



UNDER SECRETARY OF DEFENSE  
4000 DEFENSE PENTAGON  
WASHINGTON, DC 20301-4000

APR 21 2012

PERSONNEL AND  
READINESS

The Honorable Jim Webb  
Chairman  
Subcommittee on Personnel  
Committee on Armed Services  
United States Senate  
Washington, DC 20510

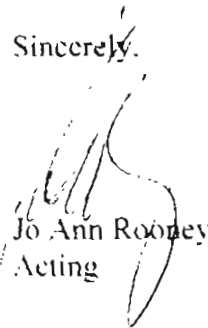
Dear Mr. Chairman:

The enclosed report is in response to Senate Report 111-295, page 185, accompanying S. 3800, the Department of Defense Appropriations Bill, 2011, which requests a report on the use of complementary alternative medicine therapies, integrative health, and wellness treatments in the Military Health System. This issue falls under my purview, and I have been asked to respond.

The report details the comprehensive, robust research for the subject modalities underway at the Deployment Health Clinical Center at the Walter Reed National Military Medical Center, the Defense and Veterans Brain Injury Center, and through extensive cooperative research and development agreements at military and civilian hospitals across the United States. The Congressionally Directed Medical Research Program is a significant factor in facilitating this research. The use of complementary and alternative medicine and the rationale for its use across the MHS is extensive. TRICARE coverage is described, as well as the specific application of these modalities for traumatic brain injury and post-traumatic stress disorder.

A similar letter is being sent to the Chairmen of the congressional defense committees. Thank you for your interest in the health and well-being of our Service members, veterans, and their families.

Sincerely,

  
Jo Ann Rooney  
Acting

Enclosure:  
As stated

cc:  
The Honorable Lindsey Graham  
Ranking Member



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APR 21 2012

The Honorable Carl Levin  
Chairman  
Committee on Armed Services  
United States Senate  
Washington, DC 20510

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As stated

cc:  
The Honorable John McCain  
Ranking Member



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PERSONNEL AND  
READINESS

Aug 21 2012

The Honorable Howard P. "Buck" McKcon  
Chairman  
Committee on Armed Services  
U.S. House of Representatives  
Washington, DC 20515

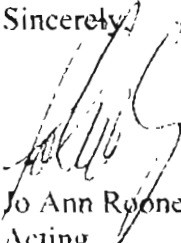
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As stated

cc:  
The Honorable Adam Smith  
Ranking Member



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PERSONNEL AND  
READINESS

10/11/2012

The Honorable Joe Wilson  
Chairman  
Subcommittee on Military Personnel  
Committee on Armed Services  
U.S. House of Representatives  
Washington, DC 20515

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Enclosure:  
As stated

cc:  
The Honorable Susan A. Davis  
Ranking Member



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2011.11.2012

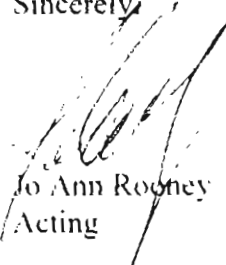
The Honorable Daniel K. Inouye  
Chairman  
Committee on Appropriations  
United States Senate  
Washington, DC 20510

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Vice Chairman



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The Honorable Daniel K. Inouye  
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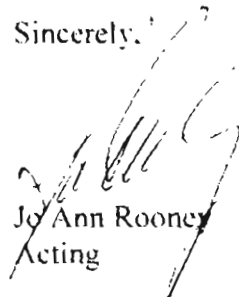
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Committee on Appropriations  
U.S. House of Representatives  
Washington, DC 20515

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cc:  
The Honorable Norman D. Dicks  
Ranking Member



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1 2012

PERSONNEL AND  
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The Honorable C.W. Bill Young  
Chairman  
Subcommittee on Defense  
Committee on Appropriations  
U.S. House of Representatives  
Washington, DC 20515

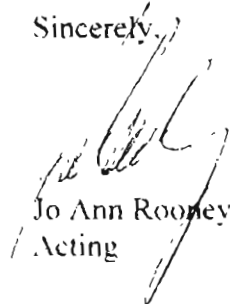
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Ranking Member



# Report to Congress



## Complementary and Alternative Medicine within the Military Health System

In

Fiscal Year 2011

**Preparation of this study/report cost the  
Department of Defense a total of  
approximately \$2,764  
in Fiscal Year 2011**

**Generated on 20110526  
Ref ID: 2-EA30BDD**

## **REPORT TO CONGRESS**

### **Complementary and Alternative Medicine within the Military Health System**

The Senate Report 111-295, page 185, to accompany S. 3800, the Department of Defense Appropriations Bill, 2011, requests a report on the use of complementary alternative medicine therapies, integrative health, and wellness treatments within Military Health System (MHS) and medical operational units, including deployed medical facilities. The report includes:

- (1) Research and grant programs on complementary alternative medicine, integrative medicine and wellness treatment;
- (2) Specific treatments and therapies being utilized or researched for the treatment of post-traumatic stress disorder and traumatic brain injury;
- (3) Treatment services or therapies under complementary alternative therapies covered by TRICARE; and
- (4) Military treatment facilities where treatment and/or DoD research of complementary alternative therapies are being utilized and reason for utilization.”

In response to the above request, data were obtained from the Army, Navy and Air Force with significant input from the Telemedicine and Advanced Technology Research Center and the Congressionally-directed Medical Research Program located at the U.S. Army Medical and Materiel Command, Fort Detrick, MD. Additional information was obtained from the Defense and Veterans Brain Injury Center (DVBIC), the Department of Defense (DoD) Deployment Health Clinical Center at the Walter Reed National Military Medical Center (WRNMMC), and the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. The Defense Advanced Research Projects Agency (DARPA), Arlington, VA, also sponsors some of the research efforts.

The National Center for Complementary and Alternative Medicine (NCCAM), established in 1998 by Public Law 105-277, is one of the Institutes of the National Institutes of Health. The mission of NCCAM “is to define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health and health care.” As stated in the NCCAM strategic plan, “the scope, self-care nature, and associated costs of CAM use in the United States reinforce the need to develop scientific evidence concerning the usefulness and safety—or lack thereof—of CAM interventions, and to ensure the public has access to accurate and timely evidence-based information.” We do provide these services at the military treatment facilities (MTFs) when they are part of proven, conventional therapies. As has been shown on the NCCAM website (<http://nccam.nih.gov>), some popular therapies believed to be effective by users have been proven to be harmful or antagonistic to effective conventional therapies.

Consistent with 32 CFR 199.4(g)(15), the MHS can reimburse only for therapies that have been shown to be safe and effective. This is normally accomplished by looking at reliable evidence, which includes well-controlled studies of clinically meaningful endpoints, published in reference medical literature. Because many of these alternative therapies have not undergone rigorous testing, the MHS has undertaken to have studies done that include the use of randomized, double-blinded controlled clinic trials. By authorizing such studies, the MHS may offer active duty members alternative therapies that may provide some benefit and which do not otherwise interfere with their standard therapies. An acronym list is available on page 17 of this report to assist the reader.

## REPORT TO CONGRESS

### Complementary and Alternative Medicine within the Military Health System

#### 1. Research and grant programs on complementary alternative medicine, integrative medicine and wellness treatment

##### *Central Programs*

The **Deployment Health Clinical Center (DHCC)**, located at WRNMMC, has sponsored or is sponsoring the following:

- a. A randomized trial of traditional Chinese medicine acupuncture for the treatment of post-traumatic stress disorder (PTSD) in combat veterans (completed); and,
- b. A feasibility study of yoga nidra as an adjunctive treatment for PTSD to determine if a randomized trial is feasible within a military population (completed).
- c. DESTRESS-PC (Cognitive Behavioral Therapy (CBT) for PTSD delivered via secure website) – National Institutes of Health (NIH)/DoD funding to study it at Womack Army Medical Center (WAMC), Fort Bragg, NC, and at the Veterans Administration Medical Center (VAMC), Charleston, WV.
- d. DESTRESS-T (CBT for PTSD delivered via telephone) – plans underway to evaluate this treatment at Martin Army Community Hospital (MACH), Fort Benning, GA, and Irwin U.S. Army Community Hospital (IACH), Fort Riley, KS.

**The DVBIC Headquarters in Rockville, MD, is sponsoring:**

- a. Biofeedback (Interactive Metronome Therapy) at Evans U.S. Army Community Hospital (EACH), Fort Carson, CO.
- b. Acupuncture at WRNMMC, Bethesda, MD. In collaboration with the Samueli Institute; project additionally funded by the U.S. Army Telemedicine and Advanced Technology Research Center (TATRC).
- c. Meditation (Qigong Therapy) at DVBIC, Charlottesville, VA. Additional funding from the Tri-Service Nursing Research Program.
- d. Hyperbaric Oxygen therapy at Hunter Holmes McGuire VAMC, Richmond, VA. Additional funding is being provided from the DARPA.

**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

***Army Programs***

<b>Modality</b>	<b>Source of Funding (Sponsor)</b>	<b>Location of Grant Program (Awardee)</b>
Acupuncture	<ul style="list-style-type: none"> <li>• TATRC</li>   <li>• TATRC</li>   <li>• TATRC</li>   <li>• TATRC</li>   <li>• Congressionally Directed Medical Research Program (CDMRP)</li>   <li>• CDMRP</li>   <li>• CDMRP</li>   <li>• CDMRP</li>   <li>• CDMRP</li> </ul>	<ul style="list-style-type: none"> <li>• Oregon Health &amp; Science University <ul style="list-style-type: none"> <li>• Dept. of Veterans Affairs, Oregon</li> </ul> </li>   <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Then-WRAMC</li> </ul> </li>   <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Tripler Army Medical Center (TAMC), Honolulu HI: Evaluation of the Integrative Pain Center</li> </ul> </li>   <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Carl R. Darnall Army Medical Center (CRDAMC) Fort Hood TX: Reset program evaluation</li> </ul> </li>   <li>• Maryland, University of, Baltimore</li>   <li>• New England School of Acupuncture, Inc.</li>   <li>• Rochester, University of</li>   <li>• Michigan, University of</li>   <li>• Maryland, University of, Baltimore</li> </ul>

**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

<p>Biofeedback</p>	<ul style="list-style-type: none"> <li>• TATRC</li>   <li>• TATRC</li>   <li>• Joint Program Committee Operational Medicine (JPC-5)</li>   <li>• JPC-5</li>   <li>• JPC-5</li>   <li>• JPC-5</li>   <li>• Joint Program Committee Combat Casualty Care (JPC-6)</li>   <li>• JPC-5</li> </ul>	<ul style="list-style-type: none"> <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Then-WRAMC: Integrative Cardiac Health Project</li> </ul> </li>   <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• CRDAMC: Reset program evaluation</li> </ul> </li>   <li>• Dorn Research Institute, Columbia, SC</li>   <li>• Biomedical Research Foundation, Little Rock, A <ul style="list-style-type: none"> <li>• Virginia National Guard</li> </ul> </li>   <li>• Tel Aviv University, Israel <ul style="list-style-type: none"> <li>• MIT, Boston, MA &amp; Israel</li> </ul> </li>   <li>• Research Triangle Institute</li>   <li>• Baylor College of Medicine</li>   <li>• Palo Alto Institute for Research and Education</li> </ul>
<p>Chiropractic</p>	<ul style="list-style-type: none"> <li>• TATRC</li>   <li>• TATRC</li> </ul>	<ul style="list-style-type: none"> <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Then-WRAMC: Integrative Cardiac Health Project</li> </ul> </li>   <li>• Samueli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• William Beaumont Army Medical Center (WBAMC), Fort Bliss, TX, Low back pain</li> </ul> </li> </ul>

**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

	<ul style="list-style-type: none"> <li>• TATRC</li> <li>• CDMRP</li> </ul>	<ul style="list-style-type: none"> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• CRDAMC: Reset program evaluation</li> </ul> </li> <li>• RAND Corporation</li> </ul>
Hypnosis	<ul style="list-style-type: none"> <li>• TATRC</li> <li>• TATRC</li> <li>• CDMRP</li> <li>• CDMRP</li> </ul>	<ul style="list-style-type: none"> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• WRAMC: Integrative Cardiac Health Project</li> </ul> </li> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• CRDAMC: Reset program evaluation</li> </ul> </li> <li>• Brooke Army Medical Center (BAMC), San Antonio, TX</li> <li>• New York-Presbyterian</li> </ul>
Meditation/Yoga/Other	<ul style="list-style-type: none"> <li>• TATRC</li> <li>• TATRC</li> <li>• TATRC</li> <li>• TATRC</li> <li>• TATRC</li> </ul>	<ul style="list-style-type: none"> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Then-WRAMC: Integrative Cardiac Health Project</li> </ul> </li> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• CRDAMC: Reset program evaluation</li> </ul> </li> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• BAMC: Relaxation response and restoration</li> </ul> </li> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• BAMC: Transcutaneous stimulation for pain</li> </ul> </li> <li>• Samuelli Institute, Alexandria VA <ul style="list-style-type: none"> <li>• Fort Carson, CO: Evaluation of Warrior Optimization Systems Training</li> </ul> </li> </ul>

**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

• TATRC	• Samueli Institute, Alexandria VA • Camp Lejeune: Evaluation of resilience, recovery, reintegration & rehab
• TATRC	• Brigham and Women’s (BW) Hospital
• JPC-5	• BAMC (Brooke Army Medical Center)
• TATRC	• Medical University of South Carolina
• JPC-5	• University of Texas at Dallas
• JPC-5	• University of Texas at Dallas • Naval Air Station (NAS) Joint Reserve Base Fort Worth/Carswell Field
• JPC-5	• University of Miami, Coral Gables, Florida • Schofield Barracks
• JPC-5	• University of Michigan • Ann Arbor VA, Ann Arbor, MI
• TATRC	• Miami VA Healthcare System, Miami, FL
• TATRC	• Detroit-Wayne County Community Mental Health Agency, Detroit, MI
• TATRC	• The Center of Mind-body Medicine, Washington, D.C.
• TATRC	• Westat, Inc.
• JPC-5	• Then-WRAMC
• TATRC	• Boston VA Research Institute

**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

	<ul style="list-style-type: none"> <li>• JPC-5</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> <li>• CDMRP</li> </ul>	<ul style="list-style-type: none"> <li>• Georgetown University, Wash D.C</li> <li>• VA Medical Center, Minneapolis, MN</li> <li>• Tufts University</li> <li>• Massachusetts, University of, Medical Center</li> <li>• North Carolina, University of, Chapel Hill</li> <li>• California, University of, San Francisco</li> <li>• Vanderbilt University</li> <li>• Vermont, University of</li> <li>• Hawaii University</li> <li>• Beth Israel Deaconess Medical Center, Boston</li> <li>• Case Western Reserve University</li> <li>• Oregon Health &amp; Science University</li> <li>• Columbia University</li> <li>• South Carolina, University of</li> <li>• Johns Hopkins University</li> </ul>
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**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

***Navy Programs***

<b>Modality</b>	<b>Location of Research Program (MTF)</b>
Acupuncture	WRNMMC: Acupuncture for Post-traumatic Headache After traumatic brain injury (TBI)
Biofeedback	Naval Hospital (NH) Bremerton/Family Medicine  Naval Medical Center San Diego (NMCS D).2010.0148, "Treatment of Mild Traumatic Brain Injury Vestibular and Balance Dysfunction with Multi-Modal Biofeedback"
Chiropractic	Naval Hospital Camp Lejeune (NHCL), Naval Hospital Camp Pendleton (NHCP), Naval Hospital Jacksonville (NHJAX), Naval Health Clinic Corpus Christi (NHCCP), Naval Health Clinic New England (NHCNE), WRNMMC, Naval Health Clinic Hawaii (NHCH), Naval Health Clinic Quantico (NHCQ), NH Beaufort, NH Bremerton, NH Lemoore, NH Okinawa, Naval Medical Center Portsmouth (NMCP), NMCS D, Federal Health Care Center (FHCC), NH Pensacola, NH Twentynine Palms, RAND Corporation, Palmer College
Other	NHCP. 2010.0175, "A Retrospective Chart Review Evaluating the Outcomes of Combination Therapy in Patients with Post-traumatic Stress Disorder
	NMCS D.2010.0157, "A Randomized, Placebo-Controlled Trial of Stellate Ganglion Block in the treatment of POST TRAUMATIC STRESS DISORDER"
	Naval Operational Medicine Institute (NOMI).2010.0004, "Posttraumatic Stress Disorder and Metabolic Syndrome: Retrospective Study of Repatriated Prisoners of War"
	NHCL.2009.0003, "Personality Assessment and Group Treatment of Active Duty Combat Veterans Diagnosed with a Chest Stress Injury."
	NHCP. 2010.0177, "Adaptive Disclosure: A Combat Specific PTSD Treatment"
	NMCS D.2008.0011, "Resilience Factors and Impact on Development of Mental Health Problems After Combat Exposure"
	NMCS D.2009.0029, "A Head-to-Head Comparison of Virtual Reality Treatment for Post-Traumatic Stress Disorder"
	NMCS D.2010.0050, "Military Detention Operational Prevention for Stress"
	NMCS D.2010.0060, "Stress Inoculation Training for Deployed Military Personnel"
	NMCS D.2010.0074, "Treating Insomnia and Nightmares after Trauma: Impact of Symptoms & Quality of Life"
	NMCS D.2010.0127, "A Retrospective Study of the Psychological Health Pathway Program's Clinical Database"

**REPORT TO CONGRESS**  
**Complementary and Alternative Medicine within the Military Health System**

	NMCSD.2011.0025, “High-frequency Repetitive Trans-cranial Magnetic Stimulation of the Right Dorsolateral Prefrontal Cortex in Post-Traumatic Stress Disorder”
	NMCSD.2011.0080, “Implementation of High Fidelity Simulation to Enhance Critical Thinking Skills
	NOMI.2010.0002, “Hyperbaric Oxygen Therapy (HBO2T) for Post-Concussive Symptoms (PCS) after mild Traumatic Brain Injury (MTBI): A Randomized, Double-Blinded, Sham-Controlled Variable Dose, Prospective Trial”
	NMCSD.2003.0143, “Characterizing and Treating Dizziness Associated with Traumatic Brain Injury”
	NHCL.2011.0009, “A Pilot Phase II Study of Hyperbaric Oxygen for Persistent Post-Concussive Symptoms after Mild Traumatic Brain Injury (HOPPS)”
	NHCP. 2011.0053, “A Pilot Phase II Study of Hyperbaric Oxygen for Persistent Post-concussive Symptoms after Mild Traumatic Brain Injury (HOPPS)”
	NMCP.2009.0060, “Exploring Relationships between the Automated Neuropsychological Assessment Metrics (ANAM)4 TBI and Established Neuropsychological Measures”
	NHCL.2007.0067, “Traumatic Brain Injury”
	NMCSD.2008.0128, “Treatment of Post-concussion Symptoms – A Three Center Pilot Study”

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***Air Force Programs***

<b>Modality</b>	<b>Location of Research Program (MTF)</b>
Meditation	Integrative Restoration (iRest®) on Sleep, Perceived Stress and Resilience in Military Medical Healthcare Providers: A Pilot Study BAMC and Samuelli Institute
Dietary & Nutritional Supplements	Military-wide Survey of Dietary and Nutritional Supplements Use by Military Personnel, Samuelli Institute
Integrative Clinic	Outcome Evaluation of Integrative Health Clinic Patients with Chronic Non-Malignant Pain and Stress: Salt Lake City, VAMC

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**2. Specific Treatments and Therapies being Utilized or Researched for the Treatment of Post-Traumatic Stress Disorder and/or Traumatic Brain Injury**

**DHCC (Specific for PTSD)**

- a. WRNMMC/DHCC (Specialized Care Program): cognitive-behavioral telemedicine approaches are being studied for the treatment of PTSD at WRNMMC and will be evaluated in 2012 at MACH, GA, and Irwin Army Community Hospital (IACH), Fort Riley, KS.
- b. The Specialized Care Program located at WRNMMC utilizes yoga nidra (also known as iREST) and acupuncture as adjunctive therapies in a three-week intensive outpatient treatment program.
- c. DESTRESS-PC (CBT for PTSD delivered via secure website).

**DVBIC (Specific for PTSD)**

- a. Alpha-stimulation at Carl R. Darnall Army Medical Center (CRDAMC) Behavioral Health Clinic, Fort Hood, TX,
- b. Meditation, fishing/boating/skiing trips, qigong/tai chi, various martial arts classes, horticulture therapy, therapeutic pets (e.g., dogs) at DVBIC, Charlottesville, VA
- c. Multi-sensory room, horseback riding, yoga, tai chi, and massage at DVBIC Johnstown, PA

**DVBIC (Specific for TBI)**

- a. Alpha-stimulation at CRDAMC, TBI Clinic, Fort Hood, TX;
- b. Meditation, qigong/tai chi, drumming classes, live arts acting classes, various martial arts classes, vision therapy, visual Arts (painting, poetry readings, etc.), horticulture therapy, therapeutic pets (e.g., dogs) at DVBIC Charlottesville, VA
- c. Biofeedback, multi-sensory room, horseback riding, yoga, tai chi, and massage at DVBIC Johnstown, PA

<b>Modality</b>	<b>Location of Services</b>
Acupuncture	<ul style="list-style-type: none"> <li>• Oregon Health &amp; Science University Project</li> <li>• WRNMMC, Bethesda, MD, Acupuncture for treatment of PTSD</li> <li>• TAMC; WBAMC, Restoration and Resilience Center</li> <li>• Eisenhower Army Medical Center (EAMC) (Acupressure/tapping); MACH, Fort Benning, GA; CRDAMC; WAMC, Fort Bragg, NC; National Intrepid Center of Excellence (NICoE); FHCC, 3<sup>rd</sup> Regiment Marine Corps Base Hawaii (MCBH) Kaneohe (Navy Psychiatrist); NHCH; NMCSO, WRNMMC</li> <li>• FHCC, 3<sup>rd</sup> Regiment MCBH Kaneohe; NHCH; NMCSO; WRNMMC;</li> <li>• NICOE, Center for the Intrepid, Joint Base Elmendorf-Richardson</li> <li>• TAMC; WBAMC, Restoration and Resilience Center</li> </ul>

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	<ul style="list-style-type: none"> <li>• EAMC (Acupressure/tapping); MACH, Fort Benning, GA; CRDAMC; NICOE; FHCC; NHCH; NMCSO, WRNMMC</li> </ul>
Biofeedback	<ul style="list-style-type: none"> <li>• WRNMMC, Bethesda, MD, Integrative Cardiac Health Project</li> <li>• CRDAMC, Fort Hood, Resort Program Evaluation</li> <li>• WBAMC, San Antonio: Deep Breathing</li> <li>• Dorn VAMC Columbia, SC: Biofeedback in PTSD</li> <li>• Malcolm Grow Medical Center (MGMC); WRNMMC; TAMC; EAMC; Raymond Bliss Army Health Clinic, Fort Huachuca, AZ; General Leonard Wood Army Community Hospital (GLWACH), Fort Leonard Wood, MO; WBAMC Restoration and Resilience Center; Moncrief Army Community Hospital (MACH), Fort Jackson, SC; Reynolds Army Community Hospital (RACH), Fort Sill, OK; MACH, Fort Benning, GA; Fox Army Health Center (FACH), Redstone Arsenal, AL; CRDAMC; BAMC; Winn Army Community Hospital (WACH), Fort Stewart, GA; Blanchfield Army Community Hospital (BACH), Fort Campbell, KY; Dunham Army Health Clinic, Carlisle Barracks, PA; Kimbrough Ambulatory Care Center (KACC), Fort Meade, MD; WAMC</li> </ul>
Chiropractic	<ul style="list-style-type: none"> <li>• WRNMMC, Bethesda, MD, Integrative Cardiac Health Project</li> <li>• CRDAMC, Fort Hood, TX, Resort program evaluation</li> <li>• NICOE, Joint Base Elmendorf-Richardson</li> <li>• NHCL, NHCP, NHJAX, NHC Cherry Point, NHCNE, WRNMMC, NHCL, NHCQ, NH Bremerton, NHL, NH Okinawa, NMCP, NMCSO, FHCC, NH Pensacola, NHTP, NHCNE, NHCH, NH Beaufort</li> </ul>
Hypnosis	<ul style="list-style-type: none"> <li>• The Center for Mind-Body Medicine (Meditation Project)</li> <li>• University of Michigan (Meditation)</li> <li>• VA Medical Center Miami, FL, (Meditation Project)</li> <li>• WRNMMC, Bethesda, MD, Integrative Cardiac Health Project</li> <li>• CRDAMC, Fort Hood, TX, Resort program evaluation</li> <li>• NH Pensacola, NHL, USS Hornet Health Clinic, NMCSO/Sexual Assault Recovery Program (SARP)</li> </ul>
Meditation	<ul style="list-style-type: none"> <li>• DAMC Fort Hood TX Resort program evaluation</li> <li>• WRNMMC, Bethesda, MD, Integrative Cardiac Health Project</li> <li>• University of Michigan: Mediation for combat PTSD</li> <li>• Miami VA: Meditation for PTSD</li> <li>• NHL; USS Hornet Health Clinic; NHOH/SARP</li> <li>• EAMC; DACH; FACH; BAMC; WACH; BACH; Durham Army Health Clinic, Carlisle Barracks</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Westat, Inc. (Service dogs Project)</li> <li>• Duke University Medical Center (Virtual Reality and Phones Project)</li> <li>• Brigham and Women’s Hospital (Yoga Project)</li> <li>• NMCSO (Virtual Reality Project)</li> <li>• CRDAMC, Fort Hood, TX, Resort program evaluation</li> </ul>

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	<ul style="list-style-type: none"><li>• WRNMMC, Bethesda, MD, Integrative Cardiac Health Project</li><li>• Harvard/Brigham and Women’s Hospital: Yoga intervention for PTSD</li><li>• Center for Mind Body Washington: Mind body skills groups for PTSD</li><li>• Virginia National Guard: Resilience</li><li>• NHTP: Irlen Therapy</li><li>• Trauma Resiliency Model – WRNMMC; Bike Riding Program following intense group therapy – WRNMMC; Relaxation – NMCP; Adjunctive Therapies (e.g. music, art, writing, recreation therapy – NMCSD as part of the Wounded Warrior Battalion/Warrior Transition Unit (WWB/WTU); Prolonged Exposure Therapy (PET) – MACH, GA &amp; Guthrie Army Health Clinic, Fort Drum, NY; Eye Movement Desensitization and Reprogramming (EMDR) – MACH, GA, Guthrie Health Clinic and Dewitt Health Care Network;</li></ul>
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**3. Treatment services or therapies under complementary alternative therapies covered by TRICARE are derived from the Code of Federal Regulations, Title 32, Section 199.**

Title 32, Code of Federal Regulations, Section 199.4 (32 CFR 199.4(e)) states:

“(17) Biofeedback Therapy. Biofeedback therapy is a technique by which a person is taught to exercise control over a physiologic process occurring within the body. By using modern biomedical instruments the patient learns how a specific physiologic system within his body operates and how to modify the performance of this particular system.

“(i) Benefits provided. CHAMPUS benefits are payable for services and supplies in connection with electrothermal, electromyograph and electrodermal biofeedback therapy when there is documentation that the patient has undergone an appropriate medical evaluation, that their present condition is not responding to or no longer responds to other forms of conventional treatment, and only when provided as treatment for the following conditions:

“(A) Adjunctive treatment for Raynaud’s Syndrome.

“(B) Adjunctive treatment for muscle re-education of specific muscle groups or for treating pathological muscle abnormalities of spasticity, or incapacitating muscle spasm or weakness.

“(ii) Limitations. Payable benefits include initial intake evaluation. Treatment following the initial intake evaluation is limited to a maximum of 20 inpatient and outpatient biofeedback treatments per calendar year.

“(iii) Exclusions. Benefits are excluded for biofeedback therapy for the treatment of ordinary muscle tension states or for psychosomatic conditions. Benefits are also excluded for the rental or purchase of biofeedback equipment.

“(iv) Provider Requirements. A provider of biofeedback therapy must be a CHAMPUS authorized provider. (Refer to Sec. 199.6, ‘Authorized Providers’). If biofeedback treatment is provided by other than a physician, the patient must be referred by a physician.”

The following therapies are excluded: 32 CFR 199.4 (g):

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“**Exclusions and limitations.** In addition to any definitions, requirements, conditions, or limitations enumerated and described in other sections of this part, the following specifically are excluded from the Basic Program: ...

“(38) Chiropractors and naturopaths. Services of chiropractors and naturopaths whether or not such services would be eligible for benefits if rendered by an authorized provider.

...

“(40) Acupuncture. Acupuncture, whether used as a therapeutic agent or as an anesthetic.”

In addition to the above regulations, chiropractic care was initiated in Fiscal Year 2003 at 22 MTFs under section 702 of the National Defense Authorization Act for Fiscal Year 2001. Congressional action allowed additional MTFs to provide chiropractic care in 2004 and 2007. Subject to the availability of resources, chiropractic care is provided by contract providers for Active Duty Service Members only. No supplemental health care funds are used to provide this care.

As noted in the introduction, a hierarchy of evidence of therapeutic safety and effectiveness is required prior to a treatment modality being considered for coverage as a TRICARE benefit. In order to ensure that our beneficiaries receive services that meet the standard of care, that is, appropriate medical care, the Code of Federal Regulations (32 CFR 199.4(g)(15)) requires that there be reliable evidence, as that term is defined in 32 CFR 199.2(b), showing that any medical treatment or procedure has been the subject of well-controlled studies of clinically meaningful endpoints that demonstrate safety and efficacy compared with the standard means of treatment or diagnoses. The term clinically meaningful endpoints means objectively measurable outcomes of clinical interventions or other medical procedures, expressed in terms of survival, severity of illness or condition, extent of adverse side effects, diagnostic capability, or other effect on bodily functions directly associated with such results.

The definition of reliable evidence provides the hierarchy of reliable evidence used to determine whether a drug, device, medical treatment or procedure has moved from the status of unproven to the position of nationally accepted medical practice as follows:

1. Well-controlled studies of clinically meaningful endpoints, published in refereed medical literature.
2. Published formal technology assessments
3. Published reports of national professional medical associations
4. Published national medical policy organizational positions
5. Published reports of national expert opinion organizations.

Specifically not included in the meaning of reliable evidence are reports, articles, or statements by providers or groups of providers containing only abstracts, anecdotal evidence, or personal professional opinions. Also, not included in the meaning of reliable evidence is the fact that a provider or number of providers have elected to adopt a drug, device or medical treatment or procedures as their personal treatment or procedure of choice or standard of practice.

**4. Military treatment facilities where treatment with complementary alternative therapies are being utilized and the reason for utilization:**

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**Persistent symptoms vary from patient to patient, and therefore individual treatment plans also vary to meet the patient needs.**

<b>Modality</b>	<b>Location of Services (MTF)</b>	<b>Therapeutic Purpose</b>
Acupuncture	Barksdale, Lackland, Offutt, Hill, Scott, Nellis, Deployed MTFs, Andrews, McGuire, Wright-Patterson, Randolph, Malcolm Grow USAF Medical Center NH Pensacola, NHJAX, NHCL, NH Beaufort, NH Naples, NH Sigonella, FHCC, NHCNE, NMCP, NMCSO, NHCH, NHL, USS Hornet Health Clinic, NHCP, NH Okinawa, NHCQ, WRNMMC	Pain management, chronic pain, headache, migraine, back pain, neck pain, anxiety, depression, insomnia, wide variety of conditions; auricular pain
Biofeedback	Barksdale, Offutt, Scott, Nellis, Deployed MTFs; NHCL, NHCNE, NMCP, NH Bremerton/Family Med, NMCSO, WRNMMC	PTSD, anxiety, incontinence, affective disorders, post-concussive syndrome, autonomic regulation of the stress response
Chiropractic	Barksdale, Lackland, Offutt; NHCL, NHCP, NHJAX, NHC Cherry Point, NHCNE, WRNMMC, NHCH, NHC Quantico, NH Beaufort, NH Bremerton, NHL, NH Okinawa, NMCP, NMCSO, FHCC, NH Pensacola, NHTP	Pain management, headache, back pain & other musculoskeletal problems, manual therapy, modality and exercise application to restore function and reduce pain.
Hypnosis	NH Pensacola, NHL, Hornet Health Clinic NMCSO/SARP	Anxiety, progressive relaxation training
Meditation	NICOE, Center for the Intrepid; WRNMMC NHL	Variety of conditions; adjunct for pain
Other	NHTP: Irlen Therapy	Headaches

**Summary**

This report demonstrates that the Military Health System actively researches the efficacy of CAM and uses CAM to complement other evidence-based approaches to treatment for the wounded warrior population, as well as other beneficiary groups. The Department benefits from the funds provided by Congress to further the scientific evidence of these approaches to apply to those who have been in harm's way and their family members.



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**ACRONYMS**

ANAM	Automated Neuropsychological Assessment Metrics
BACH	Blanchfield Army Community Hospital, Fort Campbell, KY
BAMC	Brooke Army Medical Center, Fort Sam Houston, TX
CBT	Cognitive Behavioral Therapy
CFR	Code of Federal Regulations
CRDAMC	Carl R. Darnall Army Medical Center, Fort Hood, TX
DARPA	Defense Advanced Research Projects Agency, Arlington, VA
DDEAMC	Dwight D. Eisenhower Army Medical Center, Fort Gordon, GA
DHCC	Deployment Health Clinical Center, Walter Reed Army Medical Center Defense and Veterans Brain Injury Center, Headquarters are in Rockville, MD, with <b>Military Hospitals</b> at Camp Lejeune, NC; Camp Pendleton, CA; Fort Bragg, NC; Fort Carson, CO; Fort Hood, TX; Naval Medical Center San Diego; Military Medical Center San Antonio, TX; Walter Reed National Military
DVBIC	Medical Center. <b>Veterans Administration Hospitals:</b> Boston, MA; Minneapolis, MN; Palo Alto, CA; Richmond, VA; and Tampa, FL. <b>Civilian partners</b> at DVBIC Charlottesville Rehabilitation Program, Charlottesville, VA; DVBIC- Johnstown Traumatic Brain Injury Program, Johnstown, PA; <b>International:</b> Langstuhl Regional Medical Center, Germany
EACH	Evans Army Community Hospital, Fort Carson, CO
EAMC	Eisenhower Army Medical Center, Fort Gordon, GA
EMDR	Eye Movement Desensitization and Reprocessing (EMDR)
FACH	Fox Army Health Center, Redstone Arsenal, AL
GLWACH	General Leonard Wood Army Community Hospital, Fort Leonard Wood, MO
IACH	Irwin Army Community Hospital, Fort Riley, KS
JPC-5	Joint Program Committee – 5 Operational Medicine
JPC-6	Joint Program Committee – 6 Combat Casualty Care
KACC	Kimbrough Ambulatory Care Clinic, Fort Meade, MD
MACH	Martin Army Community Hospital, Fort Benning, GA
MACH	Moncrief Army Community Hospital, Fort Jackson, SC
MCBH	Marine Corps Base Hawaii, Kanoeha
MGMC	Malcolm Grow Medical Center, Andrews Air Force Base, MD
NICoE	National Intrepid Center of Excellence, Bethesda, MD
NIH	National Institutes of Health, Bethesda, MD
NMCP	Naval Medical Center Portsmouth, VA
NMCSD	Naval Medical Center San Diego, CA
PTSD	Post-traumatic Stress Disorder
RACH	Reynolds Army Community Hospital, Fort Sill, OK
SARP	Sexual Assault Recovery Program
TAMC	Tripler Army Medical Center, Honolulu, HI

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TATRC	U.S. Army Telemedicine and Advanced Technology Research Center, Fort Detrick, MD
TBI	Traumatic Brain Injury
VAMC	Veterans Administration Medical Center
WACH	Winn Army Community Hospital, Fort Stewart, GA
WAMC	Womack Army Medical Center, Fort Bragg, NC
WHMC	Wilford Hall Medical Center, Lackland Air Force Base, TX
WBAMC	William Beaumont Army Medical Center, Fort Bliss, TX
WRAMC	Walter Reed Army Medical Center, Washington, DC
WRNMMC	Walter Reed National Military Medical Center, Bethesda, MD
WTU	Warrior Transition Unit
WWB	Wounded Warrior Battalion