

Cayford, Edna

From: Laura Bridgman <anita.bridgman2@gmail.com>
Sent: Tuesday, March 24, 2026 6:58 AM
To: Cayford, Edna
Subject: Support for the Major Substantive Rules provisionally adopted by the complementary healthcare providers

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This message originates from outside the Maine Legislature.

To the members of the HCFIS Committee:

Many of my patients will have to find a new provider in order to refill their anti-hypertensive and asthma prescriptions. There is a widespread shortage of primary care providers in the Bangor and northern Maine area where I have practiced for several decades. I have recently retired, and I had a Family Nurse Practitioner license for over 40 years, as well as my Naturopathic Doctor license for the past 30 years, so I was able to prescribe these pharmaceuticals. It would be very beneficial for the public if licensed NDs, as well as the nurse practitioners, were able to prescribe these common medications.

Regarding qualifications of Naturopathic Doctors, they have proved themselves to be careful and cautious prescribers of medication over 30 years, with no instance of disciplinary actions in prescriptive authority. Initially, in 1996 the Maine Medical Association was opposed to some of the formulary for NDs, but over the years, they have observed the high level of skill of ND practitioners and many MDs have supported our practices. The training of NDs includes extensive courses in prescribing, as well as a year of supervised prescribing after licensure as an ND in Maine.

I urge you to support the expansion of formulary rules approved by the Board of Complementary Healthcare Providers recently.

Thank you for hearing my testimony,

Laura Bridgman, ND