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An advisory opinion adopted by AZBN is an interpretation of what the law requires. While an advisory opinion is not law, it is more than a recommendation. In other words, an advisory opinion is an official opinion of AZBN regarding the practice of nursing as it relates to the functions of nursing. Facility policies may restrict practice further in their setting and/or require additional expectations related to competency, validation, training, and supervision to assure the safety of their patient population and or decrease risk.

**OPINION: ACUPUNCTURE PROCEDURES
PERFORMED BY APRNs.
APPROVED DATE: 1/30/15
REVISED DATE: 2/3/2021
ORIGINATING COMMITTEE:
ADVANCED PRACTICE COMMITTEE**

Within the Scope of Practice of ___ RN ___ LPN X APRN

ADVISORY OPINION ACUPUNCTURE PROCEDURES PERFORMED BY ADVANCED PRACTICE REGISTERED NURSES

STATEMENT OF SCOPE:

It is within the Scope of Practice of an Advanced Practice Registered Nurse (APRN) to provide acupuncture treatment to the appropriate patient population as outlined in this advisory opinion.

RATIONALE:

Acupuncture can be safely performed by an APRN with specialized training, skills, ongoing training, and knowledge in acupuncture thus ensuring patient safety and the use of acupuncture treatment protocols that are empirically based. The clinical discipline of acupuncture is practiced by a trained APRN who has met the criteria for both the General Requirements and Course of Instruction. ^[5-7]

DEFINITION:

Acupuncture is a clinical discipline practiced for the purpose of restoring physiologic balance and normal function within the body and with the environment. Acupuncture has been shown in literature that it can provide relief for multiple conditions as noted below. ^[1-7]

CLINICAL USE:

According to the National Center for Complementary and Alternative Medicine (NCCAM), there have been extensive studies on acupuncture in multiple health conditions. Researchers remain engaged in understanding which health conditions benefit from acupuncture and the extent of these benefits. Controlled trials of acupuncture for various conditions in which acupuncture has been studied and appears to have possible clinical efficacy. ^[8-21]

Acupuncture continues to be studied for many other conditions including but not limited to stroke [22-23], depression [24], fibromyalgia [25], and tobacco use cessation [26-27], but the evidence is insufficient at this time to determine clinical efficacy. This list should not be considered inclusive of all health conditions, which may benefit from acupuncture.

CLASSIFICATION:

A classification based on risk to the patient is utilized to define the scope of practice for APRNs. [28-31]

Within APRN scope?	NO	YES
Acupressure		X
Acupuncture and Cupping		X
Acupuncture with Moxibustion		X
Auricular Acupuncture		X
Auricular Acupuncture Detoxification		X
Dry Needling		X
Electro Acupuncture		X
Laser Acupuncture		X
Laser Doppler Flowmetry		X

GENERAL REQUIREMENTS:

Documentation of satisfactory educational requirements from an approved acupuncture training program is on file.

COURSE OF INSTRUCTION for **Acupuncture** is to include [4-7]:

Documentation of successful completion of a nationally or internationally accredited program of study in the use of acupuncture, which will **minimally** include:

- A. Classical Acupuncture theory.
- B. Diagnosis and treatment techniques in acupuncture and related studies.
- C. Identification of potential adverse reactions and/or complications along with the management of adverse reactions/complications.
- D. Clinical training in acupuncture.

This advisory opinion **CAN NOT** be construed as approval for the APRN to use the title “Licensed Acupuncturist” as defined in A.R.S. §32-3923 [32]

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