



Pediatric Naturopathic Care and COVID-19 Updates

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We set themes for the *Vital Link* each Fall for the coming year. There are several reasons for this in an association journal; alignment of content with association goals and recruitment of expert reviewers being two of many considerations. Of course, little did we know when we put out our call for articles for this edition last December that our professional and personal lives would be turned upside down with the arrival of the COVID-19 pandemic into Canada a few months later.

Still, we carried on. I took over author and review management (normally Managing Editor duties) in early April while our Executive Director focused on her work with the Federal Government to provide NDs with critical access to Federal financial support programs for clinics and individual doctors. We have also been updating members frequently as new information has come to light from the Federal Government and the Public Health Agency of Canada (PHAC). Additionally, our Board Chair has written to members about the importance of keeping in compliance with PHAC and provincial guidelines to help protect the regulation of the profession and not bring unwanted media or government attention to members at this crucial time.

As we are going to press in early June, several provinces are starting to allow naturopathic clinics to re-open for in-office visits with precautions and social distancing. We are all learning to work with greater levels of infection control including masks, gloves and other personal protective equipment (PPE). We are also preparing to work with patients who will have chronic issues associated with recovery from acute COVID-19 treatments, loss of loved one(s), or exacerbation of long-standing health complaints with the reallocation of medical resources to emergent COVID-19 care. There will be a great need for good, careful naturopathic care over the coming months as we learn to live with the new reality this virus has created in our communities and in our practices.

Along these lines, we are re-arranging our scheduled themes for this year to create an upcoming COVID-19 themed edition, for our 2020 Summer/Fall release. We will be putting out a call for abstracts in the very near future.

So, as we start to adapt to our 'new normal', looking at the care of children and adolescents is a well-timed theme for this edition. We lead off with a guest editorial from Iva Lloyd, the current President of the World Naturopathic Foundation (WNF) and former Chair of the CAND Board. She gives us an update on recent meetings of the WNF as a stakeholder in Traditional & Complementary Medicine (T&CM) with the World Health Organization (WHO), and several initiatives that the WNF has undertaken for the WHO to promote the review of natural treatments for upper respiratory tract infections (URTIs), as well as research into natural medicines as potential treatments for COVID-19.

Our second guest editorial is a supportive letter from Josie Sciortino, current Managing Editor at Canadian Science Publishing, and former ME at several Canadian medical society journals, on the role of journals to help support the goals of associations like the CAND. We felt this letter was a nice sequela to the collective efforts of our members for Naturopathic Medicine Week at the end of May.

Leading our feature articles this edition is a Commentary from Leslie Solomonian, clinical faculty at CCNM and author of a recent textbook on Naturopathic and Integrative Pediatrics. In her article, she makes a case for compelling links between childhood and adult health and longevity, particularly in chronic disease prevention. She appeals to a growing body of evidence that good, basic clinical communication skills support positive health behaviours with real and measurable outcomes; both for developing children and adolescents, and throughout the life span.

Next, we have clinical updates on pediatric mental health conditions that are commonly encountered in ND practice. First, James Conway addresses communication strategies for assessment of childhood anxiety and depression, and recent research on the role of Adverse Childhood Experience (or ACEs) as well as environmental and lifestyle contributing factors. Next, Meyer and Goodall present a Case Study and current evidence for naturopathic therapies in the management of ADHD in children and youth.

UPDATE

EDITORIAL

COMMENTARY

CASE REVIEW

PRACTICE

RESEARCH

In our Practice section, we have two very timely articles this edition. First, Chris Spooner reflects on practice implications of recreational cannabis use in adolescents, with emphasis on vaporization or 'vaping' systems. He argues that with legalization of recreational cannabis in Canada, we are entering a public health 'black box' in terms of understanding both short- and long-term health implications of adolescent cannabis vaping.

Our second article is by Millyard and Gilbert on supporting transgender and gender diverse youth populations in naturopathic practice. They offer background on clinical competency around issues that arise pre- and post-puberty, and guidance on Best Practices for safe, inclusive care with this vulnerable and often neglected population.

Our concluding feature of this edition is a Research Review and Best Practice guide to the long-term sequelae of pediatric Acute Lymphoblastic Leukemia (ALL) treatment by Fontes, Drouin and Eckstrand from CCMN. As they point out, with increasing survival rates of these cancers in very young children, long term sequelae are become more prevalent, and clinicians need to be aware of current literature on safe and effective naturopathic interventions.

One final note for this edition. You may notice new statements at the end of each feature article declaring potentially competing interests. This is a new feature in our Submission Guidelines that aligns us with International Committee of Medical Journal Editors' (ICMJE) standards for peer reviewed publications. We believe that our readers and reviewers have a right to this information, and are pleased to make it a regular feature of *Vital Link*.

As always, please send comments and feedback to drmtrevorrow@cand.ca



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