



HB 2143 Workgroup Five-Needle (5NP) Protocol

August 13, 2025, 4:00PM

Videoconference

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Meeting ID: 161 696 3336

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The public is invited to attend all portions of this meeting and may participate by providing comment during the public comment period (item #5).

1. Call to Order and Roll Call (4:00-4:10PM)

Workgroup Members:

Dilip Babu, MD, Workgroup Chair, Acupuncture Advisory Committee Representative

Jill Shaw, DO, Oregon Medical Board Representative

Eve Klein, MD, Oregon Medical Board Staff Representative

Nicole Noceto, LAc, Oregon Association of Acupuncturists Representative

Maddie Foley, DACM, LAc, Practicing Acupuncturist Representative

Jen Kearns, DAOM, LAc, Practicing Acupuncturist Representative

Whitsitt Goodson, LAc, Acupuncture Educator Representative

Sara Biegelsen, LAc, 5NP Trainer/Acupuncture Educator Representative

Adrianna Locke, MAc, LAc, Clinic Owner that intends to offer 5NP Representative

Letty Dogheart, Future 5NP Technician Representative

Moss Roberts, Community Member

Meeting overview:

- This workgroup has been formed to gather input from those who will be directly impacted and from those with knowledge and expertise to inform the development of proposed rules implementing House Bill 2143 (2025).
- The workgroup's role is advisory, and consensus is not necessary. While the workgroup may make recommendations, the OMB retains decisionmaking authority.
- Open, honest, and respectful communication is expected at all times.
- This is a public meeting, and all portions will be held in public session and recorded.
- The public is invited to attend the meeting and may provide comment during the designated comment period. Members of the public will otherwise be muted.
- Additional opportunities for public input will be provided when the draft rules are prepared and submitted to the Secretary of State.



2. Introductions (Workgroup Members) (4:10-4:25PM)

3. Background & HB 2143 Overview (4:25-4:35PM)

[HB 2143 \(2025\)](#) was signed into law by Gov. Kotek on June 11, 2025, and allows an individual to provide five-needle protocol (5NP) treatments without a license to practice acupuncture beginning March 1, 2026. The new law authorizes the Oregon Medical Board (OMB) to establish rules regarding:

- Qualifications for 5NP registration, including education and training,
- A registry of individuals qualified to provide 5NP,
- Sanitation and best practice standards,
- A schedule of violations and disciplinary actions, and
- Any other requirements or standards the OMB determines necessary.

4. Review of Draft Rules (4:35-6:15PM)

The draft rules are not final. Instead, they are intended to assist the Workgroup's discussion and follow the statutory framework established in HB 2143.

In this portion of the meeting, Workgroup members will carefully examine and engage in meaningful dialogue about the draft rules. Input received during this preliminary phase will inform subsequent revisions and help ensure the final rules effectively serve the program's intended purposes while maintaining compliance and operational efficiency.

5. Public Comment (6:15-6:45PM)

Thorough review and substantive feedback from the public is welcome throughout the development of the 5NP rules and program. Any member of the public who is present at the meeting may provide comments at this time. OMB staff will call on public participants or participants may raise their hand to indicate the desire to comment. Please limit comments to three (3) minutes and state your name and organization (if applicable). Additional written comments may be submitted to elizabeth.ross@omb.oregon.gov.

6. Closing Discussion (6:45-7:00PM)

Workgroup members will provide closing thoughts, and the Workgroup Chair will summarize the meeting discussion and next steps.

- Workgroup members and the public may submit additional written comments to Elizabeth Ross, elizabeth.ross@omb.oregon.gov.
- Updates will be posted on the [HB 2143 website](#).



Oregon Medical Board

omb.oregon.gov
971-673-2700

HB 2143 Workgroup

- Next Workgroup Meetings:
 - Wednesday, August 27, 4-7PM
 - Wednesday, Sept 3, 4-7PM

Resources

- [HB 2143 \(2025\)](#)
- [Texas Medical Board: Acudetox Specialist](#) ([application form](#), [statute](#))
- [Arizona Acupuncture Board of Examiners: Auricular Acupuncture Certificate](#) ([application form](#), [statute](#), [rules](#))

Rulemaking Timeline (tentative):

- August-September 2025 – HB 2143 Workgroup meets
- September 12, 2025 – Acupuncture Advisory Committee reviews the Workgroup's recommendations and makes recommendations to the Oregon Medical Board
- October 2, 2025 – Oregon Medical Board reviews all recommendations
- After October meeting – OMB files notice of proposed rules; public comment opens
- November 24, 2025, 5PM – Public comment period ends
- December 5, 2025 – Final review by the Acupuncture Advisory Committee
- January 8, 2026 – Final review and possible adoption by the Oregon Medical Board
- January-March 2026 – OMB staff develop systems for program (IT, web, forms, etc.)
- March 1, 2026 – Rules become effective
- March 2, 2026 (Monday) – OMB starts accepting 5NP technician applications

Agenda Subject to Change: To assure that the Workgroup makes the best use of meeting time, agenda items may be reviewed out of order. The agenda is subject to change without additional notification. Posted times are provided as an estimate.

For questions regarding 5NP implementation, email Elizabeth Ross, Legislative & Policy Analyst, elizabeth.ross@omb.oregon.gov.

For information on attending meetings or to request accommodations, contact Gretchen Kingham, Executive Assistant, gretchen.kingham@omb.oregon.gov or 971-673-2700.



5NP WORKGROUP CHARTER

Purpose

[HB 2143 \(2025\)](#) establishes a regulatory structure allowing non-acupuncturists to apply for registration to administer five-needle protocol (5NP) under the jurisdiction of the Oregon Medical Board (OMB). The bill is designed to protect and inform the public by ensuring individuals obtain the appropriate education, training, and background checks prior to administering 5NP treatment. The bill also requires the OMB to set 5NP sanitation and best practice standards by rule. This bill becomes effective March 1, 2026.

Members

The 5NP Workgroup will include persons with subject matter expertise and individuals who will likely be affected by the proposed rules. OMB staff will ensure the Workgroup includes a diversity of experiences and perspectives. Administrative support will be provided by OMB staff.

Scope

The 5NP Workgroup will review draft rules establishing 5NP technician regulations in Oregon. The 5NP Workgroup is advisory, and consensus is not necessary; the OMB retains final decision-making authority.

Meetings

Public meetings will be held in August-September 2025. Meetings will be subject to public meetings law, including public notice, public records, and public access. The meetings will be held via Microsoft Teams. *Dates and times are subject to change.*

Objective

The 5NP Workgroup may recommend rules implementing HB 2143, which will be reviewed by the OMB's Acupuncture Advisory Committee in September and December 2025, and at Oregon Medical Board meetings on October 2, 2025, and January 8, 2026.

Division 71: Five-Needle Protocol

847-071-0000

Purpose Statement

The five-needle protocol (5NP) is a standardized, supportive treatment for patients experiencing substance use disorders, mental health conditions, and trauma. The Oregon Medical Board is responsible for establishing training and registration requirements and regulating the practice of 5NP technicians in order to expand access to safe, standardized, low-barrier treatment.

847-071-0005

Definitions

As used in division 71 rules regulating five-needle protocol:

- (1) “Acupuncture” has the meaning given in ORS 677.757.
- (2) “Board” means the Oregon Medical Board.
- (3) “Five-needle protocol” or “5NP” has the meaning given in Oregon Laws 2025, chapter 296, section 2.
- (4) “5NP technician” means an individual registered by the Oregon Medical Board to provide five-needle protocol treatments in Oregon.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143)

847-071-0007

Five-Needle Protocol Treatment

- (1) Except as provided in sections (2) and (3) of this rule, no person may provide five-needle protocol (5NP) treatment without first obtaining a registration from the Oregon Medical Board.
- (2) An acupuncturist licensed under ORS 677.757 to 677.770 may provide 5NP treatment without registration.

(3) A physician licensed to practice medicine as a medical doctor or doctor of osteopathic medicine pursuant to ORS Chapter 677 may provide 5NP treatment without registration.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143)

847-071-0020

Qualifications

(1) An applicant for registration as a five-needle protocol (5NP) technician must:

- (a) Be at least 18 years of age;
- (b) Have successfully completed a training program as described in OAR 847-071-0025. If the program was completed more than ten years before the date of application the applicant must demonstrate current competency through relevant courses or 5NP treatments; and
- (c) Have good moral character as those traits would relate to the applicant's ability to provide 5NP treatments.

(2) No applicant is entitled to registration who:

- (a) Has had a registration, license, or certificate in a health-related field revoked or suspended unless the registration, license, or certificate has been restored or reinstated and the applicant is in good standing in the state which previously revoked the registration, license, or certificate;
- (b) Has been refused a registration, license, or certificate in a health-related field on any grounds other than failure of a licensure examination; or
- (c) Has been guilty of conduct similar to that which would be prohibited by or to which ORS 677.190 would apply.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143)

847-071-0025

Five-Needle Protocol Training

(1) Before training five-needle protocol (5NP) technicians in Oregon, a 5NP trainer must:

(a) Request board approval by providing required documentation demonstrating qualifications under this section, and

(b) Meet one of the following requirements:

(A) Be an actively licensed Oregon acupuncturist or a physician licensed under ORS 677.100 to 677.133 who is in good standing with the Oregon Medical Board and has been practicing auricular acupuncture for a period of at least two years; or

(B) Hold active 5NP technician registration issued by the Oregon Medical Board for a minimum of two years and co-teach a minimum of two 5NP training programs described in section (2) of the rule. The 5NP trainer that co-taught must provide the Oregon Medical Board a letter of recommendation and evaluation of the individual seeking approval as a 5NP trainer; or

(C) Be an active National Acupuncture Detoxification Association (NADA) Registered Trainer or People's Organization of Community Acupuncture (POCA) Auricular Acu-Technician (AAT) Trainer.

(2) The 5NP training program must include at least 40 hours of didactic and 30 hours of clinical training, mechanisms to monitor a participant's engagement, and contain the following elements:

(a) Sanitation and hygiene techniques,

(b) Infection control precaution procedures,

(c) Consent documentation and patient rights,

(d) Ear needling and point location,

(e) Plans to address potential risks, side effects, and complications,

(f) Collaboration with other 5NP technicians and health care providers,

(g) Trauma informed care,

(h) Maintaining professional boundaries, and

(i) Reporting requirements.

(3) Training programs completed prior to the first adoption of this rule may be substantially similar to the requirements described in section (2) of this rule.

(4) A “5NP student” is an individual enrolled in a 5NP training program described in section (2) of this rule. This chapter does not prohibit a 5NP student from providing 5NP treatments rendered in the course of the training program.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143)

847-071-0030

Application

(1) An application for registration as a five-needle protocol (5NP) technician may be accessed on the Board’s website.

(2) When applying for registration, the applicant must submit to the Board:

(a) A complete application provided by the Board,

(b) Registration and criminal records check fees as outlined in OAR 847-005-0005,

(c) National fingerprint-based background check as provided in OAR 847-008-0068,
and

(d) The following documentation:

(A) Legal Name and Age: A copy of a birth certificate, state issued
identification card, or other documentation as approved by the Board,

(B) Five-Needle Protocol Training: A copy of a certificate showing completion of a training program as described in OAR 847-071-0025 and if applicable documentation to demonstrate current competency as described in OAR 847-071-0020(1)(b),

(C) Photograph: A close-up, passport-quality photograph, front view, head and shoulders (not profile), with features distinct, taken within 90 days preceding the filing of the application, and

(D) Verification of other Health-Related Registration, License, or Certificate: If requested by the Board, verification from all states or territories in which the applicant currently or previously held a health-related license, registration, or certification to practice and evidence that the applicant is in good standing and not subject to any disciplinary action or pending investigations in that state or territory.

(3) Every applicant must complete an application and document evidence of qualifications listed in OAR 847-071-0020 to the satisfaction of the Board before an applicant may be considered eligible for registration.

(4) The Board may query the National Practitioner Data Bank (NPDB) system during the application process.

(5) Omissions or providing false, misleading, incomplete, or deceptive statements or information on any Board application is grounds for denial of registration or disciplinary action by the Board.

(6) An application submitted with fees to the Board that is not complete within 90 days from application submission will expire.

(7) 5NP fees are not refundable and may not be credited toward other Board fees.

(8) An applicant whose application has been expired, withdrawn, or denied must submit a new application, documentation, and fees. While a new application and documentation is required, the Board may still consider information provided in previous applications.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143)

847-071-0035

Registration

(1) Upon Board approval of an application, the Board will issue a registration and post the five-needle protocol (5NP) technician's name, registration, and other applicable information on the Board's website.

(2) A 5NP technician must hold an active registration to provide 5NP treatments.

(3) Registration expires December 31 of odd-numbered years and may be renewed biennially by:

(a) Submitting a Board-required renewal application;

(b) Paying the registration fee outlined in OAR 847-005-0005;

(c) Completing at least three hours of courses related to 5NP treatment; and

(d) Completing at least one hour per year of cultural competency courses or experiences that apply linguistic skills, use cultural information for therapeutic relationships, or elicit understanding and apply cultural and ethnic data in the process of clinical care, as provided in OAR 950-040-0020 or approved by the Oregon Health Authority under ORS 413.450.

(4) Upon failure to renew under section (3) of this rule, the registration will lapse.

(a) A 5NP technician may not provide treatments under a lapsed registration.

(b) Lapse of a registration is not discipline.

(c) A lapsed registration must be renewed within 90 days, or the registration will expire.

(5) A 5NP technician must keep a current mailing address on file with the Board.

(6) A 5NP technician who voluntarily chooses to not provide 5NP treatments in Oregon must be listed as expired.

(7) A 5NP technician with an expired registration must reapply by submitting a new application, documentation, and fees as outlined in OAR 847-005-0005.

(8) Failure to comply with laws and rules related to 5NP technicians may result in loss of registration.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265, ORS 676.850

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143), ORS 676.850, ORS 413.450

847-071-0040

Five-Needle Protocol Regulations

(1) Five-needle protocol (5NP) treatment must be practiced in accordance with Board rules and Oregon Laws 2025, chapter 296, section 2, including only:

(a) To provide temporary relief from the symptoms of substance use disorder, mental health conditions, or trauma; and

(b) Utilizing five ear points: shen men, sympathetic, liver, kidney, and lung points.

(2) A 5NP technician may not use the title “acupuncturist” or advertise or hold themselves out as being an acupuncturist or otherwise indicate they are authorized to practice acupuncture as defined in ORS 677.757.

(3) A 5NP technician must obtain written consent from the patient or the patient’s representative prior to providing treatment by:

(a) Clearly explaining the 5NP treatment, including needle placement, duration, and expected sensations;

(b) Discussing potential risks and realistic treatment outcomes;

(c) Respecting the patient's right to decline treatment or withdraw consent at any time; and

(d) Indicating the reason(s) for the 5NP treatment and date of treatment.

(4) Written consent for a 5NP treatment must be retained for at least one year from date of treatment and provided to the patient or the patient's representative upon their request.

(5) For patient and 5NP technician safety, a 5NP technician must:

(a) Use only sterile, single-use disposable needles, ear seeds, or ear beads;

(b) Adhere to sanitation and hygiene protocols;

(c) Meet community standards of care; and

(d) Establish clear procedures for handling complications or adverse reactions.

(6) A 5NP technician must set and maintain professional boundaries with all patients and protect patient privacy and dignity.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265,

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143), ORS 192.556

847-071-0050

Disciplinary Proceedings

(1) The Board may suspend or revoke the registration of a five-needle protocol (5NP) technician if the Board finds that the technician:

(a) Represented themselves or allowed another person to represent them as a physician, acupuncturist, or other health care provider, unless the 5NP technician holds the appropriate license.

(b) Performed any act other than 5NP which constitutes the practice of acupuncture in violation of ORS 677.759 or Oregon Laws 2025, chapter 296.

(c) Engaged in conduct constituting gross or repeated negligence in providing 5NP treatments.

(d) Is incompetent to provide 5NP treatments.

(e) Violated any of the provisions of ORS 677.190 or OAR 847-071-0040.

(2) Any Board investigation or disciplinary proceeding must be held in accordance with ORS Chapter 183, ORS 676.150 to 676.180, and ORS 677.184 to 677.228.

Statutory/Other Authority: OL 2025, chapter 296, section 2 (HB 2143), ORS 677.265

Statutes/Other Implemented: OL 2025, chapter 296, section 2 (HB 2143)

DRAFT

My name is Karina (Natalie) Arndt. I've been an LAc in Oregon since 1987, and was an RN for 33 years. I have taken the 5NP course from "Acupuncturists Without Border", and have supported their activities financially for many years for over 12 years. I hope that the details of this bill will lead to a safe and effective delivery of this wonderful health care treatment to people in need.
Sincerely, Karina (Natalie) Arndt, LAc

Safety of Embedded Beads, Seeds

Aside from the ear lobe, the external ear, auricle, is mainly cartilage. Cartilage doesn't have much circulation. Also, the ears do not have vigorous circulation due to their location. Thus, infections in them do not heal as easily as the rest of the body. And, patients are prone to losing part or all of the ear if they get infected. This is especially important for patients with diabetes, especially if the a1C is significantly elevated. As we know, diabetics are prone to amputations, due to infection & poor circulation.

It was drilled into me in school, to take extra precautions when using an embedded seed, bead, or a miniature tac. Early in my career, I had a patient who came to me with a small metal bead on their ear. It had been there about 2 weeks. I was surprised to see that the metal ball was getting buried into the skin- it was about halfway below the surface of the skin. For this reason, I never used ear balls/seeds/beads, and stayed with tacs.

And, I used the ear tacs frequently, many weeks putting 3- 20 tacs in per week.

I never had any complications, with these precautions that I took:

I first cleansed the skin with 99% alcohol.

Aside from some anti-bacterial effect, it dried the skin out nicely so the tape adhered especially well.

I instructed the patient to keep the ear dry. No swimming. When they shower, to fashion a little "shower cap" with a small plastic bag and a rubber band.

Immediately remove it if it feels irritated or uncomfortable or gets red or swollen.

Remove it in 1 week. Since I was giving them treatments regularly, returning in a week was no issue.

If they didn't return in that time, I called them to be sure they had removed the tac.

Some patients used them for months, and were very familiar with watching for any complications, and came in every week for a "tac change".

Will the training include the proper precautions of using embedded seeds/beads in the ear?

I noticed the rules/law for body piercings- that it is not to be done when a person is inebriated.

Also, in general, one does not administer acupuncture is inebriated, or under the influence of drugs, etc.

Will that be addressed?

Practicing Medicine?

Division 71: Five-Needle Protocol 847-071-0000: "The five-needle protocol (5NP) is a standardized, supportive treatment for patients experiencing substance use disorders, mental health conditions, and trauma."

The tech will be administering a medical treatment. They will decide if the patient has one of the above 3 conditions.

Will it be interpreted that the tech is diagnosing &/or practicing medicine?

And will this require that the tech will decide that the person has one of these conditions?

How will the trained tech maintain responsibility to the patients?

That is, will they maintain malpractice liability insurance? Will it be available for this technique?

Will someone licensed to practice acupuncture supervise the procedure at all?

Will there be informed consent? HIPPA? Will there be proof of identification be required of the patients?

Will it be clear that no medical advice is given? No recommendation on meds, prescription, or OTC

Locations?

Will this be administered in locations like shopping malls, bars, public parks, etc?

Sorry, but this setting may predispose to problems...

Will a Licensed Acupuncturist supervise the treatments? At least for the 1st year of a tech doing it?

Misc

Will electrical stimulation be added to the treatment? This is common for reducing cravings.

Any age limit of the patients, and if so, need parental/guardian consent?

Any age limit of the people administering the treatment?