1. Policy and Legislation

New Zealand: Review of the Health Practitioners Competence Assurance Act


We reported in the ENZCAM update of August 2011 about the proposal that Traditional Chinese Medicine (TCM) become a regulated profession under the Health Practitioners Competence Assurance Act of 2003. At the time we also provided a link to material from the Ministry of Health on the criteria for assessing applications for regulation of CAM practitioners.

It seems that while the application by TCM was favourably received, there is a reluctance to set up another regulatory body under the Act. There are currently 16 regulatory authorities under the Act and it is understood that the Ministry is eager to see the number reduced or for services to be shared in order to save costs. This would either require consolidation of some authorities or the establishment of a body similar to the Australian Health Practitioner Regulation Agency (AHPRA), which we reported on in the ENZCAM update of June 2012.

The Ministry of Health in New Zealand is thus undertaking a strategic review of the Health Practitioners Competence Assurance Act 2003. “The review will assess how the operation of the Act can be improved, including how it continues to protect public safety in a changing health environment, and how it supports the development of New Zealand’s health workforce now and in the future. As part of this review, Health Workforce New Zealand will be undertaking a full public consultation, beginning on 31 August 2012. The Discussion Document and submission form are now available. The closing date for submissions is Friday, October 26, 2012.”

While the questions for the review do not specifically discuss the registration of complementary medicine, the discussion document provides examples of practice in other countries where some complementary therapies have been included.

Complementary medicine practitioner associations are urged to take this opportunity to help shape the future direction of health practitioner registration by making submissions.

See also: Registering a new profession

2. Journal Article on Terminology: CAM or Integrative Health Care?

A qualitative study on the term CAM: is there a need to reinvent the wheel?
By Isabelle Gaboury, Karine Toupin April and Marja Verhoef
BMC Complementary and Alternative Medicine 2012
http://www.biomedcentral.com/1472-6882/12/131/abstract
Published: 21 August 2012

Abstract (provisional)

Background: As complementary and alternative medicine (CAM) has developed extensively, uncertainty about the appropriateness of the terms CAM and other CAM-related terms has grown both in the research and practice communities. Various terms and definitions have been proposed over the last three decades, highlighting how little agreement exits in the field. Contextual use of current terms and their respective definitions needs to be discussed and addressed.

Methods: Relying upon the results of a large international Delphi survey on the adequacy of the term CAM, a focus group of 13 international experts in the field of CAM was held. A forum was also set up for 28 international experts to discuss and refine proposed definitions of both CAM and integrative healthcare (IHC) terms. Audio recordings of the meeting and forum discussion threads were analyzed using interpretive description.

Results: Multiple terms to describe the therapies, products, and disciplines often referred to as CAM, were considered. Even though participants generally agreed there is a lack of optimal definitions for popular CAM-related umbrella terms and that all terms that have so far been introduced are to some extent problematic, CAM and IHC remained the most popular and accepted terms by far. The names of the specific disciplines were also deemed adequate in certain contexts. Focus group participants clarified the context in which those three terms are appropriate. Existing and emergent definitions of both CAM and integrative healthcare terms were discussed.

Conclusions: CAM and other related terms could be used more effectively, provided they are used in the proper context. It appears difficult for the time being to reach a consensus on the definition of the term CAM due to the uncertainty of the positioning of CAM in the contemporary healthcare systems. While umbrella terms such as CAM and IHC are useful in the context of research, policy making and education, relevant stakeholders should limit the use of those terms.

3. Standards for Patient-Centered Outcomes Research

Patient-Centered Outcomes Research Institute (PCORI)
Draft Methodology Report
http://www.pcori.org/get-involved/opportunities-for-public-comment/methodology/

“The Patient-Centered Outcomes Research Institute (PCORI) is an independent, non-profit organization authorized by Congress [in the USA]. Its mission is to fund research that will provide patients, their caregivers and clinicians with the evidence-based information needed to make better-informed health care decisions. PCORI is committed to continuously seeking input from a broad range of stakeholders to guide its work.”
“PCORI has a Methodology Committee whose role is to advise the PCORI Board of Governors on defining methodological standards and creating a translation table to guide health care stakeholders towards the best methods for patient-centered outcomes research (PCOR).”

“This first draft PCORI Methodology Report focuses on the patient’s perspective. Future reports will address clinicians’, healthcare purchasers’ and policy-makers’ perspectives in more detail.”

Material below sourced from Health Affairs: www.healthaffairs.org

PCORI “is accepting public comment on its landmark draft Methodology Report, which proposes methodological standards for the conduct of patient-centered outcomes research (PCOR). The feedback received during the comment period, closing at 11:59 p.m. ET on Friday, September 14, will be considered for incorporation into the final report before it is considered for adoption by the PCORI Board of Governors at its November public meeting in Boston.”

“The draft report proposes a set of 60 methodological standards and recommendations for the conduct of PCOR that will help patient and clinicians better identify credible information that can lead to better health decisions.”

“The report was produced by PCORI’s 17-member Methodology Committee, an expert panel of research methodology specialists appointed by the U.S. Government Accountability Office. The draft report is the first step toward a building comprehensive guide for conducting patient-centered research.”

4. Journal Papers on Health System Integration of TM/CAM

Use of Complementary and Alternative Medicine in Residential Aged Care

Michael Bauer and Jo-Anne Rayner.
The Journal of Alternative and Complementary Medicine.
Published ahead of print. doi:10.1089/acm.2011.0582.

Abstract

Objectives: There is increasing evidence of the use of complementary and alternative medicine (CAM) by older people living in the community; however, little is known about the use of CAM in residential aged-care facilities (RACF). This review examined the literature on the use of CAM in RACF, focusing on prevalence, motivations, and support for use.

Methods: A search of multiple databases between 2000 and 2010 was conducted. Articles were analyzed under five key themes: prevalence of CAM use, CAM user profile, motivations for use, expectations for and satisfaction with CAM use, and institutional and/or staff support for CAM use.

Results: Only five articles were found that met the inclusion criteria. The review highlights the absence of evidence regarding the use of CAM by older people in RACF.

Conclusions: To inform policy and improve clinical practice in line with the aging of the population, nationally representative, population-based studies are required.
Management of Influenza-Like Illness by Homeopathic and Allopathic General Practitioners in France During the 2009–2010 Influenza Season


Abstract

Objective: This study was done to determine characteristics and management of patients in France visiting allopathic general practitioners (AGPs) and homeopathic general practitioners (HGPs) for influenza-like illness (ILI).

Design: This was a prospective observational study. Settings/location: It was conducted in metropolitan France during the 2009–2010 influenza season. Subjects: Sixty-five HGPs and 124 AGPs recruited a total of 461 patients with ILI. Interventions: Patients were treated for ILI by their GPs. GPs and patients completed questionnaires recording demographic characteristics and patient symptoms when patients were included in the study. Patients reported satisfaction with treatment on day 4. Prescriptions were recorded by the GPs. Outcome measures: Outcome measures were patient characteristics, demographics, and symptoms at baseline; medications prescribed by type of physician; and satisfaction with treatment by type of physician and medication.

Results: Most AGPs (86%), and most patients visiting them (58%) were men; whereas most HGPs (57%; p<0.0001), and most patients visiting them (56%; p=0.006) were women. Patients visiting AGPs were seen sooner after the appearance of symptoms, and they self-treated more frequently with cough suppressants or expectorants (p=0.0018). Patients visiting HGPs were seen later after the appearance of symptoms and they self-treated with homeopathic medications more frequently (p<0.0001). At enrollment, headaches (p=0.025), cough (p=0.01), muscle/joint pain (p=0.049), chills/shivering (p<0.001), and nasal discharge/congestion (p=0.002) were more common in patients visiting AGPs. Of these patients, 37.1% visiting AGPs were prescribed at least one homeopathic medication, and 59.6% of patients visiting HGPs were prescribed at least one allopathic medication. Patient satisfaction with treatment did not differ between AGPs and HGPs but was highest for patients treated with homeopathic medications only.

Conclusions: In France, homeopathy is widely accepted for the treatment of ILI and does not preclude the use of allopathic medications. However, patients treated with homeopathic medications only are more satisfied with their treatment than other patients.

5. New Academic Courses at Middlesex University

Middlesex University Education and Training in Western Herbal Medicine, Chinese Herbal Medicine, Ayurvedic Medicine or Acupuncture

http://www.mdx.ac.uk/courses/postgraduate/complementary_health

“Middlesex University was the first University in the UK to offer degree level education and training in complementary health.”
“These new and innovative programmes at Middlesex University provide an opportunity for graduate to gain a professional qualification in Western Herbal Medicine, Chinese Herbal Medicine, Ayurvedic Medicine or Acupuncture.

The programmes are designed to meet the requirements of the Core Curriculum of the European Herbal and Traditional Medicine Practitioners Association (EHTPA) or the British Acupuncture Accreditation Board. These taught Professional Practice programmes combine classroom theoretical learning with significant opportunities to develop clinical skills.

Extensive clinical practice for students is provided at the Asante Academy of Chinese Medicine or the Archway Clinic of Herbal Medicine and in addition, for acupuncture students, via collaborations with nearby NHS hospitals, including the Royal Free, Whittington and North Middlesex.

Length and mode of Study: 1 to 4 years depending on mode of study (full or part time) and prior learning. Students who already possess a healthcare science qualification (e.g. GPs, physiotherapists, chiropractors, osteopaths, midwives, nurses, and complementary practitioners) can apply for accreditation of prior learning.” Courses offered:

- Chinese Medicine, MSc
- Integrated Masters in Complementary Medicine (Ayurvedic Medicine), MCM
- Professional Practice in Herbal Medicine, MSc
- Professional Practice in Chinese Herbal Medicine, MSc
- Professional Practice in Ayurvedic Medicine, MSc
- Professional Practice in Acupuncture, Msc

“Overseas placements in India form part of the final year of the Integrated Masters in Complementary Medicine (Ayurvedic Medicine). Placement opportunities with our overseas partners in China and in India are also available to students on other courses of study in both Chinese Medicine and Ayurvedic Medicine and students can negotiate to access these in addition to their prescribed course.”

6. Conferences

Conference Presentations and Webcasts

Webcasts are now freely available of the plenary speakers at the Third International Research Congress on Integrative Medicine and Health, Portland USA, 15-18 May 2012.


Forthcoming conferences

A new conference added is the ISCMR Research Methodology Training in March 2013. There will be three modules offered: 1) Basic Study Design and Basic Statistics, 2) Designing Pragmatic Trials for Comparative Effectiveness Research and 3) Systematic Reviews and Meta-Analysis. See below for details.
The International Research Congress on Integrative Medicine and Health (IRCIMH) is moving to a two-yearly schedule and the next congress will be in May 2014 in Miami, Florida.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>24-26 October 2012</td>
<td>Washington DC, USA</td>
<td>International Congress for Educators in Complementary and Integrative Medicine 2012</td>
<td><a href="http://www.icecim.org/">http://www.icecim.org/</a></td>
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<tr>
<td>2-4 November 2012</td>
<td>Toronto, CANADA</td>
<td>7th IN-CAM Research Symposium</td>
<td><a href="http://www.incamresearch.ca/index.php?id=19,544,0,0,1,0">http://www.incamresearch.ca/index.php?id=19,544,0,0,1,0</a></td>
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<tr>
<td>9-13 September 2013</td>
<td>Sancheong, KOREA</td>
<td>8th International Congress on Traditional Asian Medicine</td>
<td><a href="http://www.iastam.org/">http://www.iastam.org/</a></td>
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<tr>
<td>13-16 May 2014</td>
<td>Miami, Florida, USA</td>
<td>International Research Congress on Integrative Medicine and Health (IRCIMH)</td>
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7. Journals

The first time a journal is listed, the contents of that edition will be given in full to give readers a sense of the scope of the publication. For subsequent editions, only some articles may be highlighted. Earlier editions of this newsletter are available from http://www.hsci.canterbury.ac.nz/enzcam/
- Roundoc Rx: What Should Clinicians Look for in a Supplement?
- Building Resiliency: A Strategy to Cope with Stress
- Animal-Assisted Group Therapy in Mental Health Settings: An Initial Model
- Exercise to Promote Mind—Body Health in Patients with Cancer
- Potential of Herbs as Clinical Photosensitizers
- Current Controversies in Nutrition: Fermented Wheat Germ Extract—An Adjunct Treatment for Cancer?
- The Functional Medicine Movement—Global and Growing: An Interview with Kristi Hughes, ND
- Sea Buckthorn (Hippophae rhamnoides): An Evidence-Based Systematic Review by the Natural Standard Research Collaboration
- Clinical Roundup: Selected Treatment Options for Lyme Disease no access

**BMC Complementary and Alternative Medicine**
[First listed in ENZCAM Newsletter September 2011]

**August 2012**

[http://www.biomedcentral.com/bmccomplementalternmed/](http://www.biomedcentral.com/bmccomplementalternmed/)

Selected articles:
- Multi-center randomized double-blind controlled clinical study of chemotherapy combined with or without traditional Chinese medicine on quality of life of postoperative non-small cell lung cancer patients
- Knowledge and attitudes towards complementary and alternative medicine among medical students in Turkey
- Immunity to melanin and to tyrosinase in melanoma patients, and in people with vitiligo
- Effect of Alpinia zerumbet components on antioxidant and skin diseases-related enzymes
- Wound healing activities of different extracts of Centella asiatica in incision and burn wound models: an experimental animal study
- A homeopathic remedy from arnica, marigold, St. John’s wort and comfrey accelerates in vitro wound scratch closure of NIH 3T3 fibroblasts
- Use of complementary and alternative medicine by mid-age women with back pain: a national crosssectional survey
- Acupuncture for the treatment of tinnitus: a systematic review of randomized clinical trials
- A six-month Crossover Chemoprevention Clinical Trial of Tea in Smokers and Non-smokers: Study Design and Methodological Issues
- Usage and appraisal of educational media by homeopathic therapists - A cross sectional survey
- Effect of Zingiber officinale R. rhizomes (ginger) on pain relief in primary dysmenorrhea: a placebo randomized trial
- Development of an acupuncture treatment protocol by consensus for women undergoing Assisted Reproductive Technology (ART) treatment
- Antioxidant and acetylcholinesterase-inhibitory properties of long-term stored medicinal plants
- Acupressure for persistent cancer-related fatigue in breast cancer survivors (AcuCrft): a study protocol for a randomized controlled trial
- A qualitative study on the term CAM: is there a need to reinvent the wheel?
- Screening and identification of dietary oils and unsaturated fatty acids in inhibiting inflammatory prostaglandin E
- Herbal medicine: a survey of use in Nigerian presurgical patients booked for ambulatory anaesthesia
- Prevalence and determinants of complementary and alternative medicine use among infertile patients in Lebanon: a cross sectional study
• Application of orange essential oil as an antistaphylococcal agent in a dressing model
• A PET-CT study on the specificity of acupoints through acupuncture treatment in migraine patients
• Suggestion of new possibilities in approaching individual variability in appetite through constitutional typology: a pilot study

Chinese Medicine
August 2012
[First listed in ENZCAM Newsletter June 2012]
http://www.cmjournal.org/content

Selected articles:
• East meets West: current issues relevant to integrating Chinese medicine
• PlantID - DNA-based identification of multiple medicinal plants in complex mixtures

Complementary Therapies in Clinical Practice
[First listed in ENZCAM Newsletter June 2011]
Volume 18, Number 3: August 2012
http://www.sciencedirect.com/science/journal/17443881/18

Selected articles:
• The rise and fall of complementary medicine in National Health Service hospitals in England
• Patient experience of acupuncture provision in a GP practice
• Reported treatment strategies for reflexology in cardiac patients and inconsistencies in the location of the heart reflex point: An online survey
• Diaphragmatic breathing exercise as a therapeutic intervention for control of oxidative stress in type 2 diabetes mellitus
• Complementary and alternative treatment use for autism spectrum disorders
• The effects of clinical aromatherapy for anxiety and depression in the high risk postpartum woman – A pilot study
• Comparing the effects of ice massage and acupressure on labor pain reduction
• Do spiritual ceremonies affect participants' quality of life? A pilot study
• A randomised controlled pilot feasibility study of the physical and psychological effects of an integrated support programme in breast cancer
• Effect of a combined nutraceutical containing Orthosiphon stamineuseffect on blood pressure and metabolic syndrome components in hypertensive dyslipidaemic patients: A randomized clinical trial

Complementary Therapies in Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 20, Number 4: August 2012
http://www.sciencedirect.com/science/issue/272589-1-s2.0-S0965229912X00049

Selected articles:
• Efficacy of acupressure for non-pharmacological stress reduction in college students
• Acupuncturist perceptions of serving as a clinical trial practitioner
Multiple interacting factors corresponding to repetitive use of complementary and alternative medicine
Use of complementary and alternative medicine in recurrent vulvovaginal candidiasis—Results of a practitioner survey
An investigation of the possible interaction between the use of Vitamin C and highly active antiretroviral therapy (HAART) adherence and effectiveness in treated HIV+ women
Cervical epidural abscess after cupping and acupuncture
Spinal manipulations for tension-type headaches: A systematic review of randomized controlled trials
The efficacy of Chinese herbal medicine as an adjunctive therapy for colorectal cancer: A systematic review and meta-analysis
Defining Pilates exercise: A systematic review

Evidence-Based Complementary and Alternative Medicine (eCAM)
[First listed in ENZCAM Newsletter July 2011]
August 2012
http://www.hindawi.com/journals/ecam/contents/

Selected articles:
Patterns and Determinants of Complementary and Alternative Medicine Practitioner Use among Adults with Diabetes in Queensland, Australia
Systematic Review of Yoga for Pregnant Women: Current Status and Future Directions
Frequency of Yoga Practice Predicts Health: Results of a National Survey of Yoga Practitioners
Chinese Medicine in Diabetic Peripheral Neuropathy: Experimental Research on Nerve Repair and Regeneration
Effects of Electroacupuncture at Head Points on the Function of Cerebral Motor Areas in Stroke Patients: A PET Study
Can Combination Therapy of Conventional and Oriental Medicine Improve Poststroke Aphasia? Comparative, Observational, Pragmatic Study
Development of a Biocrystallisation Assay for Examining Effects of Homeopathic Preparations Using Cress Seedlings
Complementary Medicine, Exercise, Meditation, Diet, and Lifestyle Modification for Anxiety Disorders: A Review of Current Evidence
Chinese Herbal Medicine in Treating Primary Sjögren’s Syndrome: A Systematic Review of Randomized Trials

The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 8: August 2012
http://online.liebertpub.com/toc/acm/18/8

Selected articles:
Use of Mind–Body Complementary Therapies (MBCTs) in Patients with Cancer
Oral Chinese Herbal Medicine for Improvement of Quality of Life in Patients with Stable Chronic Obstructive Pulmonary Disease: A Systematic Review
A Pilot Study Exploring the Effects of a 12-Week T'ai Chi Intervention on Somatic Symptoms of Depression in Patients with Heart Failure
Yoga Training Improves Quality of Life in Women with Asthma
8. Clinical Integration of TM/CAM

NCCAM Clinical Digest
Produced by the National Center for Complementary and Alternative Medicine (NCCAM) in the USA.

August 2012: Spotlight on Modality: Yoga for Health
http://nccam.nih.gov/health/providers/digest/yoga

“Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

Many people who practice yoga do so to maintain their health and well-being, improve physical fitness, relieve stress, and enhance quality of life. In addition, yoga is also used to address specific health conditions, such as back pain, neck pain, arthritis, and anxiety. This issue summarizes the scientific research on effectiveness and safety of yoga for health.”

The Clinical Digest contains sections on:
- Time to Talk Tips: 5 Things You Should Know About
- Read more about what the science says
- Featured Clinical Guidelines
- The Scientific Literature
  - Systematic Reviews/Reviews/Meta-analysis
  - Randomized Controlled Trials
- NCCAM Research Spotlights
- Information for Your Patients

Produced for ENZCAM by
Heather McLeod and Ray Kirk

10 September 2012
ENZCAM is based within the Health Sciences Centre, University of Canterbury, Christchurch, New Zealand. The Centre was established in 2005 with the aim to research the efficacy and safety of Complementary and Alternative Medicine (CAM), with a particular focus on CAM in the New Zealand setting. The centre acts as a focal point to develop novel research ideas in the field of CAM and foster partnerships with researchers both within New Zealand and overseas.

http://www.hsci.canterbury.ac.nz/enzcam/

As the purpose of this series is to put in the public domain material and evidence that will progress the integration of complementary medicine into health systems, we would be delighted if you make use of it in other research and publications. All material produced for ENZCAM and made available on the web-site may be freely used, provided the source is acknowledged. The material is produced under a Creative Commons Attribution-Noncommercial-Share Alike licence.

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