

Dear Members of the Maine Legislature,

3-24-26

I am writing in strong support of expanding the scope of practice for Naturopathic Doctors (NDs) in Maine to include the prescribing and administration of nutritional intravenous (IV) therapy.

As a registered nurse, I have seen firsthand the significant impact that delayed access to appropriate nutritional support can have on patient outcomes. Many patients suffer from conditions that impair their ability to adequately absorb nutrients through oral intake. These include but are not limited to gastrointestinal disorders such as Crohn's disease, irritable bowel syndrome (IBS), and other malabsorption syndromes. In these cases, oral supplementation is often insufficient, leaving patients nutritionally depleted for extended periods. The same goes for post-Chemo patients and Diabetics and others with infections that go awry quickly.

Currently, Maine restricts NDs to administering IV therapy for hydration only, despite their extensive education and clinical training in phlebotomy and IV therapy. Expanding their scope to include nutritional IV therapy would allow these qualified providers to deliver timely, evidence-informed care that directly addresses patients' needs.

In my experience, delays in receiving appropriate care—often due to limited access to primary care physicians—can lead to worsening conditions, unnecessary suffering, and increased healthcare utilization. Many patients wait weeks or months to see a medical doctor, during which time their nutritional deficiencies deepen, and their overall health declines. This often results in avoidable emergency department visits and hospitalizations.

Earlier intervention with IV nutritional therapy could significantly improve outcomes. For patients with chronic gastrointestinal conditions, timely replenishment of essential nutrients may reduce disease exacerbations, support healing, and in some cases help prevent the need for surgical interventions. Surgery, while sometimes necessary, often provides only temporary relief and may further compromise nutrient absorption in the long term.

Allowing NDs to provide nutritional IV therapy would improve access to care, reduce strain on the healthcare system, and offer patients a proactive approach to maintaining and restoring their health. It is a practical, patient-centered solution that aligns with the realities of our current provider shortages and the growing demand for accessible, effective care.

I respectfully urge you to support this expansion in scope of practice for Naturopathic Doctors in Maine. Doing so will empower qualified providers to better serve their patients and contribute to a more responsive and efficient healthcare system.

Thank you for your time and thoughtful consideration.

Sincerely,  
Stephanie Baker  
Registered Nurse Maine License # 18961

