



SASKATCHEWAN
ASSOCIATION OF
NATUROPATHIC
PRACTITIONERS



ANNUAL REPORT

FISCAL YEAR 2014

*Naturopathic Medicine is a regulated health profession in
Saskatchewan (The Naturopathy Act, 1978).*

TABLE OF CONTENTS

Contents	
Message from the Minister	1
President's Message	2
Registrar's Report	4
Operational Committees	5
Quality Management	7
Council Members and Staff	8
Highlights of 2014	9
Financial Summary	10
Financial Statements	11
Notes to Financial Statements	14
Contact Information	15

The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds.

- **Albert Schweitzer**



SANP ANNUAL REPORT 2014

Minister of Health



SASKATCHEWAN

Legislative Building
Regina, Saskatchewan



A Message from the Honourable Dustin Duncan Minister of Health

Naturopathic medicine has been an established health profession in Saskatchewan for decades. Saskatchewan naturopathic doctors provide professional services to patients that are tailored to their needs and emphasize prevention and self-care.

To support our health care transformation agenda, the Ministry of Health has been working closely with SANP to update the legislation that governs the self-regulation of naturopathic doctors.

Our government introduced The Naturopathic Medicine Act in 2014. The new Act will enable SANP to better protect patients from harm and also give more treatment options to Saskatchewan residents.

This is an excellent example of a collaborative approach where government and health professionals work together to best meet the needs of the health system and the patients we serve.

I sincerely thank all naturopathic doctors for their contributions to the health and well-being of Saskatchewan residents.

A handwritten signature in black ink, appearing to read 'Dustin Duncan'.

***Dustin Duncan
Minister of Health***

President's Message: "The Way Forward"

STRATEGIC HIGHLIGHTS

We have initiated and completed many projects this year, but one of our most significant to our ongoing operational success has been the hiring of Ken Alecxe as our new Executive Director. Ken has a great deal of executive management experience, and we are delighted to be able to draw upon his knowledge and expertise. Ken worked with us on our Organization Review for the past two years as a consultant. The Organization Review results were presented at the 2014 Annual General Meeting, including a new Vision, Mission, and Value Statements. We immediately started work with Ken's help on *The Way Forward: SANP Strategic Plan 2014-2018*, which we completed drafting in December 2014 for review in 2015.

OPERATING HIGHLIGHTS

Naturopathic Medicine Week 2014 was a huge success with RAWLCO radio shows raising awareness of SANP and naturopathic practice in the eyes of the public. Members should feel great about the total provincial effect of all their open houses and public seminars that allowed Naturopathic Medicine Week 2014 to be a great local and national success.

Our Exam Committee worked hard to update the new ethics and jurisprudence exam that still needs final approval. The Best Practices Committee had a high level of activity as it developed more rigorous standards for our new intravenous Therapy policy, and updated requirements for renewal of members practicing Intravenous Therapy using a self-audit checklist.



SANP ANNUAL REPORT 2014



LOOKING AHEAD

The new proposed legislation received first reading in the fall of 2014, and we remain optimistic it will receive final readings and be proclaimed in 2015. Our 2013 Regulatory and Administrative Bylaws will need to be updated in anticipation of the proclamation.

The third stage of our Organization Review in early 2015 will be to develop an Operations and Implementation Plan linked directly to our new strategic plan for 2014-2018, *The Way Forward*.

Tim Mrazek was sharing the Vice-President role with Laura Stark until December 2014, at which time he stepped down. We want to sincerely thank Tim for all his contributions in that role, and for his strong participation and sage advice.

Toby remains as our CAND representative, but stepped down from his position as Legislative Chair at the end of December 2014. We also want to thank Toby for his tireless efforts working with me on the new legislation.

Dr. Julie Zepp

Dr. **Julie** Zepp Rutledge
President



Registrar's Report



To Whom It May Concern:

This letter is to confirm that the SANP currently has a total of 44 members. In 2015, the SANP grew 10% with four new members. The members who joined in 2014 are as follows:

Richelle Galay, Moose Jaw

Nina Lewis, Calgary

Evan McCarvill, Melfort

Jon Sheridan, Saskatoon

Sincerely yours,

Dr. Allison Ziegler
Registrar
2A-2146 Robinson Street
Regina, Saskatchewan
S4T 2P7

PH. 306-757-4325

Operational Committees

Communications Committee

Purpose: To focus on developing SANP communications capacity and messaging for distribution to the public, members, and stakeholders.

Update: The SANP Facebook page is at 127 likes. Regular messages concerning the profession and general health messages have been posted at frequent intervals by Megan Parker, Doug Amell and Wendy Present-Jahn. Our most popular post in 2014, (on the dangers of microwave ovens), reached 12, 872 people! Whenever members have Naturopathic Medicine Week events are planned, a new book launch or other exciting news to share, updates are put up on the web page.

Chair: Wendy Present-Jahn

Members: Doug Amell, Wendy Present-Jahn, and Megan Parker



McNally presentation and SANP booth at the trade fair during Naturopathic Medicine Week 2014.

SANP ANNUAL REPORT 2014

Canadian Association of Naturopathic Practitioners

Purpose: To provide representation from the SANP on the Board of the Canadian Association of Naturopathic Doctors (CAND), and liaise between the two organizations.

Update: The CAND has continued its work efforts on developing and completing a strategic operating plan, government relations, development of a core consistent message for the naturopathic profession, health fusion, and Naturopathic Medicine Week.

Member: Toby Bridgman

Membership Committee

Purpose: To focus on developing resources and promotional materials to encourage growth of the profession within Saskatchewan. SANP is a regulatory body for Naturopathic Doctors in the province with a focus on protecting the public. This membership committee will focus on supporting members to achieve healthy, thriving practices.

Chair: Darlene Ahenakew

Members: Alana Barmby, Laura Stark, Darlene Ahenakew and Katherine Cheah

Exam and Invigilators Committee

Purpose: To create, update, and invigilate exams as needed.

Update: The committee worked diligently on a new ethics and jurisprudence exam, as well as invigilating the first set of practical exams.

Chair: Leshia Ferguson

Members: Christian Gleisberg, Tim Mrazek, and Leshia Ferguson

Exam Invigilators/Practical Exams – Tim Mrazek, Christian Geisberg, Wendy Present-Jahn, Marika Geis, and Laura Stark



Quality Management

Best Practices Committee

Purpose: To monitor and improve the safety of all therapies provided by registrants to patients in the Province of Saskatchewan; to ensure that policy and bylaws are appropriate with the chief aim to maintain the highest level of safety for patients; to create and modify policy so that it is easy to interpret and to follow; and to make quality assurance visits to registrant ND clinics to ensure that policy is being effectively maintained.

Update: The major undertaking of the Best Practices Committee this year was updating the Intravenous Therapy Policy, including a self-audit process. This lays the groundwork for the practice audit visits that will allow the SANP Council to better fulfill its duty as a regulatory body.

Chair: Laura Stark

Members: Toby Bridgman, Christina Gleisberg, Laura Stark, and Amy Velichka

Professional Conduct Committee

Purpose: As the governing body for assessing and certifying the credentials of naturopathic practitioners in Saskatchewan, the SANP has a strong due diligence process for ensuring that best practices and standards of conduct for naturopathic practice are observed. The Professional Conduct Committee (PCC) provides due diligence recommendations to the SANP Council on the disclosure and notification of public complaints.

Update: In 2014, the PCC investigated a complaint following the sale and use of a recalled product. The product in question was returned to the manufacturer or destroyed until the product was deemed safe via third-party testing at the request of the manufacturer. The PCC recommends that, in the future, Saskatchewan Naturopathic Doctors strictly follow the recalls set forth by Health Canada, regardless of the reassurances (however legitimate) from suppliers. The PCC also recommends that a visual reminder of the recall be posted near the shelf location of the product to ensure batch numbers are screened before being returned to the shelf.

Chair: Naomi Whelan

Members: Kathleen Fyffe, Lynn Chiasson, Laura Stark and Naomi Whelan

Discipline Committee

Purpose: Under the *Naturopathy Act*, the Discipline Committee works closely with the Professional Conduct Committee and conducts disciplinary procedures and hearings where required to address complaints and protocol breaches in naturopathic practice, and to make recommendations to the Council for redress.

Update: There were no disciplinary procedures or hearings required in 2014.

Chair: Marika Geis

Members: Vanessa DiCisso, Peter Gleisberg and Marika Geis



SANP Council and Staff



Council Members:

Front row, left to right: Amy Velichka, Secretary; Julie Zepp Rutledge, President; Jacqui Fleury, Treasurer. Absent: Toby Bridgman was Vice-President until November of 2015, at which time Laura Stark assumed the full role as Vice-President.

Back row, left to right: Allison Ziegler, Registrar; Laura Stark, Vice-President

Staff:

Back row, far right: Ken Alecxe, Executive Director

Note: The picture of the Council and the Executive Director was taken on February 1, 2015 in Moose Jaw during the second day of a session on finalizing the SANP Strategic Plan 2014-2018 and developing the Operations and Implementation Plan 2014-2015.



Highlights of 2014

- *The Organization Review was completed by the Council with the facilitation of Ken Alecxe as our consultant. It made a number of recommendations that were discussed and a strategic plan was initiated to deal with them and with the ongoing operations of the SANP. It has been critical that we move the SANP into a strong governance position as a member-based organization with new legislation on the horizon.*
- *One of the recommendations was to develop organizational capacity by developing an Executive Director position. This new position will be reviewed and established in 2015.*
- *Another recommendation was to develop a rolling, five-year strategic plan for the organization that would be reviewed annually. As a result, a five-year strategic plan was developed by the Council in 2014, "The Way Forward: SANP Strategic Plan 2014-2018". "The Way Forward" outlines the key goals, objectives, and performance measures for the SANP. A further recommendation will be implemented in 2015 to develop an Operations and Implementation Plan to ensure the strategic plan is implemented, monitored, reviewed, and adjusted on a continuing basis.*
- *New legislation was introduced to implement a College system for the regulation of Naturopathic Doctors in Saskatchewan separate from the SANP. The legislation also provides new capacities for Naturopathic Doctors in this province, such as the right to prescribe. In 2015, a Transition Committee will be established to assist Council with the transfer of regulatory responsibilities from the SANP to a new College of Naturopathic Doctors.*
- *Naturopathic Medicine Week 2014 was an outstanding success, and has provided new educational opportunities to the public. The SANP is very appreciative that Regina and Saskatoon issued proclamations for Naturopathic Medicine Week 2014.*

Financial Summary

The financial picture of the Saskatchewan Association of Naturopathic Practitioners has remained stable over the recent number of years. Some of the accumulated retained earnings have been utilized toward developing the organizational capacity of the SANP. This is particularly important with the pending new legislation for *The Naturopathy Act* that is expected to receive its final readings in the Legislative Assembly in 2015.

A key objective of the last four years of *The Way Forward: SANP Strategic Plan 2014-2018* will focus on the Transition of the Saskatchewan Association of Naturopathic Practitioners toward the realization of the Saskatchewan College of Naturopathic Doctors, as provided by the new legislation. A significant financial undertaking will be a review of cost of the Transition and operational funding for the two organizations.

Sincerely yours,

Dr. Jacqui Fleury

Treasurer



***FINANCIAL
STATEMENTS***

SANP ANNUAL REPORT 2014

10:21 AM
2015-04-27
Accrual Basis

Saskatchewan Association of Naturopathic Practitioners Profit & Loss January through December 2014

	Jan - Dec 14	Jan - Dec 13	\$ Change
Income			
Funding Match - CAND	2,000.00	2,000.00	0.00
Licenses & Dues			
National Membership Dues	14,590.00	11,860.60	2,729.40
SANP Licensing Fee	27,415.01	25,429.01	1,986.00
Total Licenses & Dues	42,005.01	37,289.61	4,715.40
Miscellaneous Income	50.00	0.00	50.00
Reimbursed Expenses	59.40	44.55	14.85
Total Income	44,114.41	39,334.16	4,780.25
Expense			
AGM Expenses	605.23	207.19	398.04
Bank Charges	60.50	44.55	15.95
CAND Dues	14,742.25	12,424.00	2,318.25
Contract Labour	10,688.90	0.00	10,688.90
Exam Invigilation	200.00	202.50	-2.50
Insurance			
Liability Insurance	2,142.00	2,142.00	0.00
Total Insurance	2,142.00	2,142.00	0.00
Marketing	7,429.68	6,898.89	530.79
Miscellaneous/unknown	211.15	410.95	-199.80
Office Expense			
Photo Copying & Printing	313.84	0.00	313.84
Postage & Delivery	0.00	17.70	-17.70
Office Expense - Other	14.18	0.00	14.18
Total Office Expense	328.02	17.70	310.32
Professional Fees			
Accounting	0.00	70.00	-70.00
Consulting	0.00	40.00	-40.00
Legal Fees	1,994.84	3,107.08	-1,112.24
Professional Fees - Other	233.12	220.86	12.26
Total Professional Fees	2,227.96	3,437.94	-1,209.98
Rent	442.08	0.00	442.08
Supplies			
Administrative	124.81	0.00	124.81
Supplies - Other	71.69	0.00	71.69
Total Supplies	196.50	0.00	196.50
Telephone	319.36	154.90	164.46
Travel Expenses	2,121.59	472.92	1,648.67
Total Expense	41,715.22	26,413.54	15,301.68
Net Income	2,399.19	12,920.62	-10,521.43

SANP ANNUAL REPORT 2014

10:24 AM
2015-04-27
Accrual Basis

Saskatchewan Association of Naturopathic Practitioners Balance Sheet As of 31 December 2014

	<u>31 Dec 14</u>
ASSETS	
Current Assets	
Chequing/Savings	
TD Canada Trust	44,029.96
Total Chequing/Savings	44,029.96
Accounts Receivable	
Accounts Receivable	2,000.00
Total Accounts Receivable	2,000.00
Total Current Assets	46,029.96
TOTAL ASSETS	<u>46,029.96</u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
GST Payable	4.49
Total Other Current Liabilities	4.49
Total Current Liabilities	4.49
Total Liabilities	4.49
Equity	
Opening Bal Equity	6,670.83
Retained Earnings	36,955.45
Net Income	2,399.19
Total Equity	46,025.47
TOTAL LIABILITIES & EQUITY	<u>46,029.96</u>

Notes to Financial Statements

ACCOUNTS

The Profit and Loss Statement shows a comparison between 2013 and 2014. In 2014, the Council also contracted a certified accountant to conduct a Review Engagement of all of the SANP accounts and transactions for the 2013 Fiscal Year. The Review Engagement will be provided in early 2015 and will provide detailed analysis of the accounts and recommendations for their management in the future.

DEBT

The SANP is not carrying any long-term debt, and short-term debt is managed through cash flow on a continuing basis.

GOING CONCERN

The SANP remains a financially strong and viable organization. The increase in contracted labour expenses in 2014 is due to the use of a legislative officer to assist in drafting new legislation and bylaws, plus the use of a contracted consultant to facilitate the Council through an Organization Review and Strategic Plan.

CONTINGENT LIABILITIES

A small amount of positive retained earnings accrued from 2014 and was aggregated with the ongoing retained earnings. Aggregate retained earnings remain available for the standard wind-down provisions and for investment in future contract requirements to assist in the day-to-day operations of the SANP and in the transition following new legislation in 2015.

SANP ANNUAL REPORT 2014



Naturopathic Medicine: a primary health system

By Hilary Klassen of SF Creative Features

If you didn't have a sure-fire way to tell you when to take your medicine or to see a Naturopathic Doctor (N.D.) about chronic conditions that are not responding to traditional approaches?

Naturopathic Medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of healing. The goal of Naturopathic Medicine Week, May 12-18, is to raise awareness of what naturopathic medicine is, what naturopathic doctors do and how it can help individuals and families lead healthier and richer lives.

"As a primary health care provider we act as a first point of contact for patients, so patients come to us so they would go to see their general practitioners," says John Zapp, D.C., who is the president of the Saskatchewan Association of Naturopathic Practitioners (SANP), the

body that regulates naturopathic medicine comparable to the College of Physicians and Surgeons that regulates conventional medicine.

"We're like your family doctor. Come in with all of those same types of concerns and concerns, whether it's a cold, the flu, a stomach ache or something more chronic, diabetes, MS, cancer, whatever it is," says Dr. Zapp. "At the primary point of contact into the health care system, we would decide from there, is the condition something that requires further testing, does it warrant referral to their medical doctor for referral to a specialist, a chiropractor, or a massage therapist?"

Naturopathic medicine has grown in Saskatchewan in the past decade from 12 to 20 practitioners. "That's very significant growth," says Dr. Zapp. "And now we're getting better distribution over the province. We used to have a high density toward prairie provinces for the conventional system. For the naturopathic system, and now we're seeing it in all medical doctors. There's a lot more colleagues for ways to work with us, but there's still a large number that

refuses, which is really nice."

Naturopathic medicine uses different tools than conventional medicine, that focus more on lifestyle, the healthy experience, nutritional medicine, supplements, acupuncture, lifestyle counselling, exercise prescriptions, things that are more in line with the philosophy that the body can really heal itself that we don't need as many pharmaceutical interventions. "When looking to really get to the cause of a condition, as opposed to just treating symptoms," says Zapp.

SANP seeks to work hand-in-hand with conventional medicine. "There are definitely areas specifically with regards to emergency medicine and procedures, where conventional medicine truly shines," says Dr. Zapp. During the last year, he's been practicing in Regina, which is not a huge shift toward progress for the conventional system. In Saskatchewan, there's a lot more colleagues for ways to work with us, but there's still a large number that

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Patient benefits from Naturopathic Medicine

By Hilary Klassen of SF Creative Features

Ask Lora Whelan where her life is at. In fact, her location is Saskatchewan, but the practice of naturopathic medicine and her passion to reflect. Could SANP in Regina be the answer to her quest for a better life? Because of the location, some residents are forced to travel out of province to receive the naturopathic treatments they need, such as acupuncture, which could be obtained from practitioners here if legislation was updated, and would help take the burden off conventional health care. The service will take back to 1978.

Doctors of Naturopathic Medicine receive education at a high level. A couple of colleges in Canada offer the training. Dr. Zapp attended the Canadian College of Naturopathic Medicine in Toronto, which offers a four-year program. Programs include courses similar to those of general programs — along the biochemistry, organic chemistry, anatomy, human anatomy, statistics in the post grad program complete a clinical medicine which includes medical ethics, allowing graduates experience with different demographics of the population.

Naturopathic Doctors are generalist practitioners who integrate clinical diagnosis with a broad range of therapies. They are experts in natural medicine and treat all health concerns from acute to chronic, pediatric to geriatric, and physical to psychological.

The SANP website provides a free directory of practitioners. To schedule a free consultation, please contact the SANP office at 306-244-7322 or visit www.sanp.ca. There are many more practitioners, but space is limited and appointments are made on a first-come, first-served basis.

in four months, and treats medications throughout the week, up until and just before 12 years.

"I started with my naturopathic doctor and within 15 months of being under her care and guidance I was off all prescription drugs," says Whelan. She says she is one of the major benefits of naturopathic medicine. "I don't believe in prescription drugs unless they're absolutely necessary. A lot of them have negative side effects."

When her general practitioner (GP) diagnosed naturopathic medicine with a number of positive results, Whelan found a new doctor who respects a real works with naturopathic medicine.

"Whelan highly recommends naturopathic medicine. 'Whenever I talk to people I tell them of my experience and I promote it because again, I believe

our bodies are capable of doing a lot of healing if we let our gut. Naturopathic medicine is part of the medical support that we need and for me it's a major part."

Although he goes for his annual check-ups with his GP, Whelan considers his N.D. to be his primary caregiver. He has some frustration with the health care system, but not the medical profession. "I don't believe in pharmaceutical companies, but the handling of cancer tests and medications, some of which are very potent under naturopathic medicine or not covered."

She is experiencing the care of her N.D. Whelan explains, "I've lived for 50 years of age. I still plan to be getting. Time will tell whether or not I believe that's good. 'The fact is that what's been seen for a combination without her support & guidance,' he says.

Tired? Stressed? Not Sleeping? Digestive problems? Do you have environmental sensitivities? Are you a slave to your hormones?

When was the last time you felt great?

Dr. Alana Barmby, N.D.
Dr. Barmby looks at the interaction among genetic, environmental and lifestyle factors that influence long term health and complex diseases. She supports the unique expression of health and vitality for each individual.

Live Well Love Life

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Dr. Doreen Ahumada, N.D. 306-244-7322

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Dr. Naomi Whelan, ND 306-244-7322

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