

Frequently Asked Questions

Is integrative medicine safe for children?

Yes. All of our staff members have completed specialized training in both integrative medicine and pediatrics. Your practitioner will consider all of your child's health concerns before recommending any treatment.

Will this interfere with conventional medical treatments?

No. Integrative medicine is meant to complement the conventional therapies that your child is currently receiving. We will become part of your child's medical team and will collaborate with your current providers to give your child the best possible healing outcomes.

Will this be covered by my insurance?

Integrative medicine consultations and therapies may or may not be covered by your insurance. Insurance coverage varies greatly, so we encourage you to check before scheduling an appointment. If your insurance does not cover our services, call us to discuss payment options. We want our services to be affordable and available to all.

Schedule an Appointment

Inpatient

Talk to your medical team. A doctor needs to write an order for your child to have an integrative medicine consultation.

Outpatient

To schedule an appointment call **(801) 662-1600**. We do not require a doctor's referral to meet with or treat your child, however, your insurance company may require one.



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Integrative Medicine for Children Primary Children's Hospital



primarychildrens.org/integrativemedicine

Healing that encompasses mind, body, spirit, and community.

Integrative medicine is healing-oriented medicine that encompasses the whole child, including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of both conventional and complementary medical therapies.

Children who have chronic health issues, medically unexplained health issues—including pain, anxiety, depression or digestive problems—or who have a new diagnosis and would like to explore all treatment options should consider integrative medicine.

Available Services

- Acupuncture/Acupressure
- Biofeedback
- Massage Therapy
- Medical Aromatherapy
- Nutrition & Herbal Consultation
- Relaxation and Breathing Techniques
- Shoni-Shin/Tuina

An estimated 10-40% of healthy children, and more than 50% of children with chronic, recurrent or incurable conditions are users of alternative therapies in conjunction with conventional medical care.

Integrative medicine has been used at Primary Children's Hospital since 2011. Our team has licensed professionals with experience applying integrative medicine to the unique needs of children. The core principles of integrative medicine are:

1. Provide a partnership between patient and practitioner in the healing process.
2. Provide safe and appropriate use of conventional and alternative methods to facilitate the body's innate healing response.
3. Consider many factors that influence health, wellness and disease, including mind, body, spirit and community.
4. Recognize that good medicine should be based in good science, be inquiry driven, and be open to new paradigms.
5. Use natural, effective, less invasive interventions when possible.



WHAT TO EXPECT?

First-time patients are asked to complete a patient history form in advance and bring all their medical records with them. A comprehensive evaluation will take place. Based on the medical history and physical findings, a specific treatment plan is suggested and discussed.

During the first session, children may receive their first treatment, along with techniques to try at home. An initial consultation will usually last 60 - 90 minutes.

It may take 6 - 8 clinic visits to see if a particular therapy is working for your child or to make adjustments to a therapy plan.

"I like it. It helps me relax and re-center."

- 15 year old patient

"I can't say enough good about the work done for my daughter."

- Patient's mother