meditation (n=29)	7	4	7	6	0	3	15	1
Movement practices (n=3)	0	0	0	0	0	0	3	0
Music therapy (n=4)	0	0	0	0	0	0	4	0
Nontraditional spiritual practice (n=4)	0	0	0	0	0	0	4	0
Osteopathic manipulative therapy (n=10)	4	0	0	1	0	1	5	0
Other (n=6)	2	0	0	0	0	1	3	0
Other meditation (n=11)	2	1	1	1	0	1	7	1
Progressive muscle relaxation (n=28)	7	1	6	5	0	4	14	1
Stress management/relaxation therapy (n=39)	4	3	9	5	0	5	25	1
Tai chi, qi gong (n=6)	0	0	1	0	0	0	5	0
Traditional Chinese medicine (n=3)	2	1	1	1	0	0	1	0

CAM Service	Yes, decreased use of analgesics	Yes, decreased use of anti- depressants	Yes, decreased use of anxiolytics	Yes, decreased use of sleep medications	Yes, other	No observed reduction in medication use	Don't know	Not applicable
Transcendental meditation (n=2)	1	1	1	1	0	0	1	0
Yoga (n=15)	4	2	2	3	0	1	10	0
Biologically based Combinations (n=4)	2	1	1	1	1	0	1	0
Manipulative and body- based combinations (n=5)	3	1	0	1	0	0	2	0
Mind-body medicine combinations (n=41)	9	8	7	12	0	5	20	1

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.10. MTF Reports of Monthly Patient Encounters for CAM Services

CAM Service	Less than or equal to 50	51- 100	101- 150	151- 200	201- 500	More than 500
Acupressure (n=23)	15	5	1	2	0	0
Acupuncture (n=62)	38	11	3	3	6	1
Animal-assisted therapy (n=12)	9	1	1	1	0	0
Aromatherapy (n=1)	1	0	0	0	0	0
Biofeedback (n=28)	17	5	3	0	3	0
Chiropractic (n=49)	5	8	6	9	12	9
Dietary/nutritional supplements (n=31)	18	7	1	1	1	3
Diet-special, diet therapy (n=34)	14	8	4	3	3	2
Dry needling (n=7)	5	1	0	0	1	0
Energy healing (n=6)	5	1	0	0	0	0
Guided imagery (n=28)	16	5	3	2	2	0
Herbal medicines (n=2)	2	0	0	0	0	0
Hyperbaric oxygen therapy (n=5)	3	0	2	0	0	0
Hypnosis/hypnotherapy (n=11)	9	2	0	0	0	0
Mantram repetition meditation (n=6)	5	1	0	0	0	0
Massage therapy (n=14)	7	1	1	3	2	0
Mindfulness meditation (n=32)	17	7	4	2	2	0
Movement practices (n=8)	6	1	0	0	1	0
Music therapy (n=7)	5	1	1	0	0	0
Nontraditional spiritual practice (n=4)	4	0	0	0	0	0
Osteopathic manipulative therapy (n=11)	9	2	0	0	0	0
Other meditation (n=13)	9	3	1	0	0	0
Other stand-alone CAM service (n=6)	3	2	1	0	0	0
Progressive muscle relaxation (n=32)	21	3	1	3	4	0
Stress management/relaxation therapy (n=46)	30	8	2	1	3	2
Tai chi, qi gong (n=8)	5	2	1	0	0	0
Traditional Chinese medicine (n=6)	3	0	2	1	0	0
Transcendental meditation (n=4)	4	0	0	0	0	0

CAM Service	Less than or equal to 50	51- 100	101- 150	151- 200	201- 500	More than 500
Yoga (n=19)	12	1	0	3	2	1
Biologically based combinations (n=10)	5	1	1	2	0	1
Manipulative and body-based combinations (n=6)	1	0	1	1	2	1
Mind-body medicine combinations (n=44)	18	3	5	6	7	5
Mixed combinations (n=30)	4	3	3	2	8	10

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.11. MTF Reports of the Number of Patients on the Waiting List for CAM Services

CAM Service	<10	10 to 40	>40	No Waiting List	Don't Know
Acupressure (n=23)	6	1	1	9	6
Acupuncture (n=62)	13	6	10	19	14
Animal-assisted therapy (n=12)	0	0	0	6	6
Aromatherapy (n=1)	1	0	0	0	0
Biofeedback (n=28)	5	2	1	10	10
Chiropractic (n=49)	4	7	10	13	15
Dietary/nutritional supplements (n=31)	4	2	0	18	7
Diet-special, diet therapy (n=34)	4	3	0	12	15
Dry needling (n=7)	4	0	0	3	0
Energy healing (n=6)	2	0	0	3	1
Guided imagery (n=28)	4	1	1	18	4
Herbal medicines (n=2)	1	0	0	1	0
Hyperbaric oxygen therapy (n=5)	1	0	0	3	1
Hypnosis/hypnotherapy (n=11)	3	0	1	3	4
Mantram repetition meditation (n=6)	2	0	0	2	2
Massage therapy (n=14)	3	2	2	2	5
Mindfulness meditation (n=32)	4	2	2	19	5
Movement practices (n=8)	1	0	0	2	5
Music therapy (n=7)	1	0	0	1	5
Nontraditional spiritual practice (n=4)	0	0	0	3	1
Osteopathic manipulative therapy (n=11)	3	0	0	5	3
Other meditation (n=13)	1	1	0	7	4
Other stand-alone CAM service (n=6)	0	0	0	3	3
Progressive muscle relaxation (n=32)	5	2	1	18	6
Stress management/relaxation therapy (n=46)	7	2	3	26	8
Tai chi, qi gong (n=8)	2	0	0	3	3
Traditional Chinese medicine (n=6)	1	1	0	2	2
Transcendental meditation (n=4)	1	0	0	3	0
Yoga (n=19)	2	2	2	10	3
Biologically based combinations (n=10)	2	0	0	3	5
Manipulative and body-based combinations (n=5)	2	0	2	0	1
Mind-body medicine combinations (n=44)	6	2	2	25	9

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.12A. MTF Staff Full-Time Equivalents (FTEs) of Time Devoted to Providing Each CAM Service Across all MTFs

CAM Service																					Totals			
	Acupuncturist (Licensed) - MTF	CAM-specific provider (trained and/or licensed in specific modality) - MTF	Chaplain, Clergy, Spiritual Leader - MTF	Chiropractor (Doctor of Chiropractic, Licensed) - MTF	Dentist - MTF	Dietitian - MTF	Marriage and Family Therapist (Licensed) - MTF	Massage Therapist (Licensed) - MTF	Nurse, Clinical Specialist - MTF	Nurse Practitioner - MTF	Nurse, Registered Staff - MTF	Pharmacist - MTF	Physical Therapist/Occupational Therapist - MTF	Physician Assistant - MTF	Physician (MD, DO) - MTF	Professional Counselor (Licensed) - MTF	Clinical Psychologist - MTF	Social Worker (Licensed) - MTF	Volunteer - MTF	Psychology and psychiatry techs - MTF		PT/OT techs - MTF	Other - MTF	
Acupressure (n=21)	5	2	0	2.9	0	0	0	4.3	0.1	0	0	0	5.4	0	10.8	0	2	0	0	0	0	0	0	32.5
Acupuncture (n=59)	21.71	0	0	1.2	6.16	2	0	0	0	1.55	2.15	0	4	7.4	163.5	1	2	2	1	0	0	0	0	215.7
Animal-assisted therapy (n=6)	2	1.1	0	5	0	0	0	2	0	0.5	0	0	1.5	0	2	0	2	0.5	1.35	0	0	0	0	18.0
Aromatherapy (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0
Biofeedback (n=27)	1.15	5.2	0.5	2	0.2	1.25	0.5	0.5	1	1.6	1	0	6.4	2.1	4.33	1.2	20.89	13.4	0	0	0	0	4	67.2
Chiropractic (n=35)	0	2	0	45.02	0	0	0	0	0	0	0.2	0.1	2.5	0	4.4	0	0	0	0	0	0	0	0	54.2
Dietary/nutritional supplements (n=22)	0.1	2	1	2.1	2	20	0	2	3	7	0.2	1	3	11.1	37.25	0	0	0	2	0	0	0	0	93.8
Diet-special, diet therapy (n=27)	1.05	0	2	2	4	29.6	0	2	3	5	10.2	3	1	4	13.63	0.2	5.04	3.72	1.5	0	0	0	0	90.9
Dry needling (n=7)	0	0	0	0	0	0	0	0	0	0	0	0	12.1	0	0	0	0	0	0	0	0	0	0	12.1
Energy healing (n=3)	0	0	0.3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	2.4
Guided imagery (n=25)	1	0.5	1.6	0	0	0	0	1	0.1	0.5	0.1	2	1.1	0	5.33	5	36.54	19.87	1	0	3.1	0	0	78.7
Herbal medicines (n=0)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0

CAM Service

	Acupuncturist (Licensed) - MTF	CAM-specific provider (trained and/or licensed in specific modality) - MTF	Chaplain, Clergy, Spiritual Leader - MTF	Chiropractor (Doctor of Chiropractic, Licensed) - MTF	Dentist - MTF	Dietitian - MTF	Marriage and Family Therapist (Licensed) - MTF	Massage Therapist (Licensed) - MTF	Nurse, Clinical Specialist - MTF	Nurse Practitioner - MTF	Nurse, Registered Staff - MTF	Pharmacist - MTF	Physical Therapist/Occupational Therapist - MTF	Physician Assistant - MTF	Physician (MD, DO) - MTF	Professional Counselor (Licensed) - MTF	Clinical Psychologist - MTF	Social Worker (Licensed) - MTF	Volunteer - MTF	Psychology and psychiatry techs - MTF	PT/OT techs - MTF	Other - MTF	Totals
Hyperbaric oxygen therapy (n=5)	0	0	0	0	0	0	0	0	0	0	0	0	1	0	3.65	0	0	0	1	0	0	0	5.7
Hypnosis/hypnotherapy (n=9)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	1.2	3.45	2.18	0	0	0	0	7.0
Mantram repetition meditation (n=6)	0	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	1	0.25	3.5125	2	1	0	0	0	8.0
Massage therapy (n=12)	0	1	0	0.25	0	0	0	10.6	0	0	0.1	0	2.2	0	0	0	0	0	0	0	0	0	14.2
Mindfulness meditation (n=29)	0	1.5	2.5	0	0	0.25	1	0	0.6	0.6	0.1	0	0.8	0	4.55	2.7	26.725	15.7	1.25	0	0.025	0	58.3
Movement practices (n=7)	0	1	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	2.7	0	0	0	9.7
Music therapy (n=2)	0	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	2.0
Nontraditional spiritual practice (n=3)	0	0	2	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	3.0
Osteopathic manipulative therapy (n=9)	0	0	0	0	0	0.01	0	0	0	0	0	0	1.3	0	2.98	0	0.4	0	0	0	0	0	4.7
Other meditation (n=12)	0.25	0.95	0.7	0	0	0	0	0.25	0	0	0	0	1	0	2	0.25	15.7	6.25	0	0	1	0	28.4
Other stand-alone CAM service (n=6)	0	0	0	0	0	0	0	0	0	0.2	0	0	7	0.25	0.25	0	0.8	0	0.025	0	0	0	8.5
Progressive muscle relaxation (n=29)	0.35	1.25	0.45	0.3	0	0	0	0.45	0.05	0.5	1.25	0	5.05	0	6.48	3	37.09	20.22	0.5	0	3	4	83.9
Stress management/relaxation therapy (n=42)	0.25	1	6.4	2.25	0	1	0.7	0.25	0.2	1.6	1.1	0	2.3	3	13.23	9.3	65.54	43.62	3.25	0	0	0	155.0

CAM Service	Acupuncturist (Licensed) - MTF	CAM-specific provider (trained and/or licensed in specific modality) - MTF	Chaplain, Clergy, Spiritual Leader - MTF	Chiropractor (Doctor of Chiropractic, Licensed) - MTF	Dentist - MTF	Dietitian - MTF	Marriage and Family Therapist (Licensed) - MTF	Massage Therapist (Licensed) - MTF	Nurse, Clinical Specialist - MTF	Nurse Practitioner - MTF	Nurse, Registered Staff - MTF	Pharmacist - MTF	Physical Therapist/Occupational Therapist - MTF	Physician Assistant - MTF	Physician (MD, DO) - MTF	Professional Counselor (Licensed) - MTF	Clinical Psychologist - MTF	Social Worker (Licensed) - MTF	Volunteer - MTF	Psychology and psychiatry techs - MTF	PT/OT techs - MTF	Other - MTF	Totals
Tai chi, qi gong (n=5)	0.2	1.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0.5	0	0	0	2.3
Traditional Chinese medicine (n=5)	3.1	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0.6	0	0	0	0	0	0	0	4.0
Transcendental meditation (n=3)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	3	1	1	0	0	0	6.0
Yoga (n=12)	1	4.25	0	2.5	0	0	0	0	1	2.1	1.1	0	1.3	1	6.1	0	2.4	0.55	2	0	0	0	25.3
Biologically based combinations (n=9)	0	0	0	0	0	2.6	0	0	0	0	0.45	0	1	0	1	0	0	0	2	0	0	0	7.1
Manipulative and body-based combinations (n=6)	0.5	0	0	3.5	4	0	0	0	0	1	0.1	0	9.25	2	19.05	0	11	2	1	0	0	0	53.4
Mind-body medicine combinations (n=37)	2	3.5	2.6	0.5	0	0	0.5	0.5	0	1.4	0	0	1.2	0	10.75	5.75	53.85	40.45	1.025	0	3	0	127.0
Mixed combinations (n=28)	10.9	54.4	0	11.9	16	1.1	0	12.5	9	7.45	12.45	10.3	16.3	18.5	37.4	13	24.5	16.45	2	0	2	0	276.2
Totals	50.56	84.25	20.15	81.42	32.36	57.81	2.7	38.35	18.05	31	30.5	16.4	93.7	49.65	352.48	42.85	316.5375	190.01	26.1	0	12.125	8	1555.0

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); (3) whether the MTFs reported that this CAM service was delivered by MTF staff; and (4) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these four groups involves at most one or two MTFs.

Table H.12B. MTF Contractor or Volunteer Provider Full-Time Equivalents (FTEs) of Time Devoted to Providing Each CAM Service Across all MTFs

CAM Service	Acupuncturist (Licensed) - Contract	CAM-specific provider (trained and/or licensed in specific modality) - Contract	Chaplain, Clergy, Spiritual Leader - Contract	Chiropractor (Doctor of Chiropractic, Licensed) - Contract	Dentist - Contract	Dietitian - Contract	Marriage and Family Therapist (Licensed) - Contract	Massage Therapist (Licensed) - Contract	Nurse, Clinical Specialist - Contract	Nurse Practitioner - Contract	Nurse, Registered Staff - Contract	Pharmacist - Contract	Physical Therapist/Occupational Therapist - Contract	Physician Assistant - Contract	Physician (MD, DO) - Contract	Professional Counselor (Licensed) - Contract	Clinical Psychologist - Contract	Social Worker (Licensed) - Contract	Volunteer - Contract	Psychology and psychiatry techs - Contract	PT/OT techs - Contract	Other - Contract	Totals	
Acupressure (n=3)	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	
Acupuncture (n=5)	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.0	3.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8
Animal-assisted therapy (n=6)	0.0	4.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	0.3	6.1	
Aromatherapy (n=1)	0.0	0.2	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.2	0.2	0.2	0.2	0.0	0.0	0.0	0.0	7.0	
Biofeedback (n=3)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.9	0.2	0.0	0.0	0.0	0.0	0.0	1.5	
Chiropractic (n=14)	0.0	1.0	0.0	16.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	17.6	
Dietary/nutritional supplements (n=8)	1.0	0.0	0.0	0.0	0.0	8.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.7	
Diet-special, diet therapy (n=7)	0.0	2.0	1.0	2.0	0.0	6.1	0.0	0.0	0.0	0.0	0.5	0.0	0.3	0.0	0.2	0.5	0.0	0.0	0.5	0.0	0.0	0.0	13.1	
Dry needling (n=0)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Energy healing (n=4)	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.1	0.0	0.0	1.7	
Guided imagery (n=4)	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0	5.1	3.1	0.0	0.0	1.2	0.0	11.5	

CAM Service	Acupuncturist (Licensed) - Contract	CAM-specific provider (trained and/or licensed in specific modality) - Contract	Chaplain, Clergy, Spiritual Leader - Contract	Chiropractor (Doctor of Chiropractic, Licensed) - Contract	Dentist - Contract	Dietitian - Contract	Marriage and Family Therapist (Licensed) - Contract	Massage Therapist (Licensed) - Contract	Nurse, Clinical Specialist - Contract	Nurse Practitioner - Contract	Nurse, Registered Staff - Contract	Pharmacist - Contract	Physical Therapist/Occupational Therapist - Contract	Physician Assistant - Contract	Physician (MD, DO) - Contract	Professional Counselor (Licensed) - Contract	Clinical Psychologist - Contract	Social Worker (Licensed) - Contract	Volunteer - Contract	Psychology and psychiatry techs - Contract	PT/OT techs - Contract	Other - Contract	Totals	
Herbal medicines (n=2)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
Hyperbaric oxygen therapy (n=0)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Hypnosis/hypnotherapy (n=1)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Mantram repetition meditation (n=0)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Massage therapy (n=1)	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Mindfulness meditation (n=4)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.3	0.1	0.0	0.0	1.0	0.0	0.0	0.0	4.4
Movement practices (n=1)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3
Music therapy (n=5)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	2.2
Nontraditional spiritual practice (n=0)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Osteopathic manipulative therapy (n=0)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other meditation (n=0)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other stand-alone CAM service (n=1)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Progressive muscle relaxation (n=6)	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.2	4.1	0.0	0.0	1.0	0.0	0.0	0.0	11.4

CAM Service	Acupuncturist (Licensed) - Contract	CAM-specific provider (trained and/or licensed in specific modality) - Contract	Chaplain, Clergy, Spiritual Leader - Contract	Chiropractor (Doctor of Chiropractic, Licensed) - Contract	Dentist - Contract	Dietitian - Contract	Marriage and Family Therapist (Licensed) - Contract	Massage Therapist (Licensed) - Contract	Nurse, Clinical Specialist - Contract	Nurse Practitioner - Contract	Nurse, Registered Staff - Contract	Pharmacist - Contract	Physical Therapist/Occupational Therapist - Contract	Physician Assistant - Contract	Physician (MD, DO) - Contract	Professional Counselor (Licensed) - Contract	Clinical Psychologist - Contract	Social Worker (Licensed) - Contract	Volunteer - Contract	Psychology and psychiatry techs - Contract	PT/OT techs - Contract	Other - Contract	Totals
Stress management/relaxation therapy (n=9)	2.0	0.0	0.2	0.0	5.0	1.0	1.0	0.0	0.0	1.0	5.0	3.0	1.0	5.0	8.0	6.0	10.8	7.1	1.5	0.0	0.0	0.0	57.6
Tai chi, qi gong (n=2)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.0	0.0	0.0	1.3
Traditional Chinese medicine (n=1)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Transcendental meditation (n=1)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1
Yoga (n=7)	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.8	0.0	0.0	1.4	0.0	0.0	0.0	4.5
Biologically based combinations (n=1)	0.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
Manipulative and body-based combinations (n=1)	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
Mind-body medicine combinations (n=8)	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.0	11.6	0.6	0.0	0.0	1.0	0.0	0.0	17.4
Mixed combinations (n=5)	0.0	0.6	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	3.0	0.0	0.0	0.0	0.0	7.0	0.4	0.0	0.0	1.0	0.0	0.0	13.0
Totals	4.9	11.4	2.4	19.6	6.0	19.6	2.0	0.0	0.0	1.0	10.0	3.1	3.8	5.0	20.1	10.9	44.3	15.6	5.9	2.7	5.2	0.3	193.7

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); (3) whether the MTFs reported that this CAM service was delivered by contractors at the MTF; and (4) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these four groups involves at most one or two MTFs.

Table H.13. GS Levels Assumed for Each Practitioner Type Offering CAM and Estimated MHS CAM Investment by Practitioner

Practitioner Type	GS Level Assumed	Average Salary for GS Level	FTEs			Estimated MTF Investment in CAM By Practitioner Type		
			Contract MTF Staff	or Volunteer	Total	MTF Staff	Contract or Volunteer	Total
Acupuncturist (Licensed)	GS-12	\$70,711	50.6	4.9	55.5	\$ 3,575,148	\$ 347,898	\$ 3,923,046
CAM-specific provider (trained and/or licensed in specific modality)	Average GS Salary*	\$55,847	84.3	11.4	95.7	\$ 4,705,092	\$ 636,653	\$ 5,341,745
Chaplain, Clergy, Spiritual Leader	GS-11	\$58,993	20.2	2.4	22.6	\$ 1,188,709	\$ 141,583	\$ 1,330,292
Chiropractor (Doctor of Chiropractic, Licensed)	GS-12	\$70,711	81.4	19.6	101.0	\$ 5,757,290	\$ 1,385,936	\$ 7,143,225
Clinical Psychologist	GS-12	\$70,711	316.5	44.3	360.8	\$ 22,382,683	\$ 3,132,497	\$ 25,515,180
Dentist	GS-11	\$58,993	32.4	6.0	38.4	\$ 1,909,013	\$ 353,958	\$ 2,262,971
Dietitian	GS-9	\$48,758	57.8	19.6	77.4	\$ 2,818,671	\$ 955,647	\$ 3,774,318
Marriage and Family Therapist (Licensed)	GS-10	\$53,693	2.7	2.0	4.7	\$ 144,971	\$ 107,386	\$ 252,357
Massage Therapist (Licensed)	GS-7	\$39,860	38.4	-	38.4	\$ 1,528,612	\$ -	\$ 1,528,612
Nurse, Clinical Specialist	GS-11	\$58,993	18.1	0.0	18.1	\$ 1,064,824	\$ 1,180	\$ 1,066,004
Nurse Practitioner	GS-12	\$70,711	31.0	1.0	32.0	\$ 2,192,041	\$ 70,711	\$ 2,262,752
Nurse, Registered Staff	GS-7	\$39,860	30.5	10.0	40.5	\$ 1,215,715	\$ 398,595	\$ 1,614,310
Pharmacist	GS-9	\$48,758	16.4	3.1	19.5	\$ 799,623	\$ 151,148	\$ 950,771
Physical Therapist/Occupational Therapist	GS-8	\$44,147	93.7	3.8	97.5	\$ 4,136,574	\$ 165,551	\$ 4,302,125
Physician (MD, DO)	GS-13	\$84,082	352.5	20.1	372.5	\$ 29,637,047	\$ 1,685,834	\$ 31,322,881
Physician Assistant	GS-11	\$58,993	49.7	5.0	54.7	\$ 2,929,002	\$ 294,965	\$ 3,223,967
Professional Counselor (Licensed)	GS-10	\$53,693	42.9	10.9	53.8	\$ 2,300,745	\$ 585,254	\$ 2,885,999
Psychology and Psychiatry Techs	GS-7	\$39,860	-	2.7	2.7	\$ -	\$ 106,624	\$ 106,624
Physical Therapy and Occupational Therapy Technicians	GS-6	\$35,872	12.1	5.2	17.3	\$ 434,948	\$ 186,534	\$ 621,482
Social Worker (Licensed)	GS-10	\$53,693	190.0	15.6	205.6	\$ 10,202,207	\$ 837,611	\$ 11,039,818

Practitioner Type	GS Level Assumed	Average Salary for GS Level	FTEs			Estimated MTF Investment in CAM By Practitioner Type		
			MTF Staff	Contract or Volunteer	Total	MTF Staff	Contract or Volunteer	Total
Volunteer	Average GS Salary*	\$55,847	26.1	5.9	32.0	\$ 1,457,601	\$ 329,496	\$ 1,787,097
Other	Average GS Salary*	\$55,847	8.0	0.3	8.3	\$ 446,774	\$ 16,754	\$ 463,528
Total estimated MHS Investment in CAM			1,555.0	193.7	1,748.7	\$ 100,827,291	\$ 11,891,816	\$ 112,719,107

* = Since a determination of GS levels was not possible for these practitioner types, an average of the GS salaries across all other categories was used.

Table H.14. Total FTEs and Estimated MHS Investment by CAM Type

CAM Service	FTEs			Estimated Investment in Each Type of CAM		
	Contract Staff	or Volunteer	Total	Contract Staff	or Volunteer	Total
Mixed combinations	276.2	13.0	289.2	\$ 16,654,959	\$ 754,170	\$ 17,409,129
Acupuncture	215.7	4.8	220.4	\$ 16,995,010	\$ 365,653	\$ 17,360,663
Stress management/relaxation therapy	155.0	57.6	212.5	\$ 9,923,519	\$ 3,526,824	\$ 13,450,342
Mind-body medicine combinations	127.0	17.4	144.4	\$ 8,081,510	\$ 1,146,819	\$ 9,228,329
Diet-special, diet therapy	90.9	13.1	104.0	\$ 6,258,784	\$ 501,966	\$ 6,760,750
Dietary/nutritional supplements	93.8	9.7	103.5	\$ 5,252,721	\$ 712,082	\$ 5,964,803
Progressive muscle relaxation	83.9	11.4	95.3	\$ 5,244,523	\$ 697,636	\$ 5,942,159
Guided imagery	78.7	11.5	90.2	\$ 4,958,529	\$ 741,498	\$ 5,700,028
Chiropractic	54.2	17.6	71.8	\$ 3,788,277	\$ 1,229,649	\$ 5,017,926
Biofeedback	67.2	1.5	68.7	\$ 4,129,108	\$ 95,856	\$ 4,224,964
Mindfulness meditation	58.3	4.4	62.7	\$ 3,745,240	\$ 254,885	\$ 4,000,125
Manipulative and body-based combinations	53.4	3.4	56.8	\$ 3,662,665	\$ 280,529	\$ 3,943,194
Acupressure	32.5	2.3	34.8	\$ 2,135,502	\$ 182,498	\$ 2,318,000
Yoga	25.3	4.5	29.8	\$ 1,676,381	\$ 238,884	\$ 1,915,266
Other meditation	28.4	-	28.4	\$ 1,829,341	\$ -	\$ 1,829,341
Animal-assisted therapy	18.0	6.1	24.1	\$ 1,149,528	\$ 313,487	\$ 1,463,015
Massage therapy	14.2	0.5	14.7	\$ 597,145	\$ 27,923	\$ 625,068
Dry needling	12.1	-	12.1	\$ 534,179	\$ -	\$ 534,179
Movement practices	9.7	0.3	10.0	\$ 471,515	\$ 15,584	\$ 487,099
Biologically based Combinations	7.1	2.0	9.1	\$ 384,628	\$ 97,515	\$ 482,143
Other stand-alone CAM service	8.5	0.1	8.6	\$ 416,905	\$ 7,071	\$ 423,976
Mantram repetition meditation	8.0	-	8.0	\$ 520,594	\$ -	\$ 520,594
Hypnosis/hypnotherapy	7.0	0.1	7.1	\$ 442,252	\$ 7,071	\$ 449,323
Aromatherapy	-	7.0	7.0	\$ -	\$ 401,494	\$ 401,494
Transcendental meditation	6.0	0.1	6.1	\$ 405,754	\$ 3,986	\$ 409,740

CAM Service	FTEs			Estimated Investment in Each Type of CAM		
	Staff	Contract or Volunteer	Total	Staff	Contract or Volunteer	Total
Hyperbaric oxygen therapy	5.7	-	5.7	\$ 406,891	\$ -	\$ 406,891
Osteopathic manipulative therapy	4.7	-	4.7	\$ 336,726	\$ -	\$ 336,726
Music therapy	2.0	2.2	4.2	\$ 99,994	\$ 104,536	\$ 204,529
Traditional Chinese medicine	4.0	0.2	4.2	\$ 287,351	\$ 16,816	\$ 304,167
Energy healing	2.4	1.7	4.1	\$ 102,786	\$ 92,541	\$ 195,328
Tai chi, qi gong	2.3	1.3	3.6	\$ 132,907	\$ 53,821	\$ 186,728
Nontraditional spiritual practice	3.0	-	3.0	\$ 202,068	\$ -	\$ 202,068
Herbal medicines	-	0.3	0.3	\$ -	\$ 21,020	\$ 21,020
Chelation therapy	-	-	-	\$ -	\$ -	\$ -
Ayurveda	-	-	-	\$ -	\$ -	\$ -
Homeopathy	-	-	-	\$ -	\$ -	\$ -
Native American healing practices	-	-	-	\$ -	\$ -	\$ -
Naturopathic medicine	-	-	-	\$ -	\$ -	\$ -
Totals	1,555.1	193.7	1,748.8	\$ 100,827,291	\$ 11,891,816	\$ 112,719,107

Table H.15. Entities Responsible for Reviewing and Approving Clinical Privileges for Providers of CAM Services in MTFs

CAM Service	Credentialing Board/ Committee	CAM Provider's Supervisor	Administration or Leadership (e.g., Chief of Medical Staff)	Other Professional Standards Board	Other	No Credentialing and Privileging Process Established	Comes With Privileges of Conventional Provider Position	Don't Know
Acupressure (n=23)	14	6	9	3	2	4	0	0
Acupuncture (n=62)	53	18	25	3	4	1	0	1
Animal-assisted therapy (n=12)	1	1	3	0	0	8	0	0
Aromatherapy (n=1)	0	0	0	0	0	1	0	0
Biofeedback (n=29)	20	10	12	3	0	3	0	1
Chiropractic (n=49)	44	13	18	7	2	1	0	1
Dietary/nutritional supplements (n=31)	20	9	13	2	1	5	0	1
Diet-special, diet therapy (n=35)	29	5	11	2	2	3	0	1
Dry needling (n=6)	5	0	1	0	0	0	0	0
Energy healing (n=6)	2	3	2	0	0	2	0	0
Guided imagery (n=28)	18	8	13	1	1	5	1	0
Herbal medicines (n=2)	0	0	0	0	0	2	0	0
Hyperbaric oxygen therapy (n=5)	3	0	0	1	0	2	0	0
Hypnosis/hypnotherapy (n=11)	8	4	3	1	0	1	0	0
Mantram repetition meditation (n=6)	0	1	3	0	0	2	1	0
Massage therapy (n=14)	5	5	3	2	1	3	0	0
Mindfulness meditation (n=32)	14	7	10	2	0	10	2	1
Movement practices (n=8)	3	2	1	1	0	2	0	1
Music therapy (n=7)	2	1	1	0	0	4	0	0
Nontraditional spiritual practice (n=4)	1	1	2	2	0	0	1	0
Osteopathic manipulative therapy (n=10)	8	1	6	1	0	0	0	0
Other meditation (n=13)	3	3	6	0	0	2	2	2
Other stand-alone CAM service (n=6)	3	1	2	1	0	2	0	0

CAM Service	Credentialing Board/ Committee	CAM Provider's Supervisor	Administration or Leadership (e.g., Chief of Medical Staff)	Other Professional Standards Board	Other	No Credentialing and Privileging Process Established	Comes With Privileges of Conventional Provider Position	Don't Know
Progressive muscle relaxation (n=32)	16	8	16	3	1	5	1	1
Stress management/ relaxation therapy (n=47)	25	12	20	4	1	9	1	1
Tai chi, qi gong (n=8)	1	4	1	1	0	2	0	0
Traditional Chinese medicine (n=6)	4	3	2	2	0	2	0	0
Transcendental meditation (n=4)	0	1	1	0	0	2	1	0
Yoga (n=19)	4	3	3	1	2	6	1	1
Biologically based combinations (n=10)	7	2	4	0	1	1	0	0
Manipulative and body-based combinations (n=5)	4	2	3	1	1	0	0	0
Mind-body medicine combinations (n=44)	29	15	20	5	2	7	2	0

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.16. Criteria Used by MTFs in the Credentialing and Privileging Process for Providers of CAM Services

CAM Service	Certification	Demonstrated Performance	Special Training	Licensure	Other	Part of Existing Credential
Acupressure (n=19)	16	11	12	11	0	0
Acupuncture (n=61)	55	32	42	27	1	0
Animal-assisted therapy (n=5)	3	4	2	2	0	0
Aromatherapy (n=0)	0	0	0	0	0	0
Ayurveda (n=0)	0	0	0	0	0	0
Biofeedback (n=26)	19	16	13	11	1	3
Chelation therapy (n=0)	0	0	0	0	0	0
Chiropractic (n=48)	38	29	25	40	0	0
Dietary/Nutritional supplements (n=26)	14	12	9	19	0	0
Diet-special, diet therapy (n=31)	23	12	9	21	1	1
Dry needling (n=7)	5	4	5	1	0	0
Energy healing (n=4)	2	1	3	1	0	0
Guided imagery (n=23)	11	11	10	14	0	2
Herbal medicines (n=0)	0	0	0	0	0	0
Homeopathy (n=0)	0	0	0	0	0	0
Hyperbaric oxygen therapy (n=3)	3	3	1	3	0	0
Hypnosis/hypnotherapy (n=10)	5	6	3	8	0	0
Mantram repetition meditation (n=4)	1	3	2	1	0	0
Massage therapy (n=11)	10	4	7	7	0	0
Mindfulness meditation (n=22)	9	11	12	14	0	0
Movement practices (n=6)	4	2	1	0	0	0
Music therapy (n=3)	2	0	1	1	0	0
Native American healing practices (n=0)	0	0	0	0	0	0
Naturopathic medicine (n=0)	0	0	0	0	0	0
Nontraditional spiritual practice (n=4)	2	3	4	3	0	1
Osteopathic manipulative therapy (n=11)	3	2	5	9	0	1
Other meditation (n=11)	2	4	4	4	0	0
Other stand-alone CAM service (n=4)	3	1	1	1	1	0

CAM Service	Certification	Demonstrated Performance	Special Training	Licensure	Other	Part of Existing Credential
Progressive muscle relaxation (n=27)	8	13	16	18	0	1
Stress management/relaxation therapy (n=38)	17	22	18	24	0	1
Tai chi, qi gong (n=6)	4	3	1	0	0	0
Traditional Chinese medicine (n=4)	3	2	4	2	0	0
Transcendental meditation (n=2)	0	2	1	1	0	0
Yoga (n=13)	8	6	3	1	2	0
Biologically based combinations (n=9)	6	4	2	7	0	0
Manipulative and body-based combinations (n=5)	5	2	4	4	0	0
Mind-body medicine combinations (n=37)	28	25	20	27	1	0

Note: This question was not asked of those who reported that there was no credentialing and privileging process established (see previous table). Therefore, the n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); (3) whether the MTF reported in the previous question that they had no credentialing and privileging process established; and (4) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these four groups involves at most one or two MTFs.

Table H.17. CAM Services Documented in the Electronic Medical Record by MTFs Offering CAM Service

CAM Service	Yes	No	Don't know
Acupressure (n=23)	13	4	6
Acupuncture (n=62)	56	2	4
Animal-assisted therapy (n=12)	2	4	6
Aromatherapy (n=1)	0	1	0
Biofeedback (n=28)	22	0	6
Chiropractic (n=49)	46	0	3
Dietary/nutritional supplements (n=31)	18	3	10
Diet-special, diet therapy (n=34)	26	0	8
Dry needling (n=7)	5	0	2
Energy healing (n=6)	3	0	3
Guided imagery (n=28)	20	0	8
Herbal medicines (n=2)	0	2	0
Hyperbaric oxygen therapy (n=5)	2	1	2
Hypnosis/hypnotherapy (n=11)	8	0	3
Mantram repetition meditation (n=6)	3	1	2
Massage therapy (n=14)	9	1	4
Mindfulness meditation (n=32)	20	2	10
Movement practices (n=8)	2	0	6
Music therapy (n=7)	5	0	2
Nontraditional spiritual practice (n=4)	2	2	0
Osteopathic manipulative therapy (n=11)	9	0	2
Other meditation (n=13)	7	0	6
Other stand-alone CAM service (n=6)	4	1	1
Progressive muscle relaxation (n=32)	22	1	9
Stress management/relaxation therapy (n=46)	26	4	16
Tai chi, qi gong (n=8)	4	0	4
Traditional Chinese medicine (n=6)	3	2	1
Transcendental meditation (n=4)	2	1	1
Yoga (n=19)	12	5	2
Biologically based combinations (n=10)	8	0	2
Manipulative and body-based combinations (n=5)	5	0	0
Mind-body medicine combinations (n=44)	34	4	6
Mixed combinations (n=13)	10	1	2

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.

Table H.18. Frequency with which MTFs Report Using CPT Procedure or Other Codes to Document the Use of CAM Services in the Medical Record

CAM Service	CPT Procedure Code Not Available					Often	For Every Episode	Don't Know
	Never	Rarely	Sometimes	Often				
Acupressure (n=23)	16	0	0	0	1	4	2	
Acupuncture (n=62)	6	0	0	2	7	40	7	
Animal-assisted therapy (n=12)	11	0	0	0	0	1	0	
Aromatherapy (n=1)	1	0	0	0	0	0	0	
Biofeedback (n=28)	10	0	0	0	1	10	7	
Chiropractic (n=49)	5	1	0	0	9	26	8	
Dietary/nutritional supplements (n=31)	21	0	0	1	2	4	3	
Diet-special, diet therapy (n=34)	11	0	0	2	5	5	10	
Dry needling (n=7)	2	0	0	0	0	3	2	
Energy healing (n=6)	6	0	0	0	0	0	0	
Guided imagery (n=28)	19	0	0	0	2	5	2	
Herbal medicines (n=2)	2	0	0	0	0	0	0	
Hyperbaric oxygen therapy (n=5)	3	0	0	0	0	1	1	
Hypnosis/hypnotherapy (n=11)	4	0	0	0	1	4	2	
Mantram repetition meditation (n=6)	5	0	0	0	1	0	0	
Massage therapy (n=14)	3	1	1	1	2	4	2	
Mindfulness meditation (n=32)	23	0	0	1	1	4	3	
Movement practices (n=8)	4	0	0	0	2	0	2	
Music therapy (n=7)	3	0	0	0	2	1	1	
Nontraditional spiritual practice (n=4)	3	0	0	0	0	1	0	
Osteopathic manipulative therapy (n=11)	2	0	0	0	0	7	2	
Other meditation (n=13)	10	0	0	0	1	2	0	
Other stand-alone CAM service (n=6)	3	0	0	0	0	3	0	
Progressive muscle relaxation (n=32)	25	0	0	0	1	6	0	
Stress management/relaxation therapy (n=46)	29	0	1	3	5	1	6	

CAM Service	CPT Procedure Code Not Available					Often	For Every Episode	Don't Know
	Never	Rarely	Sometimes	Often	For Every Episode			
Tai chi, qi gong (n=8)	6	0	0	0	0	2	0	
Traditional Chinese medicine (n=6)	4	0	0	0	1	1	0	
Transcendental meditation (n=4)	3	0	0	0	1	0	0	
Yoga (n=19)	14	0	0	0	1	4	0	
Biologically based combinations (n=10)	5	0	0	1	1	1	2	
Manipulative and body-based combinations (n=5)	0	0	0	0	0	4	1	
Mind-body medicine combinations (n=44)	26	1	0	0	4	11	4	
Mixed combinations (n=13)	6	0	0	0	3	4	0	

NOTE: The n's for each row in this table are determined by (1) the number of MTFs that offered each CAM service (see Table 3.3 in the text and Table H.1 in this appendix); (2) the number of MTFs that reported on each CAM service alone versus as part of a combination (see Table 3.4 in the text); and (3) whether a particular MTF that offered the service and reported on it alone answered this question. The last of these three groups involves at most one or two MTFs.