



Galina Roofener, MSOM, Dipl. Ac. (NCCAOM)®, Dipl. C.H. (NCCAOM)®, L.C.H., A.P.



Galina Roofener, MSOM, Dipl. Ac. (NCCAOM)®, Dipl. C.H. (NCCAOM)®, L.C.H., A.P.

Asian Therapies Academy

NCCAOM PDA Provider #162984

PDA Newsletter - November 2021 Issue

You became an NCCAOM PDA Provider in March of 2015. What inspired you to apply to become a PDA Provider?

I was inspired to develop my first class by the lessons I learned from the process of creating and running the Traditional Chinese Herbal Medicine (TCHM) Clinic within the Integrative and Lifestyle Medicine Department at the Cleveland Clinic. The development and launching of our TCHM telehealth program in 2019, way before COVID, prompted the release of my second class. My third class was a quest for the smooth continuation of care for patients rotating among seven acupuncturists in our department prompted my interest in the standardized Traditional Medicine (TM) pattern differentiation language as outlined in the ICD-11 Chapter 26 (TM1) released by WHO in 2019. The need to comply with the standards of Traditional Chinese Medicine (TCM) practice via telehealth visits prompted me to invent how to collect objective signs such as pulse and tongue. Thus, after four years of thinking, experimenting, and collecting data, my fourth class was born. The necessity to evaluate potential drug-herb/formula interaction prompted the creation of the fifth class, which will have a few follow-up modules. All my classes convey the knowledge that traditional medicine practitioners must successfully master practicing TCHM in a Western medical establishment. My goal is to transform TCHM from a “witches’ brew” into mainstream practice in the integrative departments of U.S. hospitals without losing its traditions and complexity.



You have lived in Russia and Lithuania and practiced multiple therapies. Tell us a little bit about your background.

As for many of us, my interest began with my family heritage and my health. All this, of course, was followed by education. I received my Oriental Medicine degree from East West College of Natural Medicine in Sarasota, FL; a Doctorate of Naturopathy degree from Trinity College of Natural Health in Warsaw, IL; and a Nursing Degree from Medical College #3 in St. Petersburg, Russia. I always have had an interest in education, which prompted me to pursue studies towards a Bachelor of Arts in Education in Klaipeda, Lithuania. I was fortunate enough to study various modalities of integrative and complementary medicine from different masters in multiple countries. After moving to the United States, I continued the same life pattern as I did back home: worked in a hospital rehabilitative department, had a private practice, taught at the nursing school, and continued my quest in education.

You were an acupuncturist and Chinese herbalist at Cleveland Clinic in Ohio. What were your achievements during this time?

I was at the front line in creating the full spectrum, custom compounded TCHM practice model within the Integrative & Lifestyle Medicine Department at the Cleveland Clinic. This model can be implemented with minimal adaptation by any size conventional healthcare system. One of the achievements was the design of the side effect/adverse event reporting mechanism and incorporation of a double layer of TCHM prescription safety checkup by prescribing herbalist and third party TCHM custom compounding pharmacy following a conventional medicine model. In addition, we developed a standardized TCHM prescription recording compliant template with the western medicine criteria for SOAP note writing. My focus has been on the development of TCHM practice standards during in-person and virtual/telehealth appointments. One of the most critical issues with TCHM is the lack of safety data from U.S. studies. So far, I presented the *Safety of Custom Traditional Chinese Herbal Medicine Practice at Cleveland Clinic* poster with two years' data at the Society of Acupuncture Research Conference in 2017 which was also published that year in *Meridians, The Journal of Acupuncture and Oriental Medicine*. Currently, I am working on accomplishing a research paper describing the seven-year TCHM practice model at the Cleveland Clinic and hope to publish it next year. I also shared some of my experiences with the traditional medicine community via *Acupuncture Today* and other publications. The articles are available at my website [Asian Therapies Academy](#).



You are the founder of the Asian Therapies Academy. Tell us about the Academy and the courses you offer.

The aim behind the creation of the [Asian Therapies Academy](#) is the facilitation of interdisciplinary collaboration and building bridges between Western and Eastern medical communities through education. PDA approved recorded webinars include:

- 1) [TCM Herbal Practice Safety Standards and Medical Errors Prevention Guidelines: The Cleveland Clinic Model](#): 6 PDA points
- 2) [Safety & Regulations of TCM Herbal Telemedicine](#): 4 PDA points
- 3) [Traditional Medicine Standard Terminology: Bridge to the ICD-11 Billing Practice](#): 22 PDA points
- 4) [Modern Pulse Diagnosis: Mobile ECG Based](#): 12 PDA points
- 5) [Principles of Combining TCHM with Pharmaceuticals & Nutraceuticals](#): 6 PDA points

Future Plans

- 6) [Is Your Herbal Practice Safe? Know the Clinical & Legal Standards](#): 1 PDA point
- 7) [Pharmaceuticals - TCM Materia Medica](#): 6 PDA points
- 8) [Nutraceuticals - TCM Materia Medica](#): 6 PDA points

All current classes can be found in the [NCCAOM® PDA Search Engine](#) and my website [Asian Therapies Academy](#).

Where do you currently practice and what services do you provide?

Recently I moved back to Florida to be closer to my family. I practice primarily Traditional Chinese Herbal Medicine via telehealth.

What might someone be surprised to know about you?

A long time ago, an astrologer said to me “Your destiny, in this life, is to bring ancient knowledge into the modern world.” I am one of those rare and lucky human beings who is able to fulfill my destiny and heart desires by teaching ancient medicine according to modern standards via my classes and books. One of my printed books,



Modern Pulse Diagnosis: Mobile ECG Based is available at <https://www.asiantherapies.org/books>. The next one, *Traditional Medicine Clinical Practice Manual* is planned to be published by the end of 2022. Two more books, *Pharmaceuticals: Materia Medica from the East* and *Nutraceuticals: Materia Medica from the East* are planned to be released as an electronic subscription reference source.

What do you do when you are not working?

I enjoy walking on the ocean shore and dancing the Argentine Tango with my better half. 😊