Integrative Medicine: Health-Oriented Care

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Questions to ask when prescribing a therapy...

Does the therapy match the patient’s culture and belief system?
China Gives Limited Approval to Western Medicine

At the conclusion of a 3-day meeting held in the Great Hall of the People in Beijing, March 28-30, an elite panel of 12 Traditional Chinese Medicine (TCM) practitioners declared, “There is sufficient evidence of Western Medicine’s effectiveness to expand its use into TCM and…”
Summary of a report from Sin Hua, China News Agency, April 1, 2001

…to encourage further studies of its physiology and clinical value”.

“In particular”, the panel’s report stated, “Western Medicine shows promise as adjunctive treatment to TCM. As a stand-alone medicine, however, its efficacy is mainly in the areas of acute and catastrophic care that comprise a relatively minor percentage of total patient complaints."
Spinal Manual Therapy vs NSAIDS for Low Back Pain

Overall % Improvement

70% Improved

SMT

Sham (pl)

55% Improved

RCT 2, Drug Trial

20%

NSAID

Placebo

Specific Efficacy

Regression & Artifact

RCT 1, Manipulation

17%

Curts, P Evidence-Based Medicine & Complementary and Alternative Medicine. NIH NCCAM Module, 2003. Grant No. 5-R25-AT00540-01, Univ. of North Carolina
A Culture That Believes

- $10 Billion Dollar a Year Industry
- No significant benefit over placebo for mild-moderate depression.
- Pill did 1.8 points better than Placebo on a 58 point scale.
- Both worked well!
- Belief and process produce more powerful chemicals compared to those in the pill!
The art of medicine is the practitioner’s ability to activate the placebo response without deceiving the patient.
Questions to ask when prescribing a therapy....

Have I established a solid foundation of relationship centered care?
Influences on Health and Healing in Psychotherapy: RELATIONSHIP!

- Extratherapeutic change: 40%
- Techniques: 15%
- Expectancy (placebo): 15%
- Therapeutic relationship: 30%


- 8 Sane people admitted to different psych hospitals.
- All given the diagnosis of schizophrenia in remission.
- Avg. length of stay=19 days (7-52 days)
- Other residents detected sanity but none of the health providers did.

- 4 Psychologists
- 1 Psychiatrist
- 1 Pediatrician
- 1 Painter
- 1 Housewife
Relationship Centered Care

Relationships allow our knowledge to interact with our insight to help us facilitate therapies that will result in health and healing.