



Getting to Know Our Providers

NDs, DNPs, ARNPs and PA-Cs

When you visit one of our three clinics, your primary provider may be a physician, naturopathic physician, nurse practitioner or physician assistant. These medical professionals all have advanced training and experience providing high-quality, patient-centered health care services.

What is a Naturopathic Doctor?

A Naturopathic Physician is a doctor that is trained in family medicine using both traditional and alternative medical practices to provide a healthy, holistic, and effective way to treat medical conditions. Naturopathic Physicians serve as primary care physicians as well as consultants for other providers looking for alternative or supplemental therapies for their patients. Naturopathy is guided by a unique set of principles that recognize the body's innate healing capacity, emphasize disease prevention and encourage individual responsibility to obtain optimal health. Not only do NDs provide basic health screenings like annual physicals and treat simple conditions such as cold and flu, they can also address chronic ailments such as diabetes, hypertension, chronic pain, irritable bowel disease, obesity and others. The treatment of chronic pain does not include narcotics.

More information: American Association of Naturopathic Physicians website <http://www.naturopathic.org/>

What is a Nurse Practitioner?

Nurse practitioners are Advanced Practice Registered Nurses with a master's (ARNPs) or doctoral degree (DNP) and advanced clinical training. Like physicians, nurse practitioners are trained to assess and examine their patients, establish medical diagnoses and develop treatment plans. In Washington State, nurse practitioners may practice independently and prescribe medications. Nurse practitioners emphasize health promotion, disease prevention, and management of common acute and chronic conditions, while taking into consideration the patient and their family. Nurse practitioners perform all types of procedures, including dermatological procedures, joint injections, IUD placement and many others, with personalized care.

More information: American Association of Nurse Practitioners website at www.aanp.org.

What is a Physician Assistant?

Certified physician assistants (PA-Cs) are graduates of an accredited physician assistant educational program and are state licensed to practice medicine with the supervision of a physician. The course of study for physician assistants is rigorous and intense. In addition, physician assistants complete more than 2,000 hours of clinical rotations, with an emphasis on primary care. Physician assistants are trained to perform physical examinations, diagnose and treat illnesses, order and interpret lab tests, perform procedures, assist in surgery, provide patient education and counseling, and make rounds in hospitals and nursing homes. In Washington State, physician assistants can prescribe medications.

More information: American Academy of Physician Assistants website at www.aapa.org.



600 East Main Street
Elma, WA 98541



575 East Main Street, Building 2
Elma, WA 98541



105 West Simpson Avenue
McCleary, WA 98557

For more information about our clinics or services, please visit www.sp-mc.org or call 360-346-2222.