

	MIDWIFERY USE OF COMPLEMENTARY AND ALTERNATIVE THERAPIES POLICY
	Date Effective: 2022-06-10
	Revised: 2025-12-01
	Next Review Due: 2028-12-01

Background

Complementary therapies may be used independently or in conjunction with other treatments. Some of these practices hold culturally rich and important traditions that may be preferred to standard western medical practices.

Purpose

The College of Registered Nurses and Midwives (CRNMPEI) recognizes that clients have the right to choose complementary and/or alternative therapies while receiving midwifery care, and that Registered Midwives (RMs) may have knowledge of and/or may offer complementary and alternative therapies within their scope. This policy provides the requirements for midwives who are incorporating complementary and/or alternative therapies into their practice or whose clients are accessing complementary and/or alternative therapies.

1.0 Policy

- 1.1 An RM who practices complementary and/or alternative therapies in their provision of midwifery care must do so in an ethical manner that remains within their scope of practice and level of competence.
- 1.2 These therapies should be treated with the same caution as any other clinical intervention and they should be subject to the same rigorous evidence-based evaluation.
- 1.3 The RM is expected to provide sufficient information regarding the evidence, efficacy, risks and benefits of the conventional and proposed complementary and/or alternative therapy so that the client may make an informed decision.
- 1.4 The RM should only recommend and give advice regarding and/or provide treatments in therapies that they are skilled and educationally trained for.

- 1.5 RMs should clearly inform clients regarding their knowledge and qualifications in the use of complementary therapies and recommend alternate therapy specialists when applicable.
- 1.6 The RM is expected to respect the autonomy of clients to choose or decline complementary and alternative therapies.
- 1.7 The RM is expected to recognize the potential effects of their position as a trusted, regulated medical professional on their client's choice to accept or decline the proposed therapy.
- 1.8 The RM must not withhold indicated medical examinations, investigations, therapies and/or physician consultation, if the client chooses not to follow the RM's advice about complementary and/or alternative therapies.
- 1.9 The use of complementary and/or alternative therapies which may affect care provided by other providers should be shared with the maternity team.
- 1.10 The discussion must be documented in the client's record.