

## Can a whole, integrated medical system be less than the sum of its parts?

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## Integrated medicine

- 'Integrative medicine is healing-oriented medicine that accounts for the whole person (body, mind, and spirit), including all aspects of lifestyle. Integrative medicine emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.'

Prim Care. 2010 Mar;37(1):1-12. Introduction to integrative primary care: the health-oriented clinic

- CAM available on the NHS!

## Integration into the NHS



OR



- Improved status
  - Greater access
  - Money for research
  - Stable income
- OR
- Loss of autonomy
  - Para-paramedical status
  - ? Reduced income
  - **Restricted treatment options**

## Chinese medicine

- 2000 year recorded history
- Unique understanding of the causation, differentiation and treatment of disease that involves:
  1. A specific medical language
  2. '4 Pillars' of diagnosis
  3. Treatments including herbs, acupuncture, moxibustion, diet, massage/tuina, gua shi, cupping, qi gong, meditation, feng shui etc.

## Best practice of CHM

Treatment is:

1. Individualised according to CM diagnosis
2. Complex: addresses symptoms and root cause of a disease
3. Changes over time
4. ? Involves herbal decoctions
5. Aims to re-establish a stable, healthy homeostatic balance

## Plaque Psoriasis-hot Blood

with permission of Mazin-Al-Khafaji



## Plaque psoriasis 2-Blood stasis



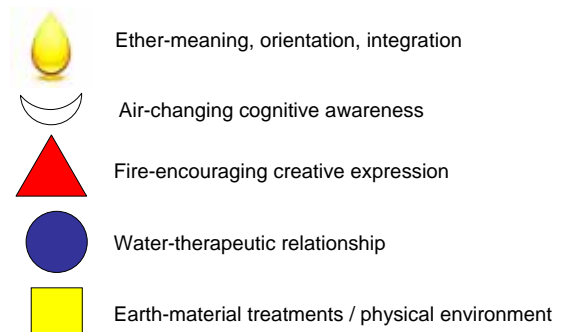
## Psoriasis 3-Dry Blood



## Requirements for best practice

- A skilled practitioner
- An available materia medica
- A willing patient!
- Facilities to prepare and dispense herbs
- Money: (average cost of pre-prepared herbs £50-£70/week + practitioner costs) 12 weeks treatment roughly= £750-£1000.
- Wholistic care...

## Wholistic health care



## Returning to our question...

Can a whole, integrated medical system be less than the sum of its parts?

OR

Can we deliver best practices of herbal medicine and other CAM therapies within the NHS?

OR

Can we deliver "good enough" CAM within the NHS?

## Towards a healthy integration...



- Ensure model validity
- Establish an evidence base
- Define 'best' practices
- Phases of research from 'best' to 'good enough' practices.
- Standardised or semi-standardised treatment.
- Adequate resources for treatment and research.