

What is CAM ?

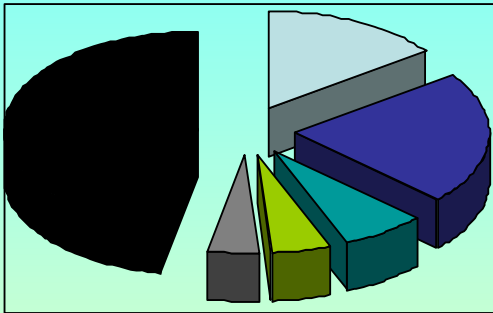


George Lewith
University of Southampton

How much do we really know?

BMJ Clinical Evidence

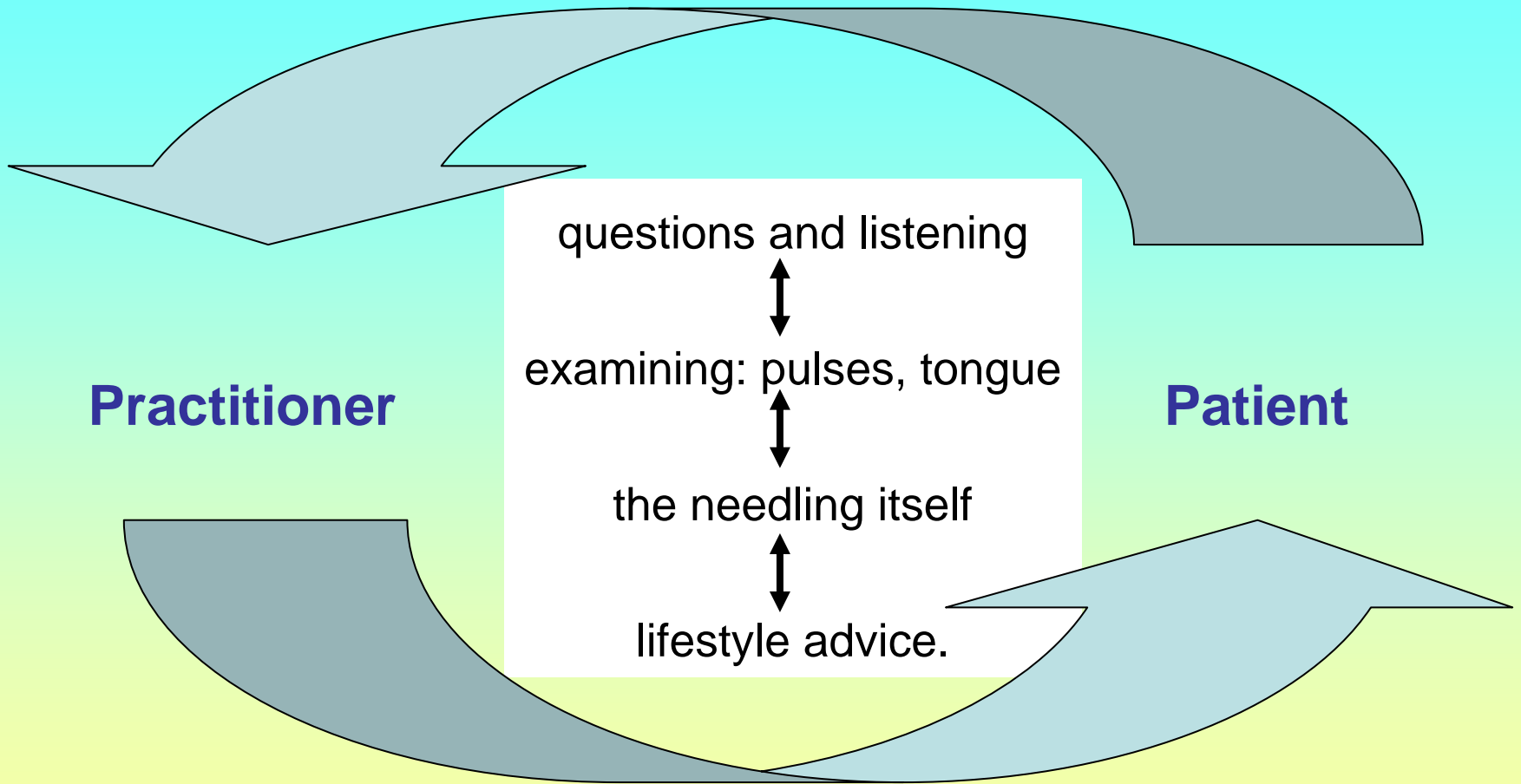
http://clinicalevidence.com/ceweb/about/systematic_reviews.jsp



- Beneficial 15
- Likely to be beneficial 22
- Trade off benefits and harm 7
- Unlikely to be beneficial 5
- Ineffective or harmful 4
- Unknown effectiveness 47

- Commonly used interventions supported by good evidence from 2500 treatments.
- “The figures suggest that the research community has a large task ahead and that most decisions about treatments still rest on the individual judgments of clinicians and patients.”

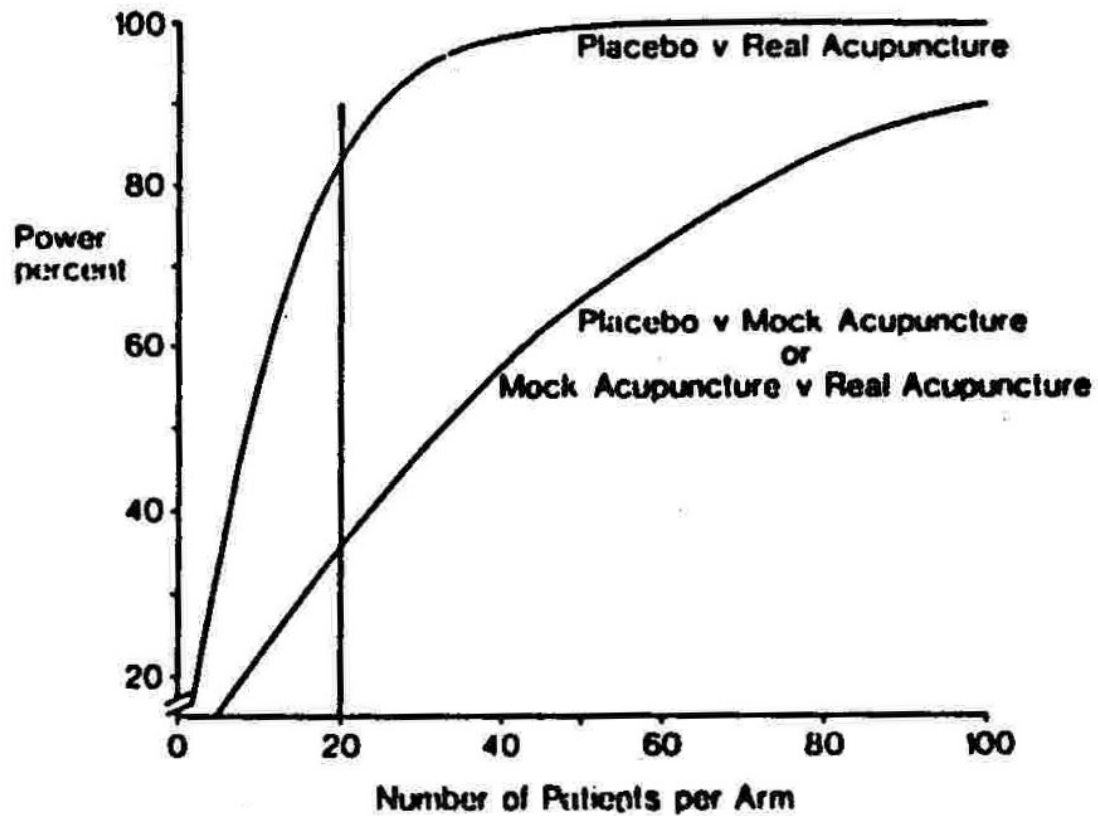
Therapy component



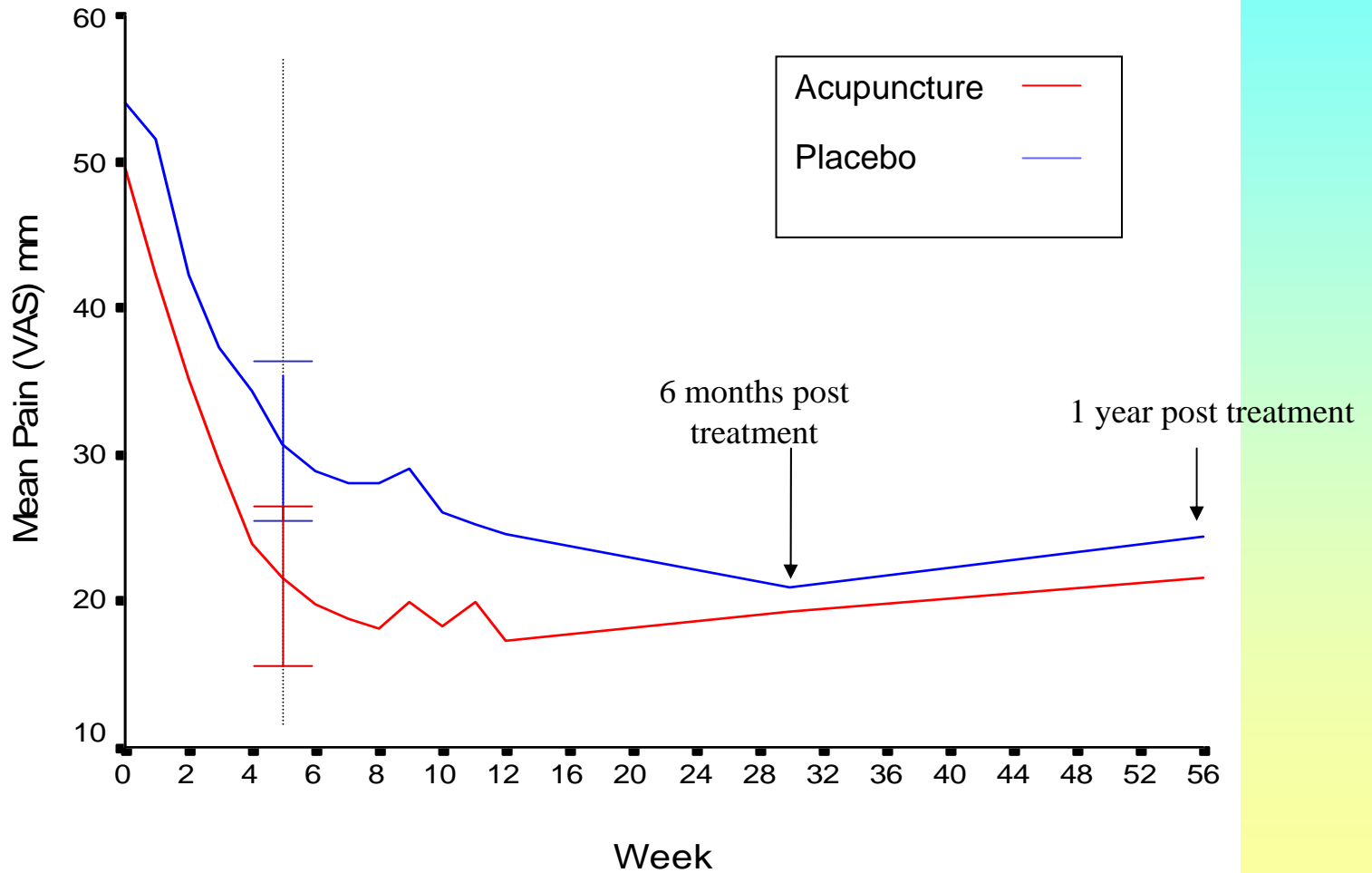
An ongoing process of analysis, diagnosis and treatment which was based on, and responsive to, their individuality

Does it work ?

The enthusiasts 1983 view



The realists 2007 view



What does work mean ?

- The patients view or the doctors view
- Effect vs efficacy
- Specific vs non-specific effects in chronic benign disease

Is acupuncture a whole system ?

- Acupuncture for pain
- Acupuncture for addiction withdrawal
- Acupuncture for internal disease

(Lewith & Vincent 1995)

Possible future strategies ?

- QualR (Campbell 2003)
- QALY
- Pragmatism (Vickers & Thomas)
- Patients
- Safety
- AND compare conventional medicine