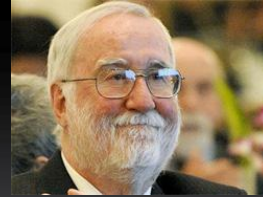
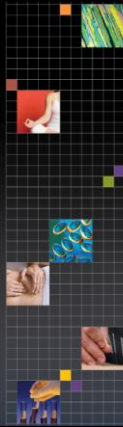


National Center for Complementary and Alternative Medicine

Integrative Healthcare: State of the
Research

September 19, 2012
Dr. Josephine Briggs
Director, NCCAM



David L. Sackett, OC, MD, FRSC, FRCP

BMJ

Volume 312:71, January 1996

Evidence based medicine: what it is and what it isn't

It's about integrating individual clinical expertise and the best external evidence

David L Sackett, William M C Rosenberg, J A Muir Gray, R Brian Haynes, W Scott Richardson

**“The practice of
evidence based medicine
means integrating
*individual clinical
expertise* with the best
available external clinical
evidence from
systematic research. ...”**

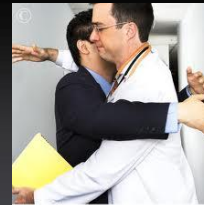
**“By individual clinical
expertise we mean... the
more thoughtful
identification and
compassionate use of
individual *patients’
predicaments, rights and
preferences.*”**

patients' predicaments
patients' rights
patients' preferences

The Compliant Patient



The Adherent Patient



A Patient-Centered Partnership



NCCAM's Legislative Mandate

"The general purposes of the National Center for Complementary and Alternative Medicine (NCCAM) are the conduct and support of basic and applied research...research training, and other programs with respect to identifying, investigating, and validating complementary and alternative treatment, diagnostic, and prevention modalities, disciplines and systems."

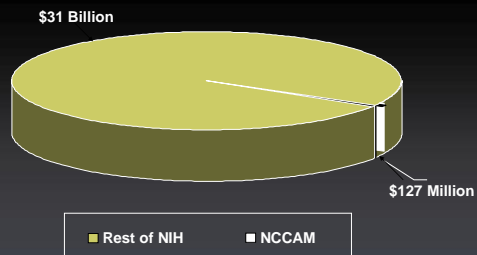
P.L. 105-277

October 1998

NCCAM's Legislative Mandate, cont.

... the Director of the Center shall, as appropriate, study the **integration** of alternative treatment, diagnostic and prevention systems, modalities, and disciplines with the practice of conventional medicine as a **complement** to such medicine and into health care delivery systems in the United States.

NCCAM's Budget: 0.4% of NIH Total



What is Complementary?



A group of diverse medical and health care interventions, practices, products, or disciplines that are not generally considered part of conventional medicine, but are utilized **together with** conventional care

What is Alternative?



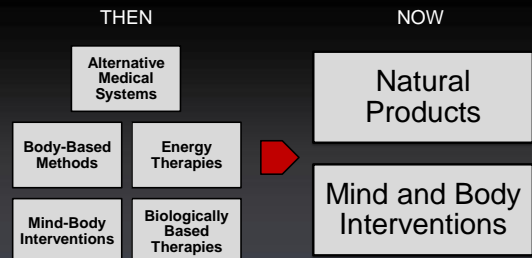
A group of diverse medical and health care interventions, practices, products, or disciplines that are not generally considered part of conventional medicine, but are utilized **instead of** conventional care

What is Integrative?



An approach to health care that is patient-centered and incorporates conventional medicine and selected complementary practices

Defining and Researching Integrative, Complementary and Alternative Medicine



Examples of Mind and Body Therapies

- Meditation, mindfulness based stress reduction
- Acupuncture, acupressure
- Relaxation strategies: Breathing practices, Guided imagery, Progressive relaxation
- Meditative exercise: Tai chi, Yoga and Qi gong
- Spinal manipulation
- Massage therapy
- Hypnosis



© iStockphoto.com/Haggr

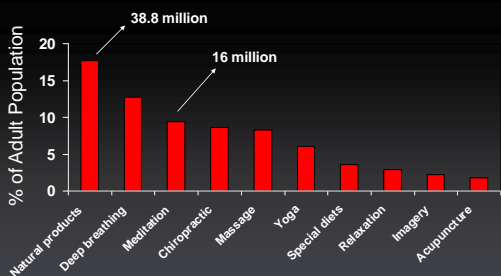
Categories of Natural Products

- Dietary supplements
- Herbal or botanical products
- Traditional medicine formulations
- Folk medicines
- Probiotics
- Food-based phytochemicals



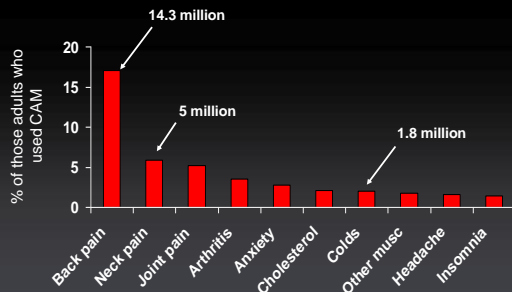
© Bob Stockfield

Adult Use of Selected CAM Therapies: 2007



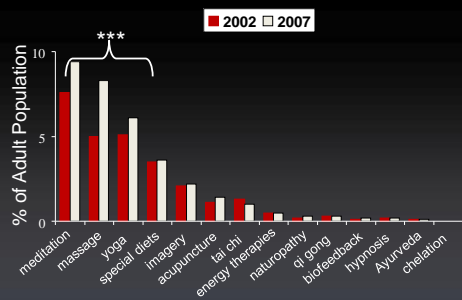
Barnes et al., 2008

Adult Use of CAM for Selected Conditions: 2007



Barnes et al., 2008

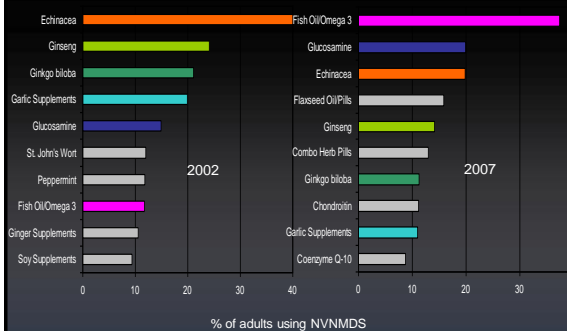
Adult Use of Selected CAM Therapies: 2002 vs. 2007



Barnes et al. 2004, 2008

Top Natural Products and Other NVNMNPs

NVNMNP = non-vitamin/non-mineral natural products



% of adults using NVNMDS

NHIS CAM Survey, 2007

- Survey of >23,300 adults and >9,400 children
- CAM use in U.S.:
 - 40% of adults
 - 12% of children
- CAM spending in U.S.:
 - \$34 billion out-of-pocket
 - 1% of total health care expenditures
 - 10% of total out-of-pocket costs
- Across all demographics
- Women > men
- West >Midwest >Northeast >South
- Greater use in people with higher education levels

NHIS CAM Survey, 2012

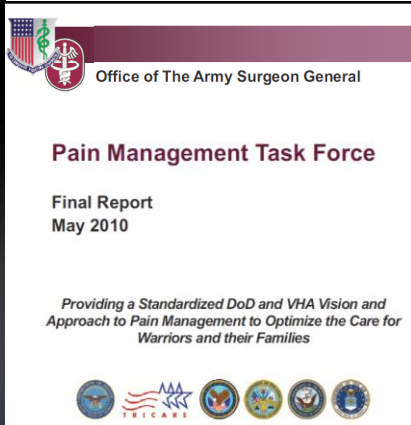
- Results available in June/July 2013
- Currently collecting data
 - January 1, 2012 – December 31, 2012
 - Questionnaire available on CDC/NCHS website
- Expecting more than 30,000 responses
- Changes since 2007
 - Pediatric and adult questionnaires now ask the same in depth follow-up questions
 - Added questions assessing how complementary approaches are used for health and wellness vs. treatment
 - Expanded list of dietary supplements threefold

Quirky Ideas from Outside the Mainstream

- Physical resistance training is good for people recovering from major physical trauma:
Joseph Pilates, 1915
- Relaxation and breathing techniques help with pain of childbirth:
Fernand Lamaze 1940
- Breast feeding is good for babies:
Edwina Froehlich, La Leche League founder 1950's
- Extensive palliative support, and reduced medical interventions should be provided to dying patients:
Saunders, Wald, Kubler-Ross 1960's

Military Interest in CAM

- Department of Veterans Affairs interest in mind-body medicine for PTSD
- Department of Defense conference on acupuncture for acute pain – February 2-3, 2011
- Meeting with Defense Health Board regarding CAM use in military settings
- New military guidelines for CAM use for treating pain



Complementary and Alternative Medicine in VA*

- 2002 Survey – 55 out of 123 facilities provided CAM (45%)
- 2011 Survey – 81 out of 125 facilities provided CAM (65%)

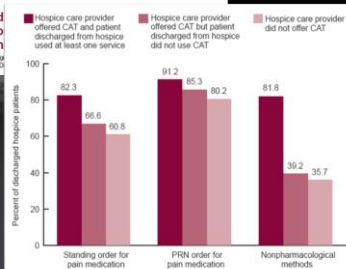
*Health Care Analysis and Information Group (HAIG) Survey 2011

National Health Statistics Reports

Number 33 ■ January 19, 2011

Complementary and Alternative Medicine in the National Home Hospice Survey

by Anita Derovitz, Ph.D., Maritza Sandoval, Ph.D.



NOTES: PRN is an order for medication to be provided on an as-needed basis. Nonpharmacological methods include acupuncture, heat or cold, massage, repositioning, or music. Discharged hospice patients may have received more than one pain treatment approach. Data are from all discharged hospice patients.
SOURCE: C/OAORH, National Home and Hospice Care Survey, 2007

Beyond Drugs:
How alternative treatments can ease pain

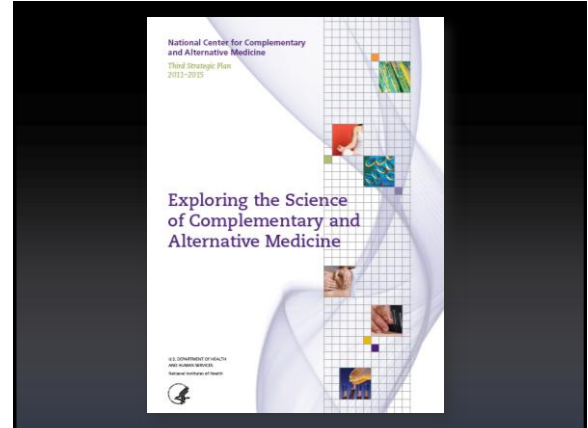
March 7, 2011



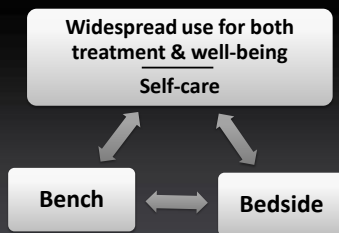
patients' predicaments

patients' rights

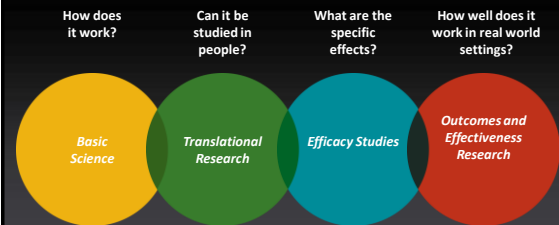
patients' preferences



Research and Real-World Use



The Range of Research Questions



MAPPING THE PATH FORWARD

- Framework for priority setting
 - Scientific promise
 - Amenability to rigorous scientific inquiry
 - Potential for *integration* into health care systems
 - Questions important to users, caregivers, providers and health policy makers

Strategic Plan Goals

- GOAL 1: Advance the science and practice of symptom management.
 - Priority = chronic pain
- GOAL 2: Develop effective, practical, personalized strategies for promoting health and well-being.
 - Priority = better strategies for promoting and supporting health-seeking behavior

New Division of Intramural Research Pain Program

- Catherine Bushnell, Ph.D., Scientific Director
- Established July 2012
- Focuses on the role of the brain in perceiving, modifying, and managing pain.
- Complements basic science and clinical research efforts of other ongoing NIH intramural neuroscience, imaging, and mental and behavioral health research programs.



Tai Chi for Fibromyalgia

ORIGINAL ARTICLE

A Randomized Trial of Tai Chi for Fibromyalgia

Chendun Wang, M.D., M.P.H., Christopher H. Schmid, Ph.D., Ramel Rones, B.S., Robert Kulsh, M.D., Janeth Yeh, M.D., Don L. Goldenberg, M.D., Yoojin Lee, M.S., and Timothy McAlindon, M.D., M.P.H.

EDITORIALS

Prescribing Tai Chi for Fibromyalgia — Are We There Yet?

Gloria Y. Yeh, M.D., M.P.H., Ted J. Kaptchuk, and Robert H. Shmerling, M.D.

Meditative Exercise Therapies

The New York Times

A Downside to Tai Chi? None That I See

by ANNE E. BRIDG

The graceful, dance-like progression of meditative power called tai chi originated in ancient China as a martial art. The exercise is best known in modern times as a route to reduced stress and enhanced health. After reviewing scientific evidence for its potential health benefits, I've concluded that the proper question to ask yourself may not be why you should practice tai chi, but why not.



Goal #3

Enable better evidence-based decision making regarding use of complementary or alternative therapies and their potential integration into health care and health promotion.

Public Information and Communications

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See Information: Learn how to make wise health decisions

Safety: Safety info for a variety of products and practices

Health at a Glance: Uses and side effects of herbs and botanicals

How to Find a Practitioner: Information on seeking CAM treatment

Información en Español

New Video
Scientific Results: Yoga for Health and Well-Being
Learn more: 1 2 3 4

Research Results
Highlights of recently published studies funded by NCCAM:
Effects of HSB Thistle Extract on Chronic Hepatitis C (July 16, 2012)
Modification or Exercise May Help Acute Respiratory Infections, Study Finds (July 9, 2012)
See more research results

Resources for Health Care Providers

What does NCCAM do?
We conduct and support research and provide information about complementary health products and practices

NCCAM's New Research Blog

NCCAM National Center for Complementary and Alternative Medicine

At the National Institutes of Health NIH: Turning Discovery Into Health™

Home Health Info Research Grants & Funding Training News About NCCAM

NCCAM researchblog

NCCAM blogs about research developments related to complementary health practices. Check in regularly to keep up with the latest findings.

Quality Data From Outside the Mainstream
August 9, 2012
Stephanie P. Rippe, M.D.

The July 26 issue of the Medical Journal of Australia (MJA) published an article addressing the debate as to whether complementary medicine courses should be taught in Australian universities. In many ways, the debate in Australia parallels debates here in the United States, and indeed debated on this blog.

Complementary and alternative health care practices, by definition, arise from outside the mainstream, and, not surprisingly, merit much appropriate skepticism. We at NCCAM share a skeptical mindset, but, as readers of this blog know, we believe scientific inquiry has an important place in the evaluation of some non-mainstream health practices. As noted in the MJA editorial, "science sets out to rigorously evaluate bias, not to prevent it. This is a basic tenet of the scientific method, and one that requires us to pursue our work with objectivity and humility, and with a dose of both open-mindedness and skepticism."

As researchers, we pursue science through the formulation and testing of hypotheses, and we should approach our studies with equanimity. As we gather and analyze our data, we need to be open to the possibility that our hypotheses may not have withstood scientific scrutiny, or that the data may be leading us in an unexpected direction. At the recent Third International Research Congress on Integrative Medicine and Health, Dr. David Eisenberg reminded us in his closing remarks that "the act of inquiry is not an act of advocacy." In other words, we conduct research to learn about the effects, safety, and/or mechanisms of a product or practice, not to promote it.

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ABOUT THIS BLOG
This blog highlights ongoing research on complementary health practices and the Center's strategic directions and funding opportunities. NCCAM Director Christopher King and other NCCAM staff will post:

- + Frequently Asked Questions (FAQs)
- + Comment Policy
- + Privacy Policy
- + Contact Us

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NCCAM updates on research blog posts and more

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NCCAM's Time to Talk Campaign

NCCAM's Health Care Provider Portal

Mag-Healer: Only \$479.95 --- Pro Version \$579.97

Get a quick relief from your diseases

MAG-HEALER - the unique therapeutic device will do that job for you

Description:

Mag-Healer can be used for quick and very efficient **treatment of these diseases:**

Psoriasis, Paresis of nerves of the extremities, Eczemes, Migraine, Carpal tunnel syndrome, Crural ulcers, Bedsores (infected), itching skin diseases, Chronic purulent osteomyelitis, slow (retarded) healing of fractures, Osteoporosis, diseases of the muscular system, Frozen shoulder, Inflammation of the shoulder muscles, Aseptic Necrosis in children, Aseptic Necrosis in adolescents, Javelin and Tennis elbow, restriction of muscular mobility due to pain, Low back pain, Cox arthritis, Calcus of the heel bone, Arthritis of the knee joint, conditions after hematomas into the joints, Chronic rheumatism (initial stage), Bekhterev's disease

Mag-Healer has been **clinically tested and approved.**

For more information please write to wright-crw@gmx.com



Cheat death.

The antioxidant power of pomegranate juice:



Childhood Vaccinations

Maternal and Child Health Journal study:


Children who received care from CAM providers were substantially less likely to get recommended immunizations and more likely to be diagnosed with a vaccine-preventable disease

Pediatric Vaccination and Vaccine-Preventable Disease Acquisition: Associations with Care by Complementary and Alternative Medicine Providers

Lain Donawick · Patrick T. Tynan · Catherine E. Bushner · William E. Lafferty

NCCAM support for CDC childhood immunization recommendations

Call for ALL health provider organizations to raise awareness and promote participation and education




The screenshot shows the NCCAM clinical digest website for April 2011. The main article is titled "Childhood Vaccinations/Immunizations" and discusses parental confidence in health care decisions. It includes a sub-headline: "The value and safety of vaccinating children against dangerous diseases cannot be overstated." The article is attributed to "© James Guthrie, Centers for Disease Control and Prevention."

patients' predicaments

patients' rights

patients' preferences



National Center for Complementary and Alternative Medicine

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