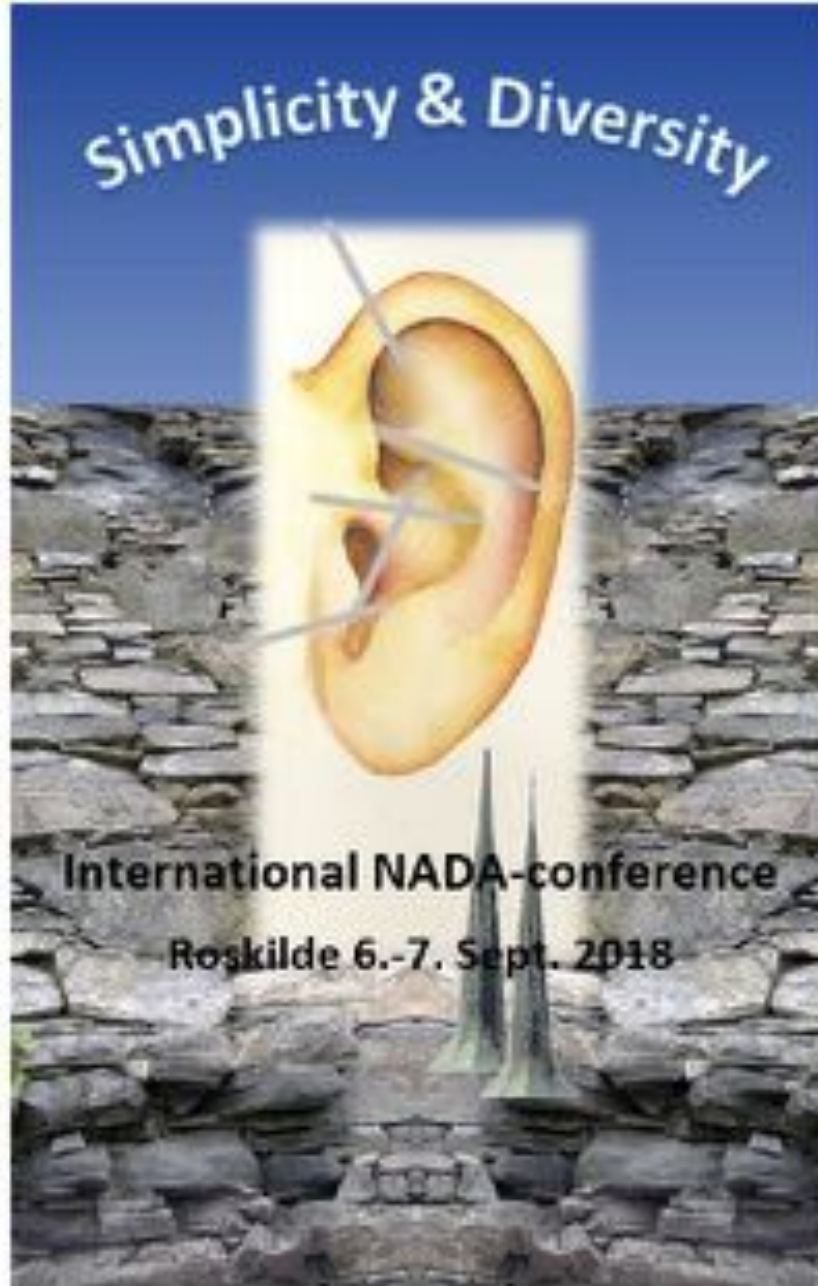


NADA - ear acupuncture

Anti depressive · increased focus · balance · creative process · recovery



Empowerment · improved sleep · anxiolytics · promotes resources

Stress-relieving · serenity

NADA Fachtagung 2019 Leipzig

Lars and Mette Wiinblad
Denmark



**“As a doctor, part
of my responsibility
is not just to treat people
but to set up a treatment
system for a lot of people”.**

Dr. Michael Smith



NADA in Denmark since 1997

The beginning:

- Withdrawal symptoms from benzodiazepines and antidepressant medication
- Anxiety
- Sleeping problems
- Relapse prevention

Danish Nurses Journal Maj 1996



THE NADA PROTOCOL
HAS SPREAD TO MANY
DIFFERENT SETTINGS

FROM PROFESSIONAL
PROGRAMS TO PRIVATE
INITIATIVES.

20 years of NADA-training

NADA IS NOW USED IN A VARIETY OF SETTINGS

- Substance abuse treatment
- Psychiatry
- Shelters, homeless people, and social work
- Trauma, veterans and PTSD
- Prisons
- Schools
- Therapy
- Anger management
- Nursing homes, dementia, Huntington disease
- Employment service and job training
- Hospice
- Community setting programs
- Exit programs (gangs, crime and more)
- Pain management programs
- Hospitals and GP's

NADA makes a big difference!

CP Journal 2019
Cerebral Parese

Less restlessness
Less muscle tension
Less pain
Better sleep
More energy

NADA gør en kæmpe forskel!

Jeg kan tydeligt mærke forskel. Hvis jeg i et stykke tid ikke har fået NADA-
breakupunktur, så har jeg uro i mine ben om aftenen.
Til gengæld forsvinder uroen, hvis jeg passer min NADA regelmæssigt.

AF FRANKS HJØRLESEN

Marianne Bæk, 38 år og fra Farum er det ikke i tvivl om effekten af NADA-breakupunktur, som hun får et stykke tid siden fik mulighed for at prøve, endda gratis, fordi hun har en hjemmvejlederordning.

– Jeg har i mange år haft udrivlige bevægelser og umotiverede benspænd, særligt om aftenen, når jeg er træt. Derfor foreslog min hjemmevejleder, at jeg skulle prøve NADA, fortæller Marianne Bæk, der ikke behøvede meget overtalelse, før hun kastede sig ud i forsøget.

– I starten følte jeg ikke, at det hjalp, men da jeg havde prøvet det nogle gange, så kunne jeg mærke effekten. Smerterne og uroen i benene forsvandt. Samtidig sover jeg bedre og føler, at mine 'batterier' i kroppen

bliver ladet op, så jeg kan overkomme mere.

Udtræningen er slæm

Og netop udtræning er også noget, hun jævnligt døj med. Så bliver hun stresset og benene bliver ustabile. Det forsøger hun at eliminere med vederlagsfri fysioterapi én gang ugentligt. Sammen med areakupunkturen, som hun også går til én gang om ugen, er det med til at fastholde hende i et 20 timers fleksjob i blodprøvetagningen på Glostrup Sygehus.

Da hun var barn, og senere ung, havde hun ikke de store problemer med at klare skolegangen i en almindelig folkeskole og senere en sproglig studentereksamen på Marie Kruse Gymnasium. Men efter gymnasiet,

hvor kravene blev større og de kognitive problemer mere udtalt, måtte hun erkende, at hendes jobmulighed var afhængig af et reduceret timetal. Så efter at hun havde prøvet forskellige ting i seks år, fik hun sit fleksjobbevis i 2008.



Sådan fungerer det

Men hvordan er det så, at NADA-behandlingen fungerer? Marianne Bæk forklarer behandlingen i følgende seks punkter:

1. Ørerne røres med en såkaldt øre.
2. For at falde til ro, foretages åndedrætsøvelser med terapeuten.
3. Terapeuten sætter 5 nåle i hvert øre.
4. Nålene sidder i 45 minutter, hvor man sidder i en behagelig lænestol og hører afslappende musik.
5. Nålene piles ud, og små kugler placeres i ørerne med plaster, så de sidder fast.
6. Kuglerne går man med i 5-6 dage indtil næste behandling.





SOCIAL WORK,
NADA-CAFÉ,
VOLUNTARY WORK
AND FAMILY-
PROGRAMS

SOCIAL WORK



Health care and
medical center

Homeless
program

Street side
service

HOMELESS PEOPLE'S PROGRAM IN COPENHAGEN



PRISON GUARD PREPARING HER NADA TOOL KIT



Vestre Fængsel

Letters from prisoner
describing less craving,
depression, anxiety and
stress.

11/8-2019.

- Hej mit navn er Peter Herbo
- Jeg er 39 år gammel og har været i Nada behandling for mit Narko misbrug før. og jeg syntes det virker rigtig godt mod min trang til Narko. det hjælper mig med ikke at være deprimeret, og holder tanker flyder lidt på afstand og så syntes jeg det hjælper på indre vrede og stress
- Så for mig er det et fantastisk middel og uden brug af piller ☺ dertil skal jeg tilføje at NENA er pt. den bedste der har sat de nåle i mig indtil videre, hun giver sig tid og er behagelig til at få en til at tænke på andet end at nu sætter jeg nåle i dig. så hun har min anbefaling til fortsat at yde nada. Super smile herfra.

Using WHO-5 in community settings

Last two weeks...	All the time	Most of the time	More than half of the time	A little less than half of the time	Few times	Never
1 ... I have been happy..	5	4	3	2	1	0

	Start (n=37)	Slut (n=31)
... I have been happy and in good mood	2,6	3,7
... I have been relaxed and calm	2,1	3,5
... I have felt good energy	2,0	3,4
... I have slept well and feel awake	1,4	2,9
... I have done things that interest me	2,8	3,8
	43,46	69,2



COMMUNITY SETTINGS (NADA CAFÉES)

NADA - Svendborg



**NADA – en stille
samtale med dig selv**

"NADA – a quiet
conversation with
yourself"

Michael Smith

NADA - Svendborg

NADA for the people

The cafe is run by volunteers with a NADA certificate

Monday and Thursday 16.00-18.00

Aproximately 15 people attend each time

Price 2,5 Euro

The Cafe is used by people from all levels of society

Known by word of mouth, website, facebook, flyers, newspapers....

Wendy and Co support programs with needles donations and reduced prices

Coordinated through NADA-Danmarks website



Emergency staff and fire brigade

Normally run by volunteers

Some hospitals have organised NADA settings to ensure health, safety and work environment for healthcare providers.

NADA IS PART OF DAILY LIFE IN MANY FAMILIES



Stig is diagnosed with ADHD. From age of 10 he has recieved NADA – in school and at home.



NADA-behandling i Vejen Kommune



ELEMENTARY SCHOOL AND EDUCATION

NADA AS AN EDUCATIONAL TOOL

40 teachers, consultants and psychologists have been trained in elementary schools in Vejen County.

Goals:

- ▶ To reduce stress among teachers
- ▶ Help pupils in the learning process

ELEMENTARY SCHOOL

KINDERGARDEN - 6TH. GRADE.

GROUP SETTING TWICE A WEEK.

12-16 NADA-SESSIONS PER PUPIL.

NEEDLES FROM AGE OF SEVEN.

BEADS ARE OFFERED FROM 3-6 YEARS OF AGE.



NADA (0-6th. Grade)

Goal:

- I feel better
- I find peace in myself

How to react:

- I do not talk
- I lean back
- I relax
- I let my thoughts flow
- I do not disturb pupils around me
- I am brave!!

POSTER ON THE WALL IN THE NADA ROOM

NADA

Mål:

- * jeg får det bedre med mig selv
- * jeg finder ro med mig selv

Kriterier:

- * jeg snakker ikke
- * jeg læner mig tilbage
- * jeg slapper af
- * jeg lader tankerne flyde afsted
- * jeg forstyrrer ikke de andre omkring mig
- * jeg er modig !!

PARENTS AND TEACHERS REFER PUPILS TO THE GROUP

Main topics:

Anxiety

NADA must be accepted by the parents. Documents are signed for each child.

Aggressive behavior

86 pct seems to have a positive outcome of the program.

Sleeping problems

Lack of concentration

3 years project. To be evaluated.

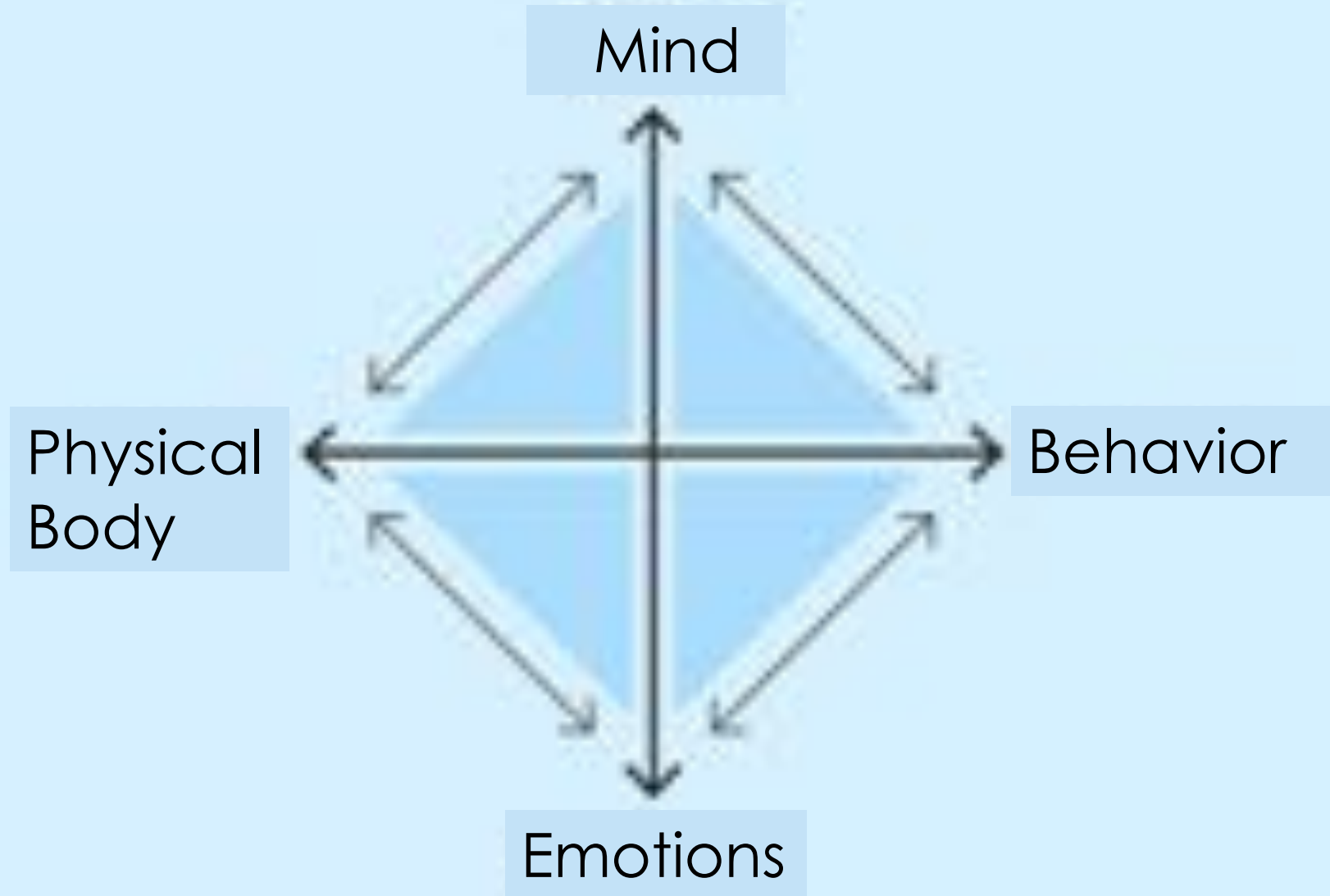
Stress

ADHD

The use of NADA is slowly spreading to other schools

Mental activity

NADA AS AN EDUCATIONAL TOOL



NADA support the process of learning according to the Cognitive Diamant Model (A. Beck)



QUALITY OF LIFE

SLEEP
SOCIAL ACTIVITY
MOOD
ENERGY
MAINTAINING A JOB
ABILITY TO WORK PHYSICALLY
PAIN

Clinics and hospitals

- ▶ Withdrawal symptoms from morphine
- ▶ Quality of life
- ▶ Inner proces
- ▶ NADA reduces withdrawal symptoms from morphine
- ▶ NADA reduces tolerance from morphine

PAIN MANAGEMENT

Kalisam, 2017

- ▶ 30 min. NADA twice per week

Results:

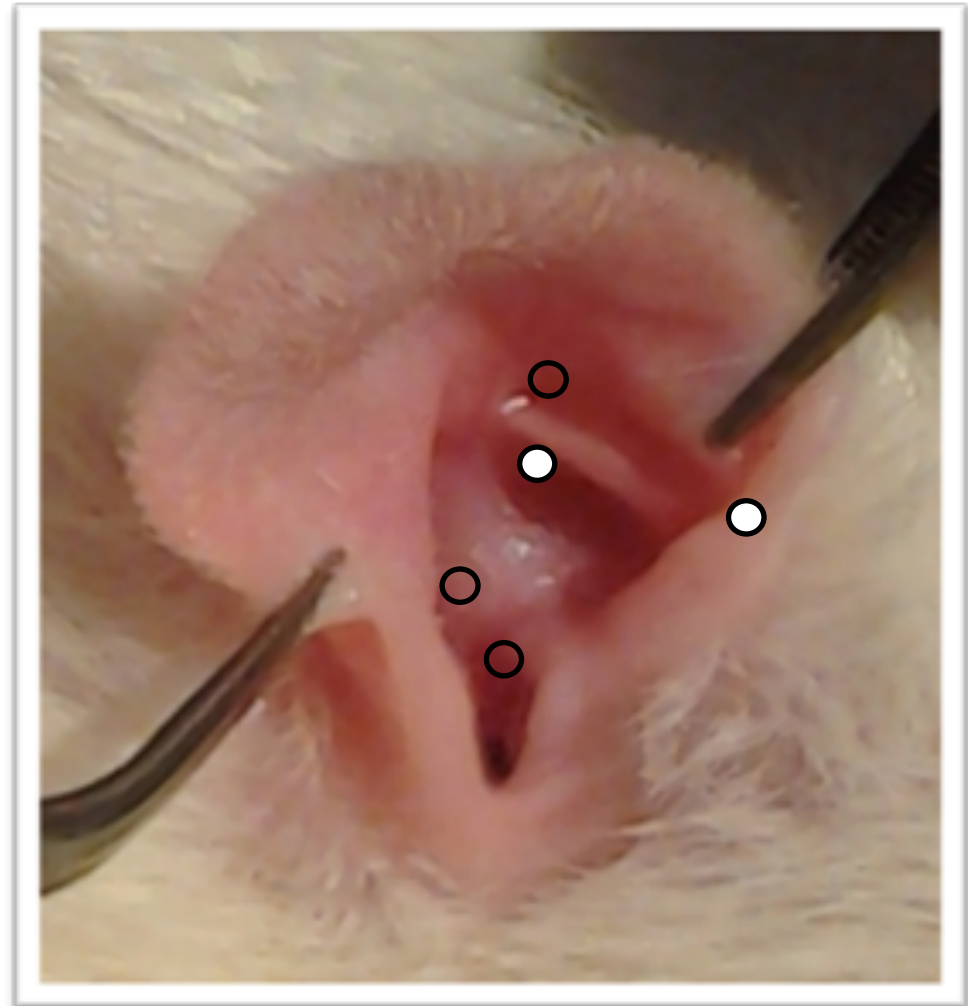
- ▶ Less withdrawal symptoms
- ▶ Reduces tolerance

MORPHINE ADDICTED RATS

Ear points on a rat



Kalisam, 2017



www.NCADCon.com

#NCADCon



QUALITY OF LIFE

HOW DO YOU EXPERIENCE:

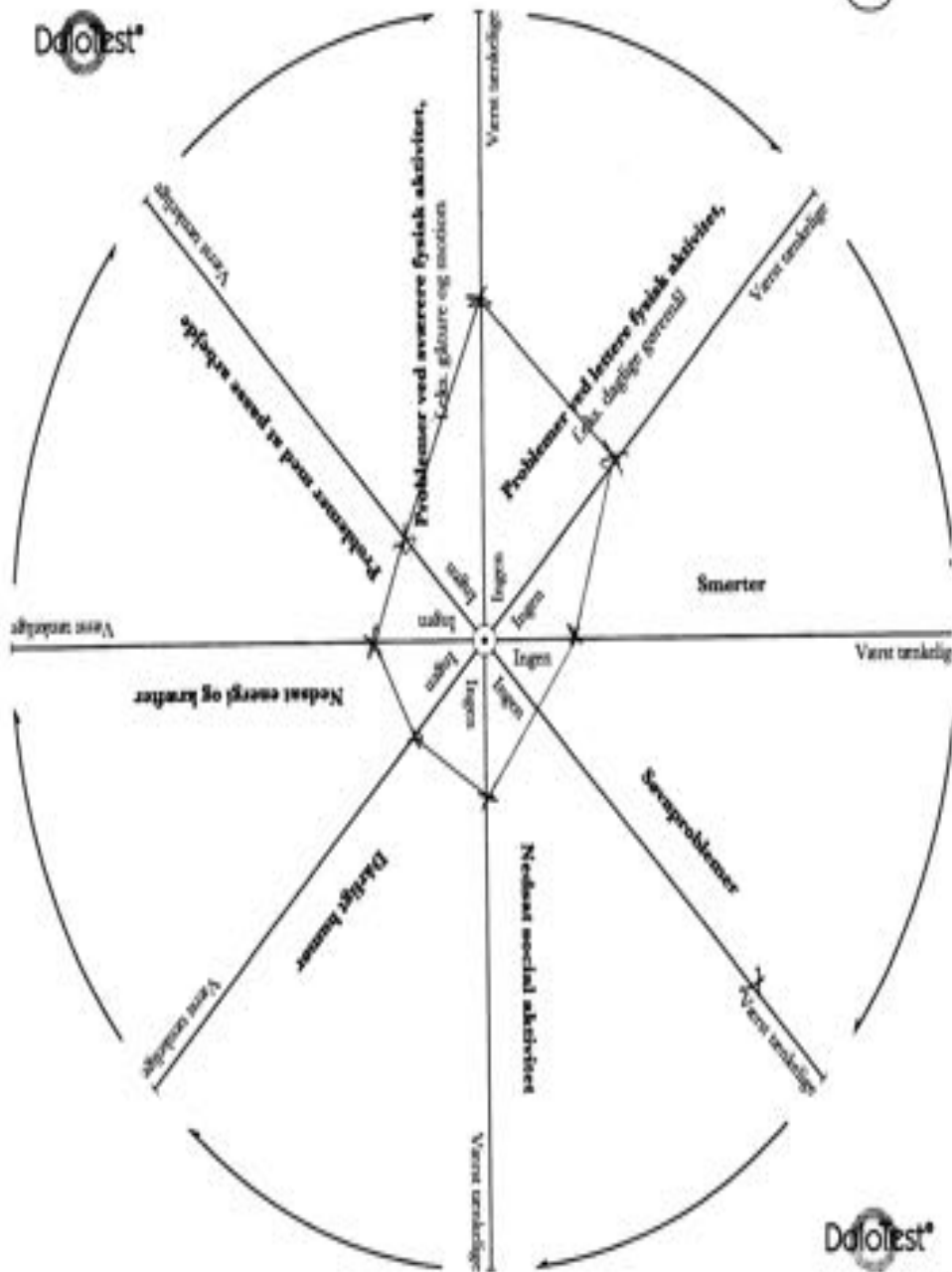
1. PAIN
2. SLEEPING PROBLEMS
3. REDUCED SOCIAL ACTIVITY
4. FEELING DEPRESSED
5. LACK OF ENERGY
6. PROBLEMS MAINTAINING A JOB
7. PROBLEMS DOING PHYSICAL WORK
8. PROBLEMS DOING LIGHT PHYSICAL WORK (COOKING, CLEANING ETC.)

SCORE BEFORE NADA.

I hvilket omfang oplever du?

3

Dolotest®



Dolotest®
Dolototal : 27
Snitværdi : 2

QUALITY OF LIFE

HOW DO YOU EXPERIENCE:

1. PAIN
2. SLEEPING PROBLEMS
3. REDUCED SOCIAL ACTIVITY
4. FEELING DEPRESSED
5. LACK OF ENERGY
6. PROBLEMS MAINTAINING A JOB
7. PROBLEMS DOING PHYSICAL WORK
8. PROBLEMS DOING LIGHT PHYSICAL WORK (COOKING, CLEANING ETC.)

SCORE AFTER 12 SESSIONS
NADA TWICE A WEEK.

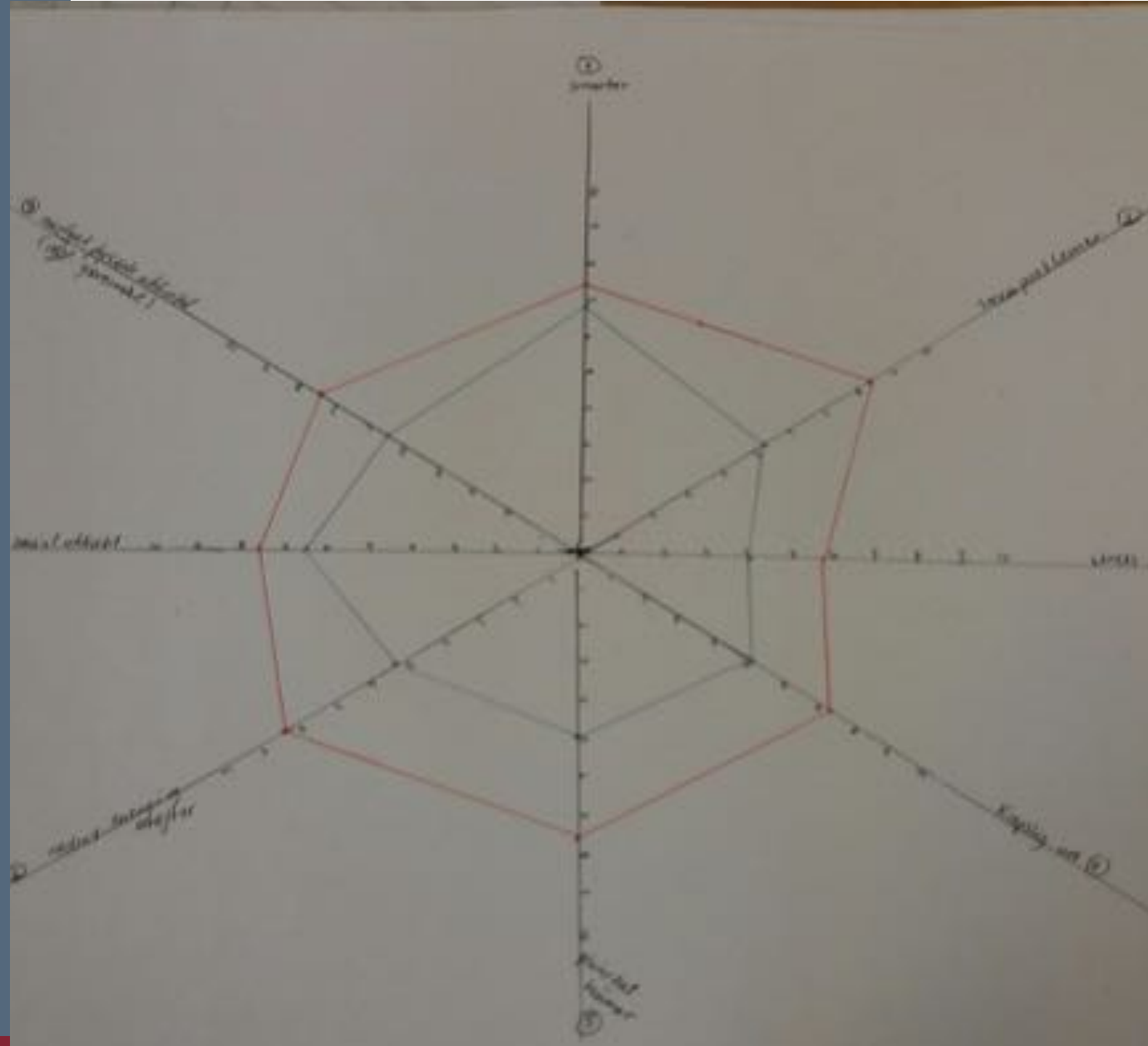


NADA PROJECT ÅLBORG UNIVERSITY PAIN CLINIC, 2017

NADA SESSIONS TWICE A WEEK FOR SIX WEEKS.

Pain
Sleeping problems
Reduced social activity
Feeling depressed
Lack of energy
Problems maintaining a job
Problems doing physical work
Problems doing light physical work

Quality of Life



PROTOCOLS

Acut phase (aprox 2-3 weeks):

Treatments every day
or as many as possible.

Stabilisation phase:

2 or 3 times a week.

Strategy:

Goal

Method

Organisation

Several white diagonal lines of varying thicknesses are positioned on the right side of the slide, extending from the middle towards the bottom right corner.

NADA AND WITHDRAWAL SYMPTOMS.

Fase 1 (preparation):

- ▶ Start NADA before withdrawal symptoms appear (if possible).
- ▶ NADA twice a week.

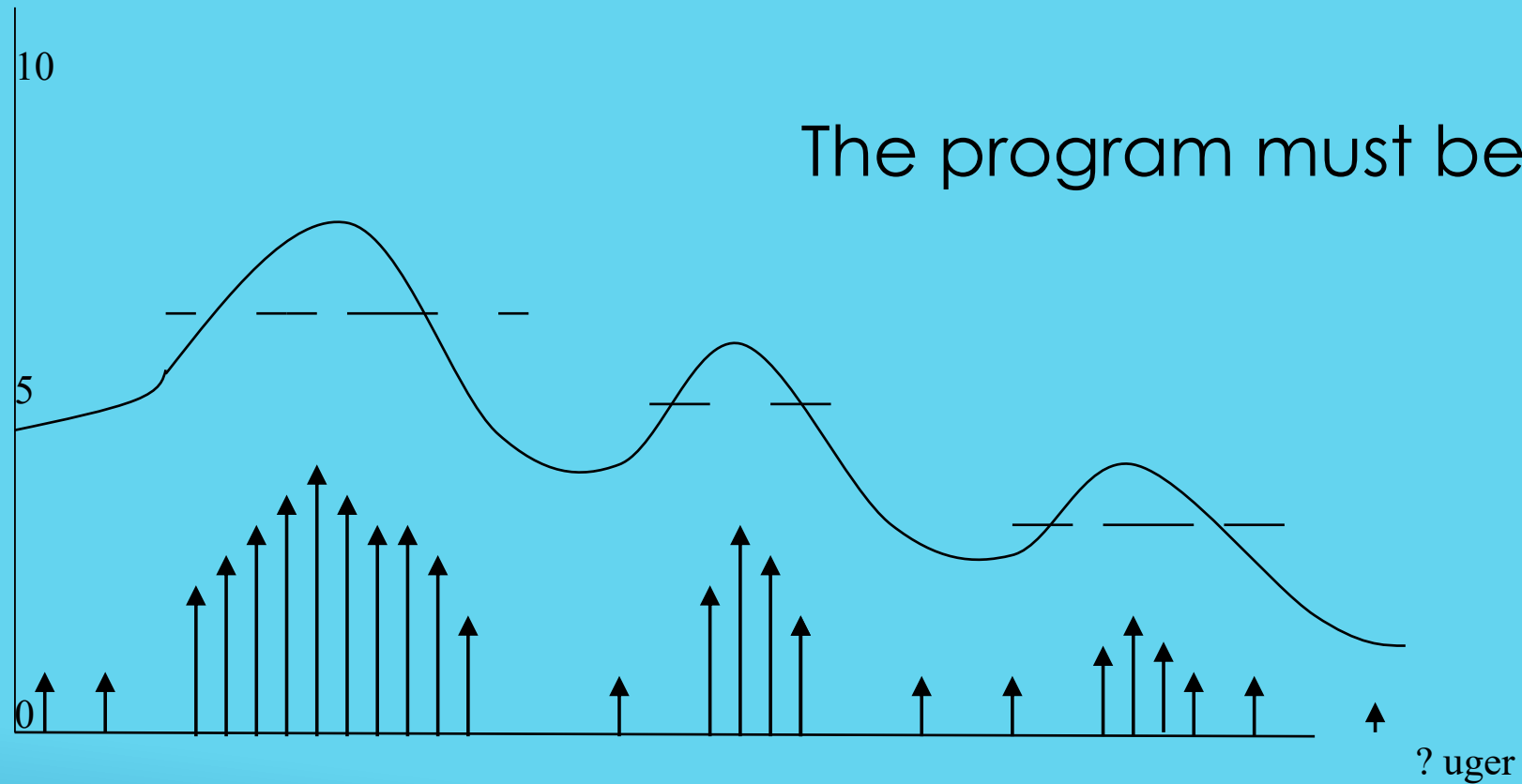
Fase 2 (withdrawal symptoms):

- ▶ NADA daily – or what is appropriate.

Fase 3 (Relapse prevention):

- ▶ NADA twice a week. Ear beads can be used as a supplement.
- ▶ Watch out for rebound.

The program must be flexible



Benzodiazepines (BZ) and SSRI. Number of treatment should be adjusted with the withdrawal symptoms.



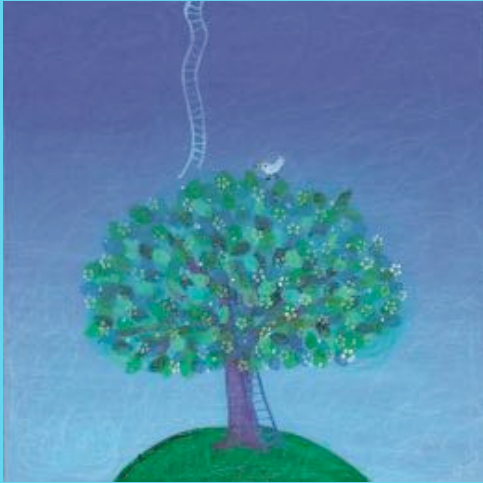
Patients
Relatives and family members
Children

Staff
Volunteers

Hospice Sydfyn

NADA akupunktur

til patienter og pårørende



Hospice Sydfyn

The patient:

Inner process

Coping with emotions

Reduce anxiety and depression

Increase energy and make decisions

Less use of medication

Pain management

Less muscle tension

Family and relatives:

Relatives and patient are treated together

Children get the magnetic ear beads.



HOSPICE AND PALLIATIVE CARE

Main topics:

Anxiety

Depression

Quality of daily life

Grief

Sleeping problems

Less use of medication

Anger management



NURSING HOMES

NADA training

Team of trainers.
Same basic material.
Group supervision.
Trainers have different professional skills.
The right trainer to the right training.
Focus on implementation.

Trainees:

Follow up, support, supervision, homepage,
newsletter, etc

Danish law

Acupuncture is not restricted
to health care personel.

Anyone can learn and practise acupuncture.

Supervision by a doctor is not needed.

STRATEGIES

“NADA is a foundation.
You can build
many different
houses on that”

Michael Smith

