The purpose of this update on traditional medicine and complementary medicine (TM/CAM) is to inform healthcare professionals, researchers, funders and policy-makers about developments. The update provides links to new material published or released as well as links to classic resources on traditional, complementary and integrative medicine (IM) as we gather them for the web-site.

1. Call for Action for CAM in Europe


The call for action follows the European Parliament Conference on Complementary and Alternative Medicine, held in Bruxelles, October 9th 2012.

“The organising CAM associations of patients, practitioners and doctors call on the European Commission

- to promote equitable access by citizens to Complementary and Alternative Medicine (CAM) in Member States,
- to promote harmonization of information on CAM methods and CAM providers within the EU Member States is order to facilitate cross boarder movement for citizens and providers using CAM modalities,
- to include CAM in all possible Community Actions dealing with health education and promotion, prevention and treatment of chronic disease, health inequalities, and active and healthy ageing,
- to encourage Member States to explore the ways in which CAM can contribute to sustainable healthcare systems in Europe including its role in health maintenance, health education, self-responsibility for health, motivation for healthy lifestyle change and less invasive and more cost-effective treatment of illness,
- to propose the requisite draft directives, or amendments to existing directives, to ensure freedom of establishment and freedom to provide services for providers of CAM,
- to initiate a process for the appropriate regulation of providers of CAM across the Union taking into account the full extent of the scope of action of CAM modalities across the healthcare spectrum from health maintenance and education to complementary treatment of illness,
- to start a new initiative, in cooperation with the stakeholders concerned, for the regulations on the licensing and use of CAM medicinal products in Europe [...see original for detail]
- to take up, following consultation with the CAM stakeholders, the recommendations of the CAMbrella Seventh Framework Programme (FP7) Research Project on the funding of future research into CAM in Europe,
- to ensure that the management of the programmes of the Commission – such as the Health for Growth, Horizon 2020, European Innovation Partnership on Healthy and Active Aging and other relevant programmes – gives an equitable opportunity to CAM projects to participate.

The organising CAM associations also called on EU Member States to honour the WHO “Beijing Declaration”, formulated at the WHO Congress on Traditional Medicine, Beijing, China, 8 November 2008.
2. New National Coordinating Center for Integrative Medicine (NccIM) in Preventive Medicine

http://www.prweb.com/releases/2012/10/prweb9976040.htm

In the USA, the American College of Preventive Medicine (ACPM) “has received a cooperative agreement award from the Health Resources and Services Administration (HRSA) to create a National Coordinating Center for Integrative Medicine (NccIM) in Preventive Medicine. The purpose of the coordinating center, which ACPM will call the Integrative Medicine in Preventive Medicine Education (IMPriME) Coordinating Center, is to provide technical support for Preventive Medicine Residency and other health professions training programs interested in incorporating evidence-based integrative medicine content into their training.”

“The centerpiece of ACPM’s approach to the NccIM, or IMPriME, is to create, convene, administer and sustain a Community of Learning for integrative medicine (IM) and preventive medicine that includes partners in Preventive Medicine training, primary care, other health professions such as nursing, dentistry, and pharmacy, and complementary and alternative medicine (CAM) practitioners from a wide variety of practice modalities. The learning community will form the basis for sharing practices, creating and validating evaluation instruments, and disseminating shared experiences to the wider integrative medicine, Preventive Medicine, primary care, other health professions, and CAM practitioner audiences.”


Translation and adaptation of an international questionnaire to measure usage of complementary and alternative medicine (I-CAM-G)

By Meike Lo Re, Stefan Schmidt and Corina Güthlin
BMC Complementary and Alternative Medicine 2012, 12:259
Published: 20 December 2012
http://www.biomedcentral.com/1472-6882/12/259/abstract

“The growing body of data on prevalence of complementary and alternative medicine (CAM) usage means there is a need to standardize measurement on an international level. An international team has published a questionnaire (I-CAM-Q), but no validation has yet been provided. The aim of the present study was to provide a German measurement instrument for CAM usage (I-CAM-G) which closely resembles the original English version, and to assess its performance in two potential samples for measuring CAM usage.”

“Following methodologically sound and comprehensive translation, adaptation and assessment processes using recognized translation procedures, cognitive interviews, and studying the performance of the questionnaire in two samples, we arrived at a German questionnaire for measuring CAM use which is comparable with the international (English) version. The questionnaire appropriately measures CAM use, with some items being more appropriate than others. We recommend the development of a short version.”
The paper described the development and contents of the original English version, saying:

“As a result of a complete lack of measurement standardization for CAM usage, the National Research Center in Complementary and Alternative Medicine (NAFKAM) in Norway carried out a workshop with the aim of developing a standardized questionnaire for measuring international CAM usage. Participants represented different countries (United States, Canada, Great Britain, Australia, Norway, Germany, Sweden and Denmark), came from a wide range of backgrounds (anthropology, sociology, nursing, health services, medicine, public health and pharmacy) and were specialists in different fields (survey design, cross-cultural research), and thus were able to develop a measurement instrument which covered both the most prominent types of CAM, as well as application methods in different countries, the I-CAM-Q.”

“The I-CAM-Q contains four sections. Section 1 asks about “Visiting health care providers”, section 2 about “Complementary treatments received from physicians (MDs)”, section 3 about the “Use of herbal medicine and dietary supplements” and section 4 about “Self-help practices”.”

“The treatment modalities are presented in the form of a list, and respondents have to provide information on their usage over the previous 12 months (yes/no) and give details on the number of times the practitioner was seen/the treatment was received over the previous 3 months .... Respondents are also asked to indicate whether the CAM therapy was used on account of an acute illness/condition, a long-term illness, to improve general well-being, or for other reasons (if necessary). Finally, respondents are asked to indicate how helpful the CAM treatment had been.”

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<tr>
<th>Table 1 Questionnaire items</th>
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<tr>
<td>1. Visiting health care providers</td>
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<tr>
<td>Homeopath (physicians who predominantly treat using homeopathy)</td>
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<tr>
<td>Acupuncturist (physicians who provide acupuncture)</td>
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<tr>
<td>Medical CAM specialist (physicians that provide a range of different CAM-therapies)</td>
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<tr>
<td>Non-medical CAM specialist (Non-physicians that provide a range of different CAM-therapies)</td>
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<tr>
<td>Osteopath (Physicians and non-physicians that provide osteopathy)</td>
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<td>Chirotherapist (Physicians and non-physicians that provide chirotherapy)</td>
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<tr>
<td>Other Physicians and providers who treated you using CAM (please specify which treatment/therapy you received).</td>
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<tr>
<td>2. Complementary therapies received from physicians (MDs)</td>
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<tr>
<td>Homeopathy</td>
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<td>Acupuncture</td>
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<tr>
<td>Herbal Medicine (tablets, pills, drops, ointments, teas, etc.)</td>
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<td>Manual Therapy</td>
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<td>Traditional Chinese Medicine</td>
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<td>Other CAM-therapies received from physicians (please specify the treatment/therapy)</td>
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<td>3. Use of herbal medicines and dietary supplements</td>
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<tr>
<td>Homeopathic remedies (please specify the product)</td>
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<td>Herbs/Herbal remedies (please specify the product)</td>
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<td>Vitamins/Minerals (please specify the product)</td>
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<td>Other CAM products (please specify the product)</td>
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<td>4. Self-help practices</td>
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<td>Meditation</td>
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<td>Yoga</td>
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<td>Qigong</td>
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<td>Tai Chi</td>
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<td>Relaxation techniques</td>
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<td>Visualization</td>
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<td>Praying for own health</td>
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<td>Arts therapy</td>
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<td>Others (please specify the technique)</td>
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See the original paper from 2009 on I-CAM-Q: Development of an International Questionnaire to Measure Use of Complementary and Alternative Medicine (I-CAM-Q)  
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3189003/
4. Strategic Framework for Comparative Effectiveness Research in CAM

Building a Strategic Framework for Comparative Effectiveness Research in Complementary and Integrative Medicine

By Claudia M. Witt, Margaret Chesney, Richard Gliklich, Lawrence Green, George Lewith, Bryan Luce, Anne McCaffrey, Shelly Rafferty Withers, Harold C. Sox, Sean Tunis and Brian M. Berman
Evidence-Based Complementary and Alternative Medicine, Volume 2012
http://www.hindawi.com/journals/ecam/2012/531096/

“Drug research follows a clear hierarchical research strategy that establishes efficacy before effectiveness is evaluated. Because of its long history, complementary medicine treatments are often in widespread use before clinical research has been conducted. For complementary and integrative medicine, a reverse research strategy was recommended. Using a strategy that generates evidence on comparative effectiveness before determining component efficacy will help to focus on treatments that have relevance for practice and a potential for integration into health care while saving research resources. Because studies in Comparative Effectiveness Research (CER) are designed to be carried out in settings that reflect usual care, they have considerable potential to help health care providers as well as patients and clinicians to choose among currently available therapeutic options in complementary and integrative medicine.”

“The Institute of Medicine defines CER as “the generation and synthesis of evidence that compares the benefits and harms of alternative methods to prevent, diagnose, treat, and monitor a clinical condition or to improve the delivery of care. The purpose of CER is to assist consumers, clinicians, purchasers, and policy makers to make informed decisions that will improve health care at both the individual and population levels”. (“Alternative” does not refer to “alternative medicine” but to “best care” options.) ...

“The current movement in conventional medicine towards more CER places strong emphasis on the evaluation of different treatment options by including more heterogeneous patients and by using less standardized treatment protocols and more patient-centered outcomes. ...The aim of this project was to provide recommendations for a strategic framework for CER in the field of complementary and integrative medicine.”

“The following recommendations for future research in complementary and integrative medicine were developed:

(1) Because Gaps in Evidence for Clinical and Health Policy Decision-Making Are Significant, CER Studies Should Be Made a Priority
(2) CER Should Engage Stakeholders at Every Stage of Research
(3) CER Study Designs Should Highlight Effectiveness over Efficacy to Support Clinical and Health Policy Decision-Making
(4) Well-Defined Research Questions Are Prerequisites for Selecting Appropriate CER Study Designs
(5) The Complementary and Integrative Medicine Community Should Cultivate Widely Shared Understandings, Discourse, Tools, and Technologies to Support the Use and Validity of CER Methods
(6) Effectiveness Guidance Documents (EGDs) Should Be Developed to Shape Future CER Studies”.

Note to readers: There is much useful discussion of research methodologies for CAM in the original article.
5. Interprofessional Collaboration in Integrative Health Care

Organizational Determinants of Interprofessional Collaboration in Integrative Health Care: Systematic Review of Qualitative Studies

By Vincent C. H. Chung, Polly H. X. Ma, Lau Chun Hong, and Sian M. Griffiths
http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0050022

“Interprofessional collaboration (IPC) between biomedically trained doctors (BMD) and traditional, complementary and alternative medicine practitioners (TCAMP) is an essential element in the development of successful integrative healthcare (IHC) services. This systematic review aims to identify organizational strategies that would facilitate this process.

Findings: Thirty-seven studies of acceptable quality were included. The main driver for developing integrative healthcare was the demand for holistic care from patients. Integration can best be led by those trained in both paradigms. Bridge-building activities, positive promotion of partnership and co-location of practices are also beneficial for creating bonding between team members. In order to empower the participation of TCAMP, the perceived power differentials need to be reduced. Also, resources should be committed to supporting team building, collaborative initiatives and greater patient access. Leadership and funding from central authorities are needed to promote the use of condition-specific referral protocols and shared electronic health records. More mature IHC programs usually formalize their evaluation process around outcomes that are recognized both by BMD and TCAMP.

Conclusions: The major themes emerging from our review suggest that successful collaborative relationships between BMD and TCAMP are similar to those between other health professionals, and interventions which improve the effectiveness of joint working in other healthcare teams with may well be transferable to promote better partnership between the paradigms. However, striking a balance between the different practices and preserving the epistemological stance of TCAM will remain the greatest challenge in successful integration.”

6. Forthcoming Conferences

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<tr>
<th>Date</th>
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<th>Event Description</th>
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<tr>
<td>9-13 September 2013</td>
<td>Sancheong, KOREA</td>
<td>8th International Congress on Traditional Asian Medicine <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. CAM included in New Medical Terminology Textbook

Mastering Medical Terminology: Australia and New Zealand
Elsevier Australia
http://www.prweb.com/releases/Mastering/MedicalTerminology/prweb10148836.htm

“A new textbook from Elsevier Australia is set to delight Australian and New Zealand students contending with the often-difficult vocabulary of medicine. The newly published 'Mastering Medical Terminology: Australia and New Zealand' is a comprehensive suite of learning tools, which work together to simplify and demystify medical terminology. The suite comprises: a full-colour textbook; a practical workbook with the option of a hard copy or online version packed with a variety of questions and activities; and extensive online resources. All components of this suite are available for separate purchase to enable you to pick and choose the right package for your learning requirements. A mobile phone app is also available ....

“The textbook contains over 20 chapters devoted to individual body systems and systemic diseases. These feature each area’s associated vocabulary, key concepts and pronunciation guides as well as review activities for self-testing.” [The book] also breaks new ground by including two chapters addressing contemporary areas not normally covered in medical terminology texts: Complementary and Alternative Therapies and Public Health, Epidemiology and Research Terms.” [emphasis added]

8. 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/

Alternative and Complementary Therapies
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 6: December 2012
http://www.liebertonline.com/toc/act/18/6

Selected articles:
- Roundoc Rx: Environmental Toxins and Children’s Health: Part 2—Reduce Exposure and Detoxify
- GERD as a Motility Disorder: A New Way of Thinking
- Wave Motion as a Stress Intervention Method for Stage II and Stage III Breast-Cancer Survivors
- Healing Touch, Therapeutic Touch, and Reiki: Energy Medicine Advances in the Medical Community
- CAM and the Aging Population: Trends and Clinical Implications
- Caffeine Clinical Bottom Line: An Evidence-Based Systematic Review by the National Standard Research Collaboration
- Clinical Roundup: Selected Treatment Options for Attention-Deficit Hyperactivity Disorder
BMC Complementary and Alternative Medicine
[First listed in ENZCAM Newsletter September 2011]
November and December 2012
http://www.biomedcentral.com/bmccomplementalternmed/content

Selected articles:

- Commentary on Mathie RT et al. Method for appraising model validity of randomised controlled trials of homeopathic treatment: multi-rater concordance study
- The effect of acupuncture on stroke recovery: study protocol for a randomized controlled trial
- A protocol for a trial of homeopathic treatment for irritable bowel syndrome
- Mindfulness-and body-psychotherapy-based group treatment of chronic tinnitus: a randomized controlled pilot study
- Complementary and alternative medicine (CAM) providers’ views of chronic low back pain patients’ expectations of CAM therapies: a qualitative study
- Effect of electroacupuncture in postanesthetic shivering during regional anesthesia: a randomized controlled trial
- The clinical use of Kampo medicines (traditional Japanese herbal treatments) for controlling cancer patients’ symptoms in Japan: a national cross-sectional survey
- The use of complementary and alternative medicine for patients with traumatic brain injury in Taiwan
- Translation and adaptation of an international questionnaire to measure usage of complementary and alternative medicine (I-CAM-G)

Complementary Therapies in Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 20, Number 6: December 2012
http://www.complementarytherapiesinmedicine.com/current

Selected articles:

- One year study on the integrative intervention of acupressure and interactive multimedia for visual health in school children
- Clinical utility of paced breathing as a concentration meditation practice
- The feasibility of aromatherapy massage to reduce symptoms of Idiopathic Environmental Intolerance: A pilot study
- Monochord sounds and progressive muscle relaxation reduce anxiety and improve relaxation during chemotherapy: A pilot EEG study
- The effect of acupressure on sleep quality in hemodialysis patients
- Effect of integrated Yoga on neurogenic bladder dysfunction in patients with multiple sclerosis—A prospective observational case series
- Traditional Chinese medicine speeds-up humerus fracture healing: Two case reports
- A pilot study to evaluate nutritional influences on gastrointestinal symptoms and behavior patterns in children with Autism Spectrum Disorder
- Complementary and alternative medicine use in Turkish children with epilepsy
- Acupuncture for cancer patients suffering from hiccups: A systematic review and meta-analysis
- A systematic review to evaluate the clinical benefits of craniosacral therapy
- The effect of red yeast rice (Monascus purpureus) in dyslipidemia and other disorders
European Journal of Integrative Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 4, Number 4: December 2012
http://www.europeanintegrativemedicinejrnl.com/current

Selected articles:
- Oriental and traditional medicine – Supporting the vision for integrated health
- Acupuncture for tension-type headache in pregnancy: A prospective, randomized, controlled study
- Thermotherapy self-treatment for neck pain relief—A randomized controlled trial
- Influence of combined administration of herbal complexes and warfarin on international normalized ratio in stroke and anoxic brain damage patients: A retrospective study
- A prospective case series exploring the role of Chinese herbal medicine in the treatment of recurrent urinary tract infections
- A mixed methods feasibility study of mindfulness meditation for fatigue in women with metastatic breast cancer
- Lavender and sleep: A systematic review of the evidence
- An Integrative Day Care Clinic for chronically ill patients: Concept and case presentation

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

Selected articles:
- First Nationwide Attitude Survey of Japanese Physicians on the Use of Traditional Japanese Medicine (Kampo) in Cancer Treatment
- Preventive and Protective Properties of Zingiber officinale (Ginger) in Diabetes Mellitus, Diabetic Complications, and Associated Lipid and Other Metabolic Disorders: A Brief Review
- Tai-Chi for Residential Patients with Schizophrenia on Movement Coordination, Negative Symptoms, and Functioning: A Pilot Randomized Controlled
- A Systems Biology Approach to Uncovering Pharmacological Synergy in Herbal Medicines with Applications to Cardiovascular Disease
- Application of Complementary and Alternative Medicine on Neurodegenerative Disorders: Current Status and Future Prospects
- Depression, Comorbidities, and Prescriptions of Antidepressants in a German Network of GPs and Specialists with Subspecialisation in Anthroposophic Medicine: A Longitudinal Observational Study
- Vitamin E and the Healing of Bone Fracture: The Current State of Evidence
- Effect of Combining Therapy with Traditional Chinese Medicine-Based Psychotherapy and Herbal Medicines in Women with Menopausal Syndrome: A Randomized Controlled Clinical Trial
- Traditional Oriental Herbal Medicine for Children and Adolescents with ADHD: A Systematic Review
- Complementary and Alternative Medicine and Cancer Survivorship
- The Relationship between Complementary and Alternative Medicine Use and Breast Cancer Early Detection: A Critical Review
- Outcome Measures of Chinese Herbal Medicine for Hypertension: An Overview of Systematic Reviews
- Predictors of Complementary and Alternative Medicine Use in Cancer Care: Results of a Nationwide Multicenter Survey in Korea
- Building a Strategic Framework for Comparative Effectiveness Research in Complementary and Integrative Medicine

**Integrative Cancer Therapies**
[First listed in ENZCAM Newsletter April 2011]

**Volume 11, Number 4: December 2012**
http://ict.sagepub.com/content/11/4?etoc

Selected articles:
- Melatonin as Adjuvant Cancer Care With and Without Chemotherapy: A Systematic Review and Meta-analysis of Randomized Trials
- The Chiropractic Care of Patients With Cancer: A Systematic Review of the Literature
- Impact of Yoga on Functional Outcomes in Breast Cancer Survivors With Aromatase Inhibitor–Associated Arthralgias
- Alteration of Hypothalamic–Pituitary–Thyroid Axis Function in Non-Small-Cell Lung Cancer Patients
- Mechanisms of Cardioprotective Effect of Aged Garlic Extract Against Doxorubicin-Induced Cardiotoxicity

**Journal of Holistic Nursing**
[First listed in ENZCAM Newsletter April 2011]

**Volume 30, Number 4: December 2012**
http://jhn.sagepub.com/content/30/4.toc?etoc

Selected articles:
- Creation of an American Holistic Nurses Association Research Consultation Program
- Effects of Therapeutic Touch on Anxiety, Vital Signs, and Cardiac Dysrhythmia in a Sample of Iranian Women Undergoing Cardiac Catheterization: A Quasi-Experimental Study
- Holistic Wellness Assessment for Young Adults: Psychometric Analysis
- Loneliness as Experienced by Women Living With Chronic Illness in Rural Areas
- The Effects of Slow-Stroke Back Massage on Minutes of Nighttime Sleep in Persons With Dementia and Sleep Disturbances in the Nursing Home: A Pilot Study
- The Use of Simulation to Instruct Students on the Provision of Spiritual Care: A Pilot Study

**The Journal of Alternative and Complementary Medicine**
[First listed in ENZCAM Newsletter Q1 2011]

**Volume 18, Number 2: December 2012**
http://online.liebertpub.com/toc/acm/18/12

Selected articles:
- Chinese Herbal Medicine for Infertility with Anovulation: A Systematic Review
- Collections of Traditional Chinese Medical Literature as Resources for Systematic Searches
9. Clinical Integration of TM/CAM

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

December 2012: Stress and Relaxation Techniques
http://nccam.nih.gov/health/providers/digest/relaxation.htm

“Stress is a physical and emotional reaction that people experience as they encounter changes in life. Occasional stress is a normal coping mechanism. However, long-term stress may contribute to or worsen a range of health problems including digestive disorders, headaches, sleep disorders, and other symptoms. Stress may worsen asthma and has been linked to depression, anxiety, and other mental illnesses.”

“Some people use various relaxation techniques to induce the relaxation response, which helps release tension and may counteract the ill effects of stress. Relaxation techniques often combine breathing exercises and focused attention to calm the mind and the body. Some examples of relaxation response techniques are autogenic training, biofeedback, deep breathing, guided imagery, progressive relaxation, and self-hypnosis.”

“This issue provides information on "what the science says" about relaxation techniques for several stress-related disorders, including anxiety, depression, headaches, asthma, heart disease and heart symptoms, high blood pressure, insomnia, and irritable bowel syndrome.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

18 January 2013
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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