

Best Herbal Practices

We are all living through these difficult times and trying to help in any ways that we can. It is important that we all practice to the best of our ability and training. Patients' safety and responsible use of our professional license is of utmost importance. FSOMA wants to help you meet patients' needs by providing some guidance regarding the use of Herbal Medicine through telehealth.

If you are a Traditional Chinese Herbal Medicine Practitioner (TCHM), also commonly referred to as Traditional Asian Herbal Medicine (TAM or TAHM), state licensed and /or Nationally Certified, you have additional skills to help your patients. In Florida we have Herbal Medicine included in our scope of practice. It is understood that we will only practice in the modalities in which, we are trained and competent. This is to protect the public as well as the practitioner. There is a great opportunity to help many people improve their immunity as well as those experiencing symptoms. This epidemic is bringing a greater awareness of how herbal medicine can help. We need to practice in the most helpful and responsible ways now more than ever.

It is important to keep in mind that our medicine is based on pattern differentiation. It is not "one herbal formula for one disease but rather one disease with many formulas." It is a real advantage to have knowledge of specific formulas that have been used effectively in other countries treating COVID 19. We must remember though, that the key to successful prescribing requires identifying the presenting pattern in each of our patients.

Traditional Asian Herbal Medicine is not widely available directly to the public. The safest and best outcomes are when it is prescribed by a trained professional in a one-on-one setting. We encourage you not to widely share TCHM/ TAHM formula recommendations with patients based solely on theoretical stage presentation. Instead, conduct a one-on-one consultation, via phone or telemedicine to use all available diagnostic skills before choosing the most appropriate herbal medicine based on individual pattern.

Below are some additional things to know when prescribing Herbal Medicine

What you need to ask all patients prior to prescribing and document in their chart-

Any diagnostic information- tongue, pulse (if available), vital signs (if available)

What symptoms are you experiencing?

What are your current medications including OTC?

Any known allergies?

*You must document what Herbal Medicine you have prescribed including: Name of formula or ingredients, lot #, dosage, date and what it is used for in each patient's chart.

How to label Herbal Medicines-

These are the requirements for labeling when YOU are preparing and/or dispensing. These will be done by the supplier if you are purchasing custom formulas from a compounding herbal

pharmacy. There are many compounding herbal pharmacies and suppliers available. Below is a partial list of companies you may contact.

Patient's Name

Herbal Prescription Name

Dosage form and strength

Preparation Date and Dispensing Date (if different)

Control number or Lot number

Assigned beyond use date/ Exp date if relevant

Name and address of the TCHM/ TAHM practitioner

What it's used for -We DO NOT treat disease, this should be labeled for the symptom (ie cough or headache)

*These are from the Guidance: Best TCHM Compounding and Dispensing Practices prepared by AHPA 2017

<https://www.nccaom.org/wp-content/uploads/pdf/Guidance%20-%20Best%20TCHM%20Compounding%20and%20Dispensing%20Practices%202017.pdf>

Here is a partial list of suppliers. Please search online for many more options and for contact information:

Acu-Market

Crane Herbs

Golden Needle

Kamwo

Mayway

Six Fishes