

Folder eCC_00014724 is in stage Annual_Report_Due

Name of the University, Hospital, Research Institute, Academy or Ministry

UiT The Arctic University of Norway

Name of the Division, Department, Unit, Section or Area

National Research Center in Complementary and Alternative Medicine (NAFKAM)

City Tromso **Reference Number** NOR-20

Title WHO Collaborating Centre for Traditional Medicine

Report Year 02-2018 to 02-2019

1. Annual report on the agreed workplan

Describe progress made on the agreed workplan. For each activity, detail (1) the actions taken, (2) the outputs delivered, as well as (3) any difficulties that may have been encountered. Three responses are expected. [maximum 200 words per activity]. Indicate, if an activity has been completed previously, has not yet started or has been placed on hold.

Activity 1

Title: Collaborate with WHO on collecting and analyzing data on legal status and regulation of T & CM, and on developing global information platforms on country-specific regulation and legal status of T & CM.

Description: NAFKAM will together with WHO/HQ in Geneva, collect, update and analyze data with regard to legal status and regulation of T & CM.

The analysis can also involve appropriate standardization of information and presentation of the data.

Together with WHO, NAFKAM will contribute to collecting, analyzing and disseminating country-specific data globally according to the specific workplan jointly prepared with WHO later.

Status: ongoing

Comments NAFKAM:

Data on regulation of T&CM in 39 European countries are published on the NAFKAM CAM regulation website <http://cam-regulation.org/en> . The website is in 2018 updated to a new, modern platform. We continuously update the website with new regulation coming to our knowledge. Individuals planning to move to a European country aiming to start education or business within T&CM now increasingly use the website. We are planning a more systematic update of the regulation data in 2019. In 2018, NAFKAM's knowledge on regulation and policy is included in research articles, WHO technical support tasks and in conference papers and presentations. See activity 2-4. NAFKAM is ready to assist WHO in analyses on regulation and legal status of T&CM.

Activity 2

Title: Support WHO in the development of understanding for, and establishment of competence networks and research on risk, patient safety and quality assurance in T & CM.

Description: The T & CM field has not been systematically researched with regard to harm. NAFKAM and WHO will jointly strengthen the knowledge and dissemination of risk and safety understanding in T & CM use by:

1. Support WHO in the WHO project of quality improvement and safety of T&CM services.
2. Encouraging and supporting international competence networks representing health authorities, T & CM associations, researchers, T & CM providers, and patient organizations in order to strengthen qualified service and patient safety understanding on T & CM treatments.

Status: ongoing

Comments from NAFKAM:

Research on risk and safety in T&CM is one of NAFKAM's priorities. In addition, we monitor and disseminate changes in national and European regulation of T&CM.

Ad 1. Quality improvement and safety of T&CM services.

1. Safe and high quality acupuncture

NAFKAM has been included in the project on Safe and High Quality Acupuncture since the establishment of the project. In this reporting period, NAFKAM has included the subject in research articles and conference presentations. WHO has not involved NAFKAM in any new activities in this project. The NAFKAM project participants have been: Terje Alræk, Vinjar Fønnebo, Ola Lillenes, Jianping Liu, Arne Johan Norheim, Trine Stub, Solveig Wiesener.

Our expert team represents many years of combined experience in research, clinical practice and education in both T&CM (including acupuncture) and conventional medicine.

Ad 1: Key technical issues for the safe use of herbal medicines with reference to interaction with other medicines.

October 2018: The WHO document titled "Key technical issues for the safe use of herbal medicines with reference to interaction with other medicines" has been drafted for global review. As the WHO cc on Traditional Medicine, NAFKAM was invited to identify experienced experts on herb-drug interaction to review this important document. Attached template tables were used for making inputs.

WHO contact person: Professor Liu Xinmin, Consultant, Traditional, Complementary and Integrative Medicine, SDS, WHO

NAFKAM expert person: Professor Purusotam Basnet, professor Berit Smestad Paulsen

AD 2: Encouraging and supporting international competence networks

2.1. Meetings and conferences

Collaboration with China: November 13, 2018, Beijing.

Professor Terje Alræk took part in and gave a lecture at the 2nd International Symposium on Integrative Ophthalmology of Eye Hospital, China Academy of Chinese Medical Sciences (CACMS) on Nov. 13, 2018 in Beijing. He has been invited to take part in the project "China-Norway TCM center", which is supported by the State Administration of TCM of People's Republic of China. His participation in that project is only related to research questions".

Professor Jianping Liu, 6 July 2018. London, UK. Presented "Lessons learned from conducting Chinese acupuncture trials" at London South Bank University, 6th Annual Meeting of Good Practice in Traditional Chinese Medicine Research Association (GP-TCM RA), London, UK, 6 July 2018

Terje Alræk: September 13-14, 2018: Waxholms hotell, Sweden. Svenskt Forum för Integrativ Cancervård, 1:a mötet med fokus på forskning kring komplementärmedicinska metoder vid cancer (Swedish Forum on Integrative Cancer care, 1a A meeting with focus on research dealing with T&CM methods in cancer treatment): Fatigue in breast cancer survivors - is acupuncture a treatment option?

Collaboration with South Korea: August 17. - 18. 2018, Seoul

Professor Terje Alræk took part in the International Pattern Identification Group (iPING) annual meeting in

Seoul August 17. - 18. 2018 (In the process of writing two articles).

Professor Jianping Liu: 11 November, 2018. Seoul, South Korea. Presented "The status of clinical practice guidelines of traditional Chinese medicine and challenges in China" at International Symposium on Clinical Practice Guidelines, Seoul, South Korea. 11 November 2018.

Terje Alræk: August 07–08, 2018. Shenzhen, China : 4th WHO WGM on Quality Assurance and Improvement of Acupuncture Service. Representatives from Norway: Anette Sørensen and Hilde Skjerve from Høyskolen Kristiania, Norway.

Professor Jianping Liu: 6 February, 2018. Tromsø, Norway. Gave lecture "Advantages, pitfalls and problems with systematic reviews", at NAFKAM Researcher Meeting, Tromsø, Norway. 6 Feb. 2018.

2.2 Public information about T&CM in a global perspective

Both patients and health care providers increasingly cross national borders, exposing themselves to new situations both regarding health problems, treatment options as well as potential risk and safety issues. Given the presence of Internet technology, patients and health care providers may also seek and compare information on treatment options from their home surroundings. Consistency of such information varies greatly, posing a potential risk to patient safety.

From 2007, NAFKAM has been a member and an active contributor to ICCR – a non-profit, international collaboration of national and/or government-funded online T&CM information providers. ICCR aims to share best practice and optimize resources in order to improve online information to patients and health care providers. Over the recent years, the consistency of information regarding safety of T&CM seems to emerge as a possible issue that needs attention.

Activity 2 Research articles and publications of interest for the NAFKAM WHO CC work- published in the reporting period Feb 2018 - Feb 2019.

02.2018-02.2019

1. Wiesener, Solveig; Salamonsen, Anita; Fønnebø, Vinjar.

Which risk understandings can be derived from the current disharmonized regulation of complementary and alternative medicine in Europe? *BMC Complementary and Alternative Medicine* 2018 ; Volum 18.(1) s.

2. Salamonsen, Anita; Wiesener, Solveig. "Then I went to a hospital abroad": Acknowledging implications of stakeholders' differing risk understandings related to use of complementary and alternative medicine in European health care contexts. Under second review in *BMC Complementary and Alternative Medicine*, 2018.

3. Stub T, Quandt SA, Arcury TA, Sandberg JC, Kristoffersen AE. Attitudes and knowledge about direct and indirect risks among conventional and complementary health care providers in cancer care. *BMC Complement Altern Med.* 2018;18(1):44

4. Trine Stub, Sara A. Quandt, Thomas A. Arcury, Joanne C. Sandberg, Agnete E. Kristoffersen. Conventional and complementary cancer treatments: where do conventional and complementary providers seek information about these modalities. Submitted to *BMC Health Services Research*, 2018.

5. Birch S, Lee MS, Alræk T, Kim TH. Overview of Treatment Guidelines and Clinical Practical Guidelines That Recommend the Use of Acupuncture: A Bibliometric Analysis. *J Altern Complement Med.* 2018 Aug;24(8):752-769

6. Risvoll, Hilde; Musial, Frauke; Halvorsen, Kjell H.; Giverhaug, Trude; Waaseth, Marit. Employees in homecare services' professional conduct related to persons with dementia who use dietary supplements: Results from a Norwegian survey. *EAN-4th Congress of the European Academy of Neurology 2018-06-16 - 2018.*

7. Musial, Frauke; Kristoffersen, Agnete Egilsdatter; Hervik, Jill Angela; Stub, Trine. Er smertelindring fra akupunkturbehandling en placeboeffekt? *deQI, Tidsskrift for norsk akupunktur forening* 2018; Volum 1.s 4 - 12.

8. Musial, Frauke; Stub, Trine; Kristoffersen, Agnete Egilsdatter; Fønnebø, Vinjar; Alræk, Terje; Liu, Jian-Ping; Luedtke, Rainer. Forskning på alternativ behandling - Fra et minefelt til et spennende og utfordrende forskningsfelt. *Naturterapeuten. Tidsskrift for naturmedisin* 2018; Volum 1 (1).s 58 - 61.

9. Kristoffersen, Agnete Egilsdatter; Stub, Trine; Knudsen-Baas, Olav; Anne, Udal; Musial, Frauke. Self-reported effects of energy healing: A prospective cohort pilot study in the practitioner's office. *International*

Congress on Integrative Medicine and health 2018-05-08 - 2018-05-11 2018.

10. Lu CL, Liu XH, Stub T, Kristoffersen AE, Norheim AJ, Musial F, Araek T, Fonnebo V, Liu JP. Traditional, complementary and alternative medicine for treatment of atopic eczema in children under 14 years: a systematic review of randomized clinical trials. *BMC Complementary and Alternative Medicine*, 2018,18:260.

Activity 3

Title: Organize training programs/workshops/symposia on research approaches and evaluation of T & CM in collaboration with WHO and WHO CCs.

Description: NAFKAM will initiate a yearly international training program/workshop/symposium in the field of research methodology in T & CM in collaboration with WHO and ISCMR (International Society of Complementary Medicine Research). In the four coming years the topics will be chosen in collaboration with WHO, the other WHO CCs in T & CM and ISCMR. Dependent on funding possibilities the training programs/workshops will cover the costs for at least two trainees each time, as requested by WHO.

Status: ongoing

Comments from NAFKAM:

In May, 2018, ISCMR co-sponsors the International Congress on Complementary and Integrative Medicine and Health, Baltimore, USA. Jianping Liu, as current president of ISCMR, attended the conference. A second ISCMR workshop on scientific writing, reviewing and publication in Beijing was arranged in October 2018.

Activity 4

Title: Engage in international collaborative efforts, and provide consultation relative to T & CM research and training, upon the request of WHO.

Description: NAFKAM will take an active part in international efforts with regard to collaborative research as well as information issues around T & CM. Such efforts can be, but is not limited to, research projects, surveys of T & CM practices, consulting with regard to organizational issues concerning T & CM, T & CM training, coordinated public information.

NAFKAM will provide consultation services globally in the same areas at the request of WHO.

Status: ongoing

Comments from NAFKAM:

1. Core and Reference Indicators for Traditional, Complementary and Alternative Medicine (T/CAM) in South-East Asia.

During 2018 NAFKAM, represented by senior adviser Solveig Wiesener, has prepared a follow-up of the core and reference indicators for T&CM for the European countries. This can be connected to the update of the regulation data based on the CAMbrella project.

From January 2017, the development of the document "Core and Reference Indicators for Traditional, Complementary and Alternative Medicine (T/CAM) in South-East Asia" was carried out by NAFKAM in collaboration with Dr. Kim. Professor Vinjar Fønnebø and Senior Adviser Solveig Wiesener carried out the final review and corrections. Senior Adviser Solveig Wiesener presented the abstract and presentation "The development of Standard Indicators and Meta Data to Monitor Traditional Medicine System Performance" on the conference "Tradmed 2017 International Symposium on Traditional and Complementary Medicine, Colombo, 22-25.11.2017. Reference to the published WHO Report is: Core and Reference Indicators for Monitoring Traditional and Complementary Medicine in South-East Asia, New Delhi: World Health Organization, Regional Office for South-East Asia; 2017. Licence: CC BY-NC-S 3.0 IGO. ISBN: 978-92.9022-622-2. Available from: <http://www.who.int/iris/handle/10665/259422> .

Planning a pilot research project based on the WHO monitor indicators report.

Based on discussions at the Tradmed Conference in Sri Lanka, NAFKAM, represented by senior adviser Solveig Wiesener, invited WHO representatives in New Delhi, Geneva and Sri Lanka, and research fellows in Canada, to continue the work on monitor indicators with a pilot project. The response has been very positive, however, per February 2019, Dr. Sungchol Kim and Dr. Zhang Qi have not established funding for such a project.

3. A preliminary model for «good» integration of T&CM into health systems.

Vinjar Fønnebø has been appointed as chair of the WHO international expert group to study models of integration of Traditional and Complementary medicine into national health systems, especially in primary health care services. The group will develop a report addressing the following three objectives:

- What constitutes "good models" of T&CM integrated national health systems;
- What are the criteria to be considered to determine the level of integration of a country's health system;
- A WHO definition for "integration" encompassing the role and position of T&CM in a health system and contribution to Universal Health Coverage and the Sustainable Development Goals (SDGs).

The group has collected information on the topic from a number of countries in all WHO regions, and visited India in October 2017. The group had two country visits in 2018: Ghana: March 6 to 10, 2018 and Portugal: May 1 to 4, 2018. The final report will be completed in 2019.

2. Concerning WHO project "good integration" of T&CM: Request for information from Norway.

In November 2017, Dr Aditi Sharan, WHO Geneva, requested NAFKAM to answer some questions about the role of traditional/complementary medicine in Norway's national health system and how the country thinks about integration. Response was sent from NAFKAM to the Norwegian health authorities for review and forwarded to WHO on 6 March, 2018.

2. Annual report on other activities requested

Should WHO have requested activities in addition to the agreed workplan, please describe related actions taken by your institution [maximum 200 words]. Please do not include in this report any activity done by your institution that was not requested by and agreed with WHO.

See activity 4.

3. Resources

Indicate staff time spent on the implementation of activities agreed with WHO (i.e. those mentioned in questions no. 1 and no. 2 above). Do not include any data related to other activities done by your institution without the agreement of WHO. Please indicate staff time using the number of “full-day equivalents” – a day of work comprising 8 hours (e.g. 4 hours work per day for 7 days should be recorded as 3.5 full-day equivalents).

Number of staff involved (either partially or fully)

Senior staff	Mid-career staff	Junior staff, PhD students
9	0	0

Number of full-day equivalents, total for all staff involved

Senior staff	Mid-career staff	Junior staff, PhD students
80	0	0

Implementation of the agreed workplan activities (i.e. those mentioned in questions no. 1 and no. 2 above) normally require resources beyond staff-time, such as the use of laboratory facilities, purchasing of materials, travel, etc. Please estimate the costs of these other resources as a percentage of the total costs incurred (e.g. if you incurred costs of USD 100 and the value of your staff time was USD 50 which makes the total of USD 150, please report 33.3% and 66.7%).

Percentage of costs associated with staff time	Percentage of costs associated with other resources	Total
95.00	5.00	100.00

4. Networking

Describe any interactions or collaboration with other WHO Collaborating Centres in the context of the implementation of the agreed activities. If you are part of a network of WHO Collaborating Centres, please also mention the name of the network and describe your involvement in that network [maximum 200 words].

Comments from NAFKAM

The Redesignation contract 02.2016 – 02.2020 was conducted in 2016. NAFKAM develops activities according to the contract without problems or delays.

NAFKAM representatives Vinjar Fønnebo and Solveig Wiesener have collaborated directly with Dr Singhol Kim and Dr Zhang Qi in meetings and conferences. NAFKAM representatives have participated on arrangements where WHO activities are promoted. See activities 1-4.

Professor Vinjar Fønnebo has been collaborating with other WHO CC in the project A preliminary model for «good» integration of T&CM into health systems.

Professor Terje Alræk, NAFKAM, collaborates with KIOM, WHO CC, South Korea.

Professor Terje Alræk, NAFKAM collaborates with the State Administration of TCM of People's Republic of China on the project "China-Norway TCM center.

Senior Adviser Solveig Wiesener has been collaborating with WHO in Sri Lanka on the “Core and Reference Indicators for Traditional, Complementary and Alternative Medicine (T/CAM) in South-East Asia”. Contact person Dr. Palitha Abeykoon

NAFKAM follows up the collaboration activities by emails, telephone conferences and meetings with WHO and collaborating partners. The communication has been constructive and positive.