

Exploring Integrative Medicine Research & Methods

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Tobias Sundberg

Unit for Studies of Integrative Health Care
Karolinska Institutet

TRADITIONAL MEDICINE

Traditional medicine includes **diverse health practices**, approaches, knowledge and beliefs incorporating plant-, animal- and/or mineral-based medicines, spiritual therapies, **manual techniques** and exercises applied singularly or in combination to maintain **well-being**, as well as to **treat, diagnose or prevent illness**.

WHO Guidelines on Developing Consumer Information on Proper Use of Traditional, Complementary and Alternative Medicine. Geneva, WHO, 2004

CONVENTIONAL MEDICINE

Conventional medicine is medicine as practiced by **MDs (medical physicians), DOs (osteopathic physicians)** and by their allied health professionals, such as **nurses, physical therapists, and psychologists**.

Other terms for conventional medicine include:

- Biomedicine
- Allopathy, allopathic medicine
- Western medicine
- Mainstream medicine
- Orthodox medicine
- Regular medicine
- “Skolmedicin”

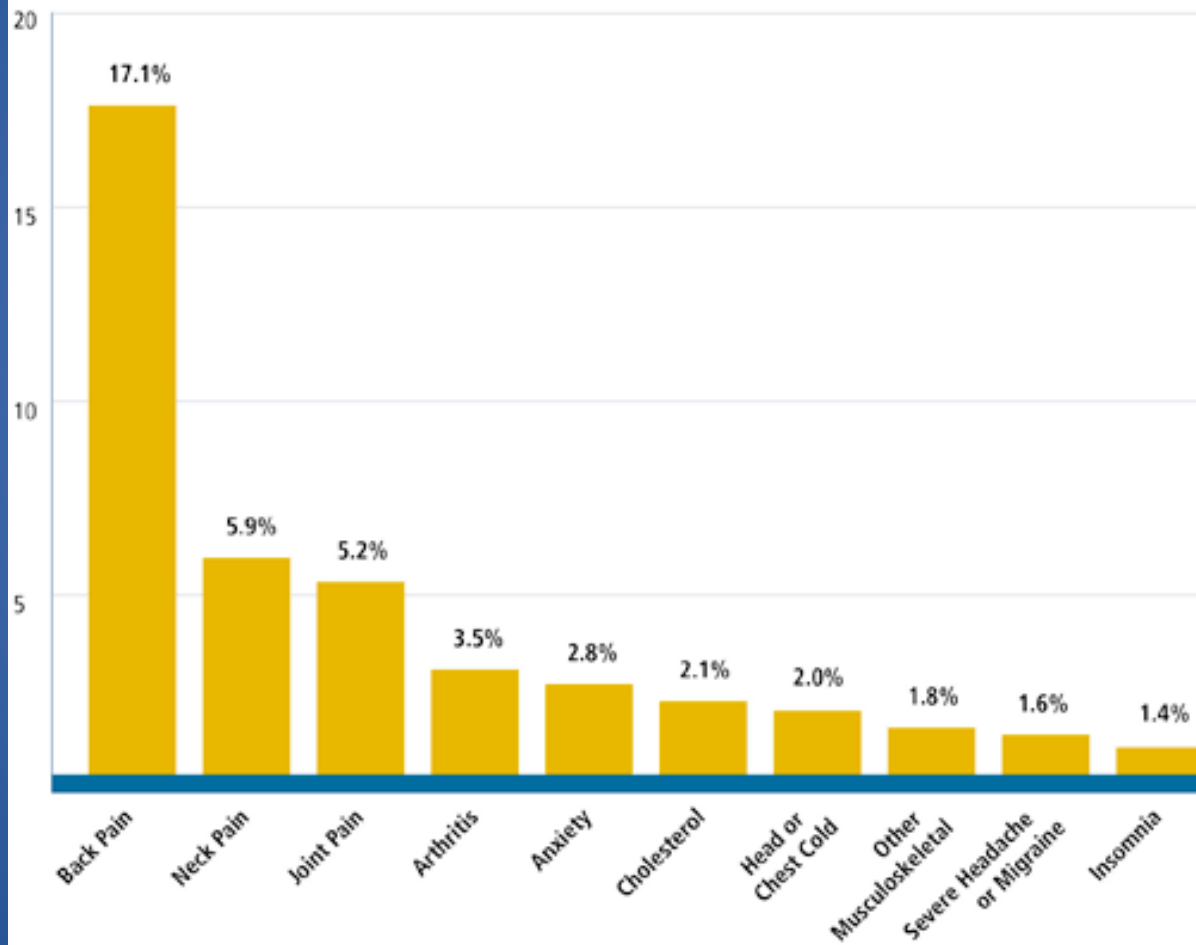
Adapted from NIH/NCCAM

COMPLEMENTARY MEDICINE

- Not of a country's own medical tradition, *and/or*
- Not a general part of conventional care, *and/or*
- Not fully integrated into the dominant health care system, *but*
- Can be used together with conventional care

COMPLEMENTARY MEDICINE

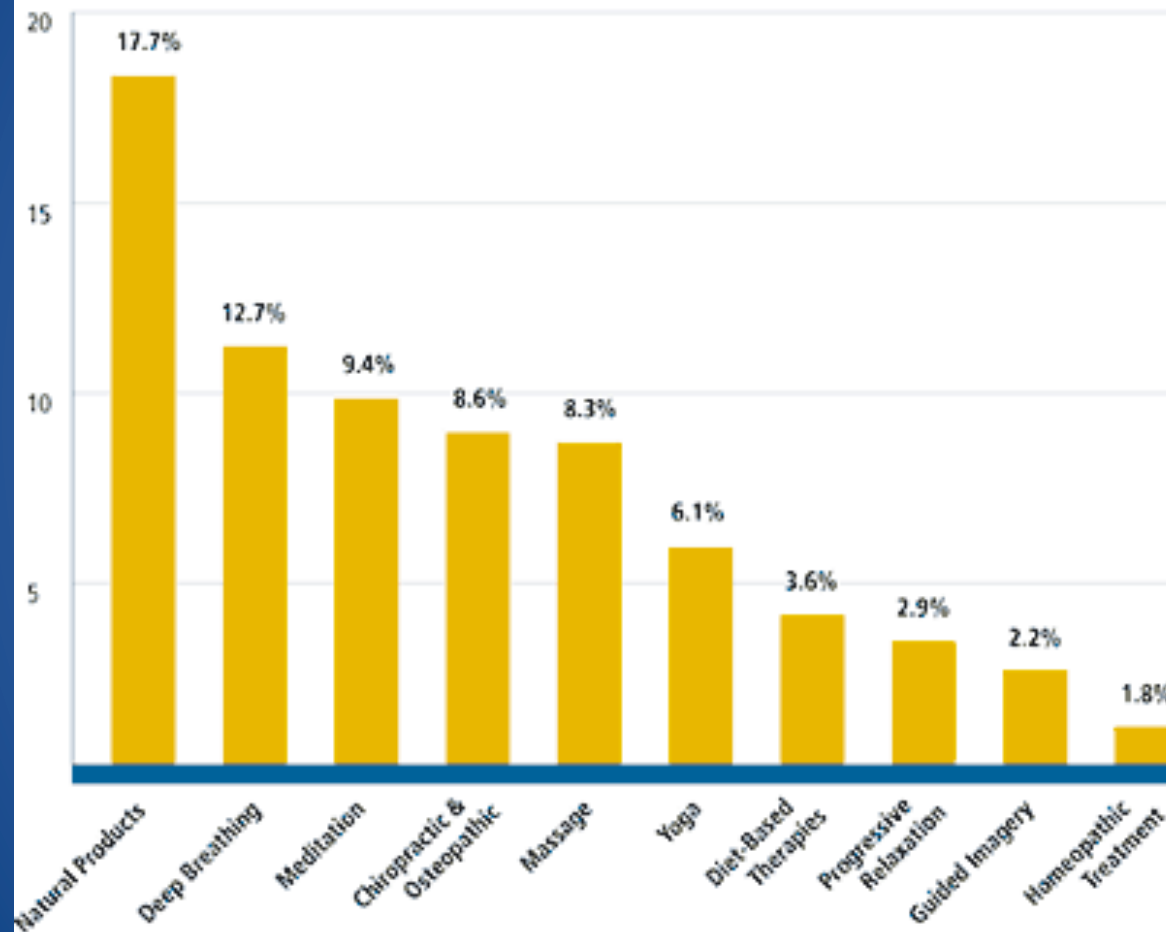
Diseases/Conditions for Which CAM
Is Most Frequently Used Among Adults - 2007



Source: Barnes PM, Bloom B, Nahin R. *CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007.* December 2008.

COMPLEMENTARY MEDICINE

10 Most Common CAM Therapies Among Adults - 2007



Therapies with significant increases between 2002 and 2007 are

	2002	2007
Deep breathing	11.6%	12.7%
Meditation	7.6%	9.4%
Massage	5.0%	8.3%
Yoga	5.1%	6.1%

Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

INTEGRATIVE MEDICINE

Integrative medicine, as defined by NCCAM, combines mainstream medical therapies and CAM therapies for which there is evidence of safety and effectiveness.

NIH/NCCAM

INTEGRATIVE MEDICINE

It has been reasoned that the concept of IM is not merely an adding of CTs to conventional care but rather a holistic medical model that emphasizes health and healing rather than disease and symptomatic treatment, and that includes biomedical as well as complementary, social, psychological and when relevant even spiritual interventions.

Rees L, Weil A. Integrated medicine. Bmj. 2001 Jan 20;322(7279):119-20.

EVIDENCE BASED MEDICINE

Evidence-based health care is the conscientious use of current best evidence in making decisions about the care of individual patients or the delivery of health services. Current best evidence is up-to-date information from relevant, valid research about the effects of different forms of health care, the potential for harm from exposure to particular agents, the accuracy of diagnostic tests, and the predictive power of prognostic factors.

Cochrane AL. Effectiveness and Efficiency : Random Reflections on Health Services. London: Nuffield Provincial Hospitals Trust, 1972. Reprinted in 1989 in association with the BMJ. Reprinted in 1999 for Nuffield Trust by the Royal Society of Medicine Press, London.

EVIDENCE BASED MEDICINE

Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.

Sackett DL, Rosenberg WMC, Gray JAM, Haynes RB, Richardson WS. 1996. Evidence based medicine: what it is and what it isn't. BMJ 312: 71–2.

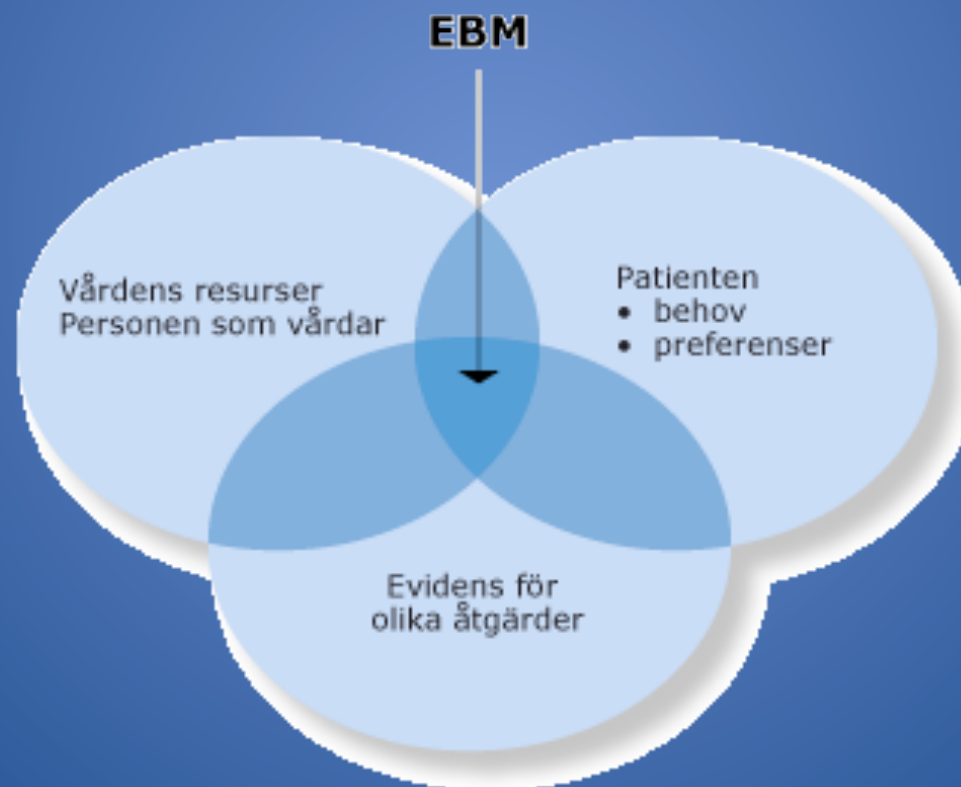
EVIDENCE BASED MEDICINE

Evidence-based clinical practice is an approach to decision-making in which the clinician uses the best evidence available, in consultation with the patient, to decide upon the option which suits that patient best.

Gray JAM. 1997. Evidence-based healthcare: how to make health policy and management decisions. London: Churchill Livingstone.

EVIDENCE BASED MEDICINE

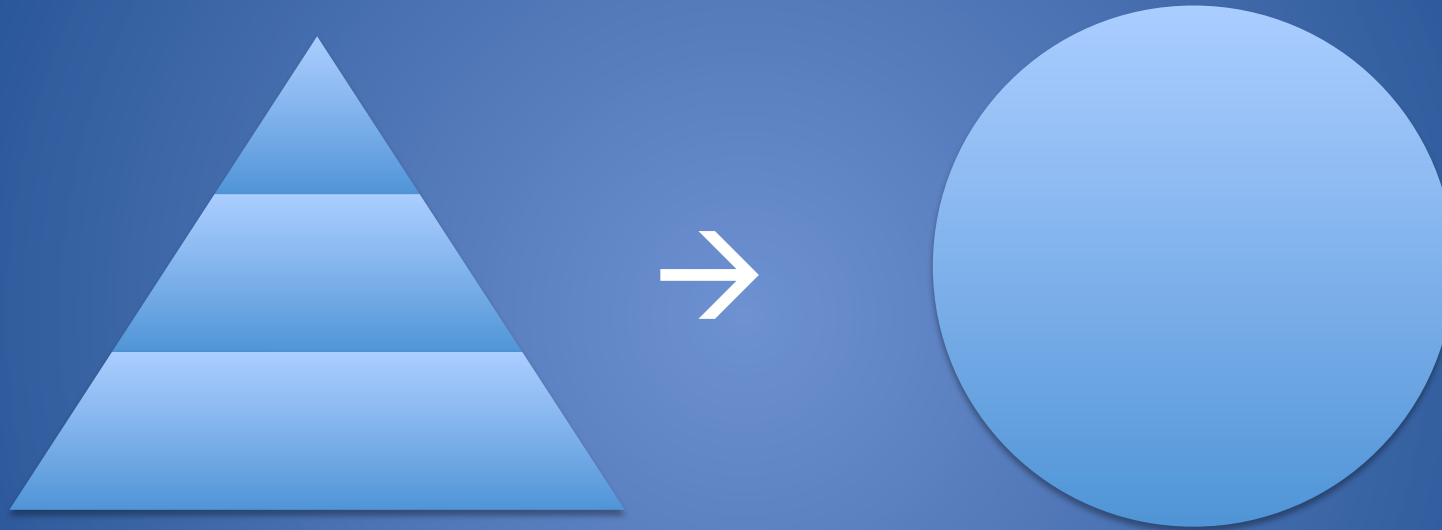
”Evidens betyder bästa tillgängliga vetenskapliga bevis. Att arbeta med EBM innebär att kombinera evidens med kliniskt kunnande och patientens unika situation och önskemål.”



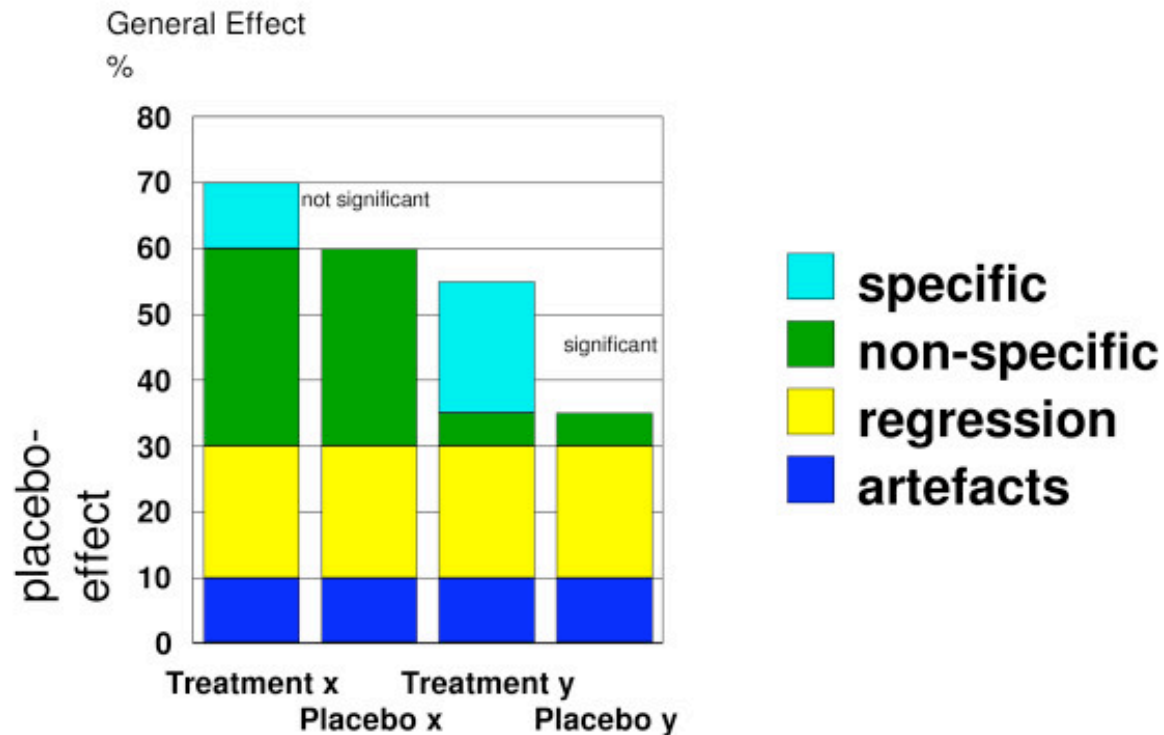
EVIDENCE BASED MEDICINE



APPROACHES TO RESEARCH



APPROACHES TO RESEARCH



Walach et al. BMC Medical Research Methodology
2006 6:29 doi:10.1186/1471-2288-6-29

APPROACHES TO RESEARCH

Circular instead of hierarchical: methodological principles for the evaluation of complex interventions.

BACKGROUND: Evidence from RCTs forms the basis of meta-analyses and systematic reviews. This hierarchy, founded on a pharmacological model of therapy, is generalized to other interventions which may be complex and non-pharmacological (healing, acupuncture and surgery).

DISCUSSION: The hierarchical model is valid for limited questions of efficacy, for instance for regulatory purposes and newly devised products and pharmacological preparations. It is inadequate for the evaluation of complex interventions such as physiotherapy, surgery and complementary and alternative medicine (CAM). This has to do with the essential tension between internal validity (rigor and the removal of bias) and external validity (generalizability).

Walach H, Falkenberg T, Fønnebø V, Lewith G, Jonas WB. Circular instead of hierarchical: methodological principles for the evaluation of complex interventions. BMC Med Res Methodol. 2006 Jun 24;6:29.

APPROACHES TO RESEARCH

Circular instead of hierarchical: methodological principles for the evaluation of complex interventions.

SUMMARY: Instead of an Evidence Hierarchy, we propose a Circular Model. This would imply a multiplicity of methods, using different designs, counterbalancing their individual strengths and weaknesses to arrive at pragmatic but equally rigorous evidence which would provide significant assistance in clinical and health systems innovation. Such evidence would better inform national health care technology assessment agencies and promote evidence based health reform.

Walach H, Falkenberg T, Fønnebø V, Lewith G, Jonas WB. Circular instead of hierarchical: methodological principles for the evaluation of complex interventions. BMC Med Res Methodol. 2006 Jun 24;6:29.

THANK YOU!