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. CAM in Israel

The Israel Journal of Health Policy Research published an article and a commentary on CAM in Israel in February 2012. See http://www.ijhpr.org/content/1/February/2012

In the paper “Complementary and alternative health care in Israel” by Judith T Shuval and Emma Averbuch, the authors said:

“The present paper draws on over ten years of research on CAM in Israel that included observation, survey research, and more than one hundred in-depth interviews with a variety of CAM practitioners - many with bio-medical credentials - and with policy makers in the bio-medical system. The overall goal of that research was to explore the multiplicity of empirical types of coexistence between alternative and bio-medicine that have emerged in Israel.”

“The principal forms of CAM practiced in Israel include homeopathy, Chinese medicine, acupuncture, herbal medicine, reflexology, Reiki, shiatsu, chiropractic, biofeedback, Ayurvedic Medicine, naturopathy, massage techniques, Bach flower remedies, Feldenkrais, anthroposophy, Tuina, osteopathy, Paula (a system of orifice muscle exercises developed in Israel), and others. While this list is not comprehensive, it includes the forms of CAM practice that have generally been incorporated into the clinics of the public medical care system in Israel and in many private clinics. Folk and traditional forms of health care, which may also be viewed as a form of CAM, have not been incorporated into the medical care system ...”.

“In 2011 there were an estimated 20,000 CAM practitioners working full time and part time in Israel. Of these only 2,800 are members of professional organizations representing a wide variety of CAM specialties ...”. “Data from a survey in Israel by BDI-COFACE in 2008 indicate 1,750,000 CAM visits a year or 145,833 a month [compared to a total population of 7.5 million in 2009].

“There were approximately 60 programs for teaching CAM in Israel in the framework of courses lasting between three months to four years. The courses vary widely in the quality of training they provide. There is no supervision or control regarding content. ... The four medical schools vary in their attitudes to CAM. Some include short elective courses about CAM but none include such courses in the compulsory curriculum. At the same time, Israeli medical students show a high level of interest in CAM: 79% of medical students in their last year of study expressed an interest in learning about CAM during their course of study; 65% stated that they would be interested in applying CAM techniques to treat patients ...”.


“Sixty-five percent of CAM services in Israel are provided in the public sector of the health care system: by three of the sick funds and about one-third of the hospitals.

In a commentary, Jeffrey Borkan said: “As Shuval and Averbuch note, despite the widespread use of CAM practices in Israel, there is relatively little governmental control and, to date, no formal jurisdictional regulation or licensing procedures have been established. Though often ascribed to the domination of bio-medicine in Israel, other important factors that have resulted in this regulatory chasm may be the sheer number and literal cacophony of treatment modalities, providers, and training standards. Having done research on CAM in Israel in the past and recently informally sampled CAM in two areas in Israel, I am impressed by the spectrum of practices that vary from common choices such as acupuncture to offshoots of esoteric movement therapies to spirit mediums. Regulating and controlling such a range of therapeutic modalities would be challenging, if not impossible.”

With thanks to Paolo Roberti di Sarsina for the links

2. NCCAM Third Strategic Plan 2011–2015


The full report is available at: http://nccam.nih.gov/about/plans/2011

“According to the 2007 National Health Interview Survey, which gathered information on more than 32,800 Americans, 38.2 percent of adults in the United States aged 18 years and over and nearly 12 percent of children aged 17 years and under used some form of CAM within the previous 12 months. Use among adults remained relatively constant from previous surveys. The 2007 survey provided the first population-based estimate of children’s use of CAM.”

“Americans spent $33.9 billion out-of-pocket on CAM during the 12 months prior to the survey. This accounts for approximately 1.5 percent of total United States health care expenditures, but 11.2 percent of total out-of-pocket expenditures. A substantial portion of this expenditure is self-care (i.e., does not include the guidance of a health care provider or CAM practitioner).”

The Director said:

“At its core is a vision in which rigorous scientific evidence about complementary and alternative medicine (CAM) informs both the decisions Americans make regarding CAM use and the potential for integration of CAM interventions into health care.

NCCAM’s first decade was a period of rapid growth in which we studied a wide array of CAM modalities. As we move into our second decade, we will build on this foundation by focusing a portion of our efforts on study of specific CAM approaches that show the greatest promise to improve upon existing treatment and health promotion strategies.”
NCCAM Strategic Objectives

“This plan seeks to address three long-range goals...:

- **GOAL 1**: Advance the science and practice of symptom management.
- **GOAL 2**: Develop effective, practical, personalized strategies for promoting health and well-being.
- **GOAL 3**: Enable better evidence-based decision-making regarding CAM use and its integration into health care and health promotion.

The plan is organized around the following five strategic objectives, which are summarized below and discussed in greater detail in the [document]. Each strategic objective serves, to varying and often overlapping degrees, the above three long-range goals.

- Advance research on mind and body interventions, practices, and disciplines.
- Advance research on CAM natural products.
- Increase understanding of “real world” patterns and outcomes of CAM use and its integration into health care and health promotion.
- Improve the capacity of the field to carry out rigorous research.
- Develop and disseminate objective, evidence-based information on CAM interventions.”

The Range of Research Questions

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How does it work?          What are the specific effects?
Basic Science               Efficacy Studies
Translational Research      Outcomes & Effectiveness Research
Can it be studied in people? How well does it work in real-world settings?
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“While the need for clinical research evidence is at the heart of NCCAM’s mission, developing that evidence requires support across the continuum of basic, translational, and clinical research.

- **Basic science**: defining biological effects and mechanisms of action; clarifying scientific hypotheses; supporting development of translational tools.
• **Translational research:** identifying and validating biomarkers or other signatures of biological effect; developing and validating measures of outcome; validating treatment algorithms and measures of quality control; developing preliminary clinical evidence regarding efficacy and safety; establishing feasibility or estimates of sample size for future studies

• **Efficacy studies:** determining the specific effects of an intervention under carefully controlled conditions that minimize nonspecific and contextual effects

• **Outcomes and effectiveness research:** studying usefulness and safety in general populations or health care settings.

3. **Research Organisations**

**The Richard and Hinda Rosenthal Center for Complementary and Alternative Medicine**

New York-Presbyterian Hospital/Columbia University Medical Centre.  
[http://nyp.org/services/complementary.html](http://nyp.org/services/complementary.html)

The Center “was created to facilitate and conduct rigorous scientific investigation to evaluate the effectiveness, safety, and mechanisms of action of alternative and complementary practices. The Center's research is carried out with intrinsic interest in and respect for the traditions from which many alternative therapies originate, and is mindful of the importance of the subjective human experience to health and healthcare. The Center also serves as a forum for identification and discussion of social, economic, environmental, and political considerations influencing complementary and alternative medicine in order to inform policy decisions.”

**The Samueli Institute**


“The mission of Samueli Institute is to transform health care through the scientific exploration of healing.” “Samueli Institute advises health care professionals and health policy planners on important research questions regarding complementary, alternative and integrative medicine. As an independent scientific adviser, the Institute strives to provide research that is unbiased, evidence-based and grounded in science.”

“The Institute’s [Integrative Medicine and Clinical Research (IM) program](http://www.samueliinstitute.org/research/research-home/integrative-medicine.html) conducts rigorous and pragmatic clinical and health services research that explores healing and wellness with a commitment to conducting research that can be readily translated into clinical practice.”

See [http://www.samueliinstitute.org/research/research-home/integrative-medicine.html](http://www.samueliinstitute.org/research/research-home/integrative-medicine.html)
The Bravewell Collaborative

http://www.bravewell.org/bravewell_collaborative/

“The Bravewell Collaborative is a community of philanthropists who work together to transform the health care system and improve the health of the American public through the advancement of integrative medicine. “Integrative medicine is a philosophy of care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences affecting a person’s health. Bravewell believes that by addressing the whole person and shifting the focus of health care to prevention, health maintenance, and early intervention, integrative medicine holds the power to transform the economic models that impede our present system and vastly improve the health of the public, which is essential to our nation’s future.”

The Bravewell Collaborative Declaration for a New Medicine

http://www.bravewell.org/integrative_medicine/declaration_for_a_new_medicine/

“Transforming health care means moving the boundaries of the existing field of medicine to include the wisdom inherent in healing the "whole person”—mind, body and spirit. People drawn to integrative medicine—as providers, patients or philanthropists—are attracted to it because their values match those of this approach to health and healing. The Declaration is a reflection of the values The Bravewell Collaborative believes characterize integrative medicine at its best.”

Critique of Bravewell Report on Integrative Medicine in America

(report covered in ENZCAM Newsletter February 2012)

The two links below provide a critique of the description of “integrative medicine” as used in the report:


With thanks to John Weeks for the links

4. Conferences

Symposium "Beyond the Placebo"

Biomedical, Clinical and Philosophical Aspects of the Placebo Effect.
22-25 August 2012, University of Zurich, Switzerland
http://www.ethik.uzh.ch/ibme/veranstaltungen/placebo.html

“Many issues related to placebos and placebo effects puzzle physicians, patients, and the scientific community. Are placebo effects clinically relevant? How can they be understood in neurophysiological and neurophilosophical perspectives? What is their place in modern medicine? The aim of the symposium is to bring together a multidisciplinary group of researchers to set the current knowledge in a broader context and to discuss the implications for the goal of good health care.”
Up-coming conferences on CAM and integrative healthcare in the Australasian region:

**New Zealand:**

**Integrative Medicine, the Art, Science and Politics**
The Australasian Integrative Medicine Association – New Zealand (AIMA-NZ)
28-29 April 2012, Massey University, Auckland

**Australia:**

**Clinical Complementary Healthcare Summit 2012: "Medicine of the future"**
23-24 June 2012 in Melbourne

**18th International Integrative Medicine Conference “Bridging the Gap”**
The Australasian Integrative Medicine Association (AIMA)
31 August – 2 September 2012

**Gawler Foundation Profound Healing, Sustainable Well-being Conference**
17-18 November 2012 in Melbourne

**5. Books**

**Clinical Research in Complementary and Integrative Medicine: A Practical Training Book**
By Claudia Witt and Klaus Linde
Publication Date: September 2011
[http://www.amazon.co.uk/Clinical-Research-Complementary-Integrative-Medicine/dp/0702034762](http://www.amazon.co.uk/Clinical-Research-Complementary-Integrative-Medicine/dp/0702034762)

“You want to conduct a CAM study but don’t know how? Problem solved - "Clinical Research" demonstrates all aspects of state-of-the-art study design in an understandable and practical way. You will get a comprehensive overview and instruction - step by step. The code in the book will give you 12 months of free online access to the content and illustrations of the book.”

Prof. Dr. Claudia Witt is Vice Director of the Institute for Social Medicine, Epidemiology and Health Economics, University Medical Center Charité, in Berlin. She is the current president of the [International Society for Complementary Medicine Research (ISCMR)](http://www.iscmr.org/).
6. 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/

**BMC Complementary and Alternative Medicine**  
[First listed in ENZCAM Newsletter September 2011]  
March 2012  
http://www.biomedcentral.com/bmccomplementalternmed/content

Selected articles:
- Effect of self-administered auricular acupressure on smoking cessation -- a pilot study
- A placebo-controlled trial of Korean red ginseng extract for preventing Influenza-like illness in healthy adults
- Acupuncture as a therapeutic treatment option for threatened miscarriage
- An update on the strategies in multicomponent activity monitoring within the phytopharmaceutical field
- Anthelmintic and relaxant activities of Verbascum Thapsus Mullein
- Effect of hawthorn standardized extract on flow mediated dilation in prehypertensive and mildly
- Randomized trial of Tapas Acupressure Technique for weight loss maintenance

**Complementary Therapies in Medicine**  
[First listed in ENZCAM Newsletter May 2011]  
Volume 20, Number 1-2: February-April 2012  
http://www.sciencedirect.com/science/issue/272589-1-s2.0-S0965229912X00025

Selected articles:
- Randomised controlled trial with medical leeches for osteoarthritis of the knee
- Measuring possible effect on health-related quality of life by tactile massage or relaxation in patients with type 2 diabetes
- Osteopathic manipulative treatment effectiveness in severe chronic obstructive pulmonary disease: A pilot study
- A network-based analysis of traditional Chinese medicine cold and hot patterns in rheumatoid arthritis
- Peripheral pulsed electromagnetic fields may reduce the placebo effect in migraine patients that do not respond to the sham intervention in a randomized, placebo-controlled, double-blind, cross-over clinical trial
- A pilot study to compare the views of traditionally trained and CAM-trained therapists using the clinical exemplar of the management of neck/upper limb pain to assess barriers to effective integration of approaches
- Factors influencing the use of complementary and alternative medicine and whether patients inform their primary care physician
- Measuring differential beliefs in complementary therapy research: An exploration of the Complementary and Alternative Medicine Beliefs Inventory (CAMBI)
- Evaluating the impact of cancer on complementary and alternative medicine use, distress and health related QoL among Australian women: A prospective longitudinal
- Profile of minority and under-served patients using acupuncture
- Complementary medicine and safety: A systematic investigation of design and reporting of systematic reviews
- Placebo effect was influenced by publication year in three-armed acupuncture trials
- Future perspectives of personalized medicine in traditional Chinese medicine: A systems biology approach
- Quality of herbal medicines: Challenges and solutions

**European Journal of Integrative Medicine**
[First listed in ENZCAM Newsletter May 2011]
**Volume 4, Number 1: March 2012**
[http://www.europeanintegrativemedicinejrnl.com/issues](http://www.europeanintegrativemedicinejrnl.com/issues)

Selected articles:
- Ethical integrative pediatric care: A new perspective
- Pediatric integrative medicine and the balance of power
- Focus groups used to explore patients’ experience in a randomised controlled trial of traditional Chinese acupuncture for chronic stress
- The perceived impact of integrative medicine in a surgical department
- Introducing integrative integrated migraine care (IIMC): A model and case presentation
- Effect of oriental medicine music therapy on idiopathic chronic fatigue: A case study
- Effects of auricular stimulation on obese women: A randomized, controlled clinical trial
- A survey of health professionals’ views about integration of Traditional Chinese Medicine (TCM) Acupuncture into NHS Scotland
- Perceptions and self-use of Complementary and Alternative Medicine (CAM) among Malaysian dental students
- Application of complementary and alternative medicine in epileptic children at a tertiary pediatric neurology center in Turkey
- Citation classics in the integrative and complementary medicine literature: 50 frequently cited articles
- Chinese herbal medicines for treatment of hand, foot and mouth disease: A systematic review of randomized clinical trials

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

Selected articles:
- A Six-Month Supplementation of Mulberry, Korean Red Ginseng, and Banaba Decreases Biomarkers of Systemic Low-Grade Inflammation in Subjects with Impaired Glucose Tolerance and Type 2 Diabetes
- Sino-European Transcontinental Basic and Clinical High-Tech Acupuncture Studies—Part 2: Acute Stimulation Effects on Heart Rate and Its Variability in Patients with Insomnia
• Neural Acupuncture Unit: A New Concept for Interpreting Effects and Mechanisms of Acupuncture
• A Study of the Wound Healing Mechanism of a Traditional Chinese Medicine, Angelica sinensis, Using a Proteomic Approach
• Clinical and Epidemiological Investigation of TCM Syndromes of Patients with Coronary Heart Disease in China
• A Study of Prognosis, Outcome, and Changing Tendency of Hospitalized AMI Patients in Beijing Third-Grade A-Level Traditional Chinese Medicine Hospitals from 1999 to 2008
• Design and Methods for a Pilot Study of a Phone-Delivered, Mindfulness-Based Intervention in Patients with Implantable Cardioverter Defibrillators

Explore: The Journal of Science and Healing
[First listed in ENZCAM Newsletter May 2011]
Volume 8, Number 2: March 2012
http://www.explorejournal.com/issues

Selected articles:
• Integrative Medicine in 2021: An Imagined Retrospective
• Survey of Integrative Medicine Centers Released
• Social Values, Social Wellness: Can We Know What Works?
• A Mind-Body Technique for Symptoms Related to Fibromyalgia and Chronic Fatigue
• Randomized Expectancy-Enhanced Placebo-Controlled Trial of the Impact of Quantum BioEnergetic Distant Healing and Paranormal Belief on Mood Disturbance: A Pilot Study
• How Might Yoga Help Depression? A Neurobiological Perspective
• Longitudinal Impact of Yoga on Chemotherapy-Related Cognitive Impairment and Quality of Life in Women with Early Stage Breast Cancer: A Case Series
• Saw Palmetto, Chinese Red Yeast Extract, Music Therapy, Ginkgo Biloba, Increased Practitioner Interaction
• Teaching Anatomy to Chiropractic Students: Experiences from Macquarie University, Sydney

Comparative Effectiveness Research
http://www.dovepress.com/comparative-effectiveness-research-journal

A new “international, peer-reviewed open access journal focusing on comparative effectiveness of health care including preventative health care strategies, diagnostic strategies, diagnostic technology, medical devices, drugs, medical technology, health systems and organization.”

“Comparative Effectiveness Research seeks papers concerning all aspects of comparative effectiveness research. We welcome papers presenting empirical results from trials, observational studies, and research syntheses. We encourage papers discussing how effects are achieved and for whom (i.e., concerning moderation and mediation). We welcome papers reporting null findings. We encourage conceptual papers discussing theoretical, methodological, and analytical issues surrounding comparative effectiveness research.”

Although this is not specifically a CAM or integrative medicine journal, comparative effectiveness research can be a very useful approach for CAM research.

Journal of Holistic Nursing
[First listed in ENZCAM Newsletter April 2011]
Selected articles:

- Identifying the Diversity and Impact of Holistic Nursing Scholarship
- A Concept Analysis of Person-Centered Care
- Becoming Whole: The Role of Story for Healing
- T.R.U.S.T.: An Affirming Model for Inclusive Spiritual Care
- Continuing Nursing Education for “T.R.U.S.T.: An Affirming Model for Inclusive Spiritual Care”
- Soothability and Growth in Preterm Infants
- Use of Creative Arts as a Complementary Therapy by Rural Women Coping With Chronic Illness
- Mind Magic: A Pilot Study of Preventive Mind-Body-Based Stress Reduction in Behaviorally Inhibited and Activated Children

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

Selected articles:

- New Zealand Kanuka Honey Has High Levels of Methylglyoxal and Antimicrobial Activity no access
- Ayurvedic Gender Differences Revisited
- Earthing the Human Organism Influences Bioelectrical Processes
- Use of Complementary Therapies for Cancer Symptom Management: Results of the 2007 National Health Interview Survey
- Is the Diurnal Profile of Salivary Cortisol Concentration a Useful Marker for Measuring Reported Stress in Acupuncture Research? A Randomized Controlled Pilot Study
- Stress Reduction with Osteopathy Assessed with GDV Electrophotonic Imaging: Effects of Osteopathy Treatment
- Confidence in Clinical Practice of Chinese Medicine Degree Graduates 1 Year After Graduation: A Pilot Study
- Comparing the Health Status of U.S. Taijiquan and Qigong Practitioners to a National Survey Sample Across Ages
- Effects of Traditional Japanese Massage Therapy on Various Symptoms in Patients with Parkinson's Disease: A Case-Series Study
- Integrating a Complementary Medicine Service Within a General Surgery Department: From Contemplation to Practice
7.  NCCAM Clinical Digest

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

March 2012: Talking With Your Patients About Complementary Health Practices

http://nccam.nih.gov/health/providers/digest/ttt

“Did you know that approximately 38 percent of adults (about 4 in 10) and approximately 12 percent of children (about 1 in 9) are using some type of complementary health practice? However, according to a telephone survey of people aged 50 and older, only a third of all respondents said they have ever discussed these practices with their health care providers.

To ensure safe, coordinated care among all conventional medicine and complementary health practices, it’s time to talk. Talking not only allows fully integrated care, but it also minimizes risks of interactions with a patient’s conventional treatments. When patients tell their providers about their use of complementary health practices, they can better stay in control and more effectively manage their health. When providers ask their patients, they can ensure that they are fully informed and can help patients make wise health care decisions.

This issue provides tips for starting the conversation with your patients, reliable resources on complementary health practices, and findings from the survey.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

10 April 2012

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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