

Snow, Veronica

From: Cindy Heelan <cindyheelan@gmail.com>
Sent: Tuesday, April 9, 2019 9:57 AM
To: HCIFS
Subject: Testimony in support of LD 364,

April 5, 2019

Subject: Testimony in Support LD 364
"An Act To Establish the Right To Practice Complementary and Alternative Health Care Act"

To:
Senator Sanborn, Representative Tepler, and Members of the Committee on Health Coverage, Insurance and Financial Services

My name is Cindy Heelan. I was born and raised in Maine and raised my family here as well. I have lived in Scarborough for the past 38 years and have been in various healthcare positions for the past 30 years. I started out as an RN at Maine Medical Center and shortly thereafter moved on to Homecare Hospice. During my 12 plus years working as a Hospice Nurse I observed that many of my patients were receiving alternative treatments to help with their symptoms and as well as their quality of life. These treatments ranged from Therapeutic Touch and Reiki to Herbs and Acupuncture. Most believed that the treatments made a big difference in how they coped with illness and lived out their final days. Some experienced an improvement in their health. I was unfamiliar with complementary therapies prior to this and was so intrigued by it that I decided to pursue training to become certified in Holistic Nursing as well as to obtain my master's degree and certification as a Family Nurse Practitioner. My goal was to become a provider who could bring the conventional and complementary medical worlds together.

As time moved forward, I began moving away from conventional medicine as I found that I had more time to actually help people with complementary therapies like Therapeutic Touch, HeartMath, Homeopathy, Flower Essences, and Attunement. I enjoyed the relationships that I could have with my clients without the time constraints of working in the conventional medical world. Eventually I gave up my Nurse Practitioner license and I now practice only complementary / holistic therapies. I believe that people practicing complementary and alternative medicine should be able to do so without medical licensure as long as they meet the standards set within their particular modality, work within their scope of practice, and fully disclose that they are not licensed health care providers.

People need and want options when conventional therapies do not work for them, are unavailable, or just because they prefer them. I believe that this bill would protect both

practitioners and their clients as well as to help bridge the gap between the conventional and complementary therapies. I think that it also provides more treatment options for consumers in a time when conventional health care costs are rising out of sight.

I respectfully urge you to vote in support of LD 364 and Maine's complementary and alternative health care practitioners / health care consumers.

Sincerely,

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