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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 02-2017 to 02-2018

1. Please briefly describe the progress made in the implementation of your agreed workplan as WHO collaborating centre during the past 12 months (or the reporting period listed above). Please report on how each workplan activity was implemented, if any outputs have been delivered, if any results have been achieved and if any difficulties have been encountered during this time. If an activity has previously been completed, has not started yet, or been placed on hold, please indicate this.

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.

Comments NAFKAM:

Data on regulation of T&CM in 39 European countries are published on the NAFKAM CAM regulation website <http://nafkam-camregulation.uit.no/>. 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 during 2018. In 2017, 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.

Professor Jianping Liu participated 23-24 Feb 2017, New Delhi, India at the Global forum: Regulation of Homeopathic Medicinal Products - National and Global Strategies organized by Central Council for Research in Homeopathy under the Ministry of AYUSH, Indian Government. He presented "An Academic's Perspective on the Development of Homeopathy in Mainland China".

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.

Comments from NAFKAM:

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

1. Safe and high quality acupuncture

a. Working draft of WHO benchmark for Practice in Acupuncture

In December 2016, NAFKAM received the "Request of comment on the working draft of WHO Benchmark for Practice in Acupuncture (ATT: WHO CC for TRM)". NAFKAM accepted this invitation and responded with comprehensive comments on the document in due time within 31. January 2017. The benchmark work is connected to the project on Safe and High Quality Acupuncture, in which NAFKAM has been included since the establishment of the project.

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. We concentrated our comments within the above-mentioned areas. Our expert team put together for analyzing this benchmark draft, represented many years of combined experience in research, clinical practice and education in both T&CM (including acupuncture) and conventional medicine. The NAFKAM project participants were: Terje Alræk, Vinjar Fønnebø, Ola Lillenes, Jianping Liu, Arne Johan Norheim, Trine Stub, Solveig Wiesener.

b. Exploratory communication – project proposal on improving quality of acupuncture service

Telephone conference May 2017. Participants: Vinjar Fønnebø, NAFKAM and WHO representatives Sangyoung, Ahn and Zhang Qi. Subject: The proposed project case studies, expected deliverables, and potential Working Group meeting. Preparatory work at NAFKAM: Terje Alræk, Vinjar Fønnebø, Arne Johan Norheim.

The WHO Traditional and Complementary Medicine (T&CM) has held two Working group meetings on quality assurance and improvement in T&CM services. NAFKAM was invited to comment on the project plans for 2017 and future activities.

Terje Alræk is now the focal person from NAFKAM in this project. He has had one telephone conference with Dr. Sangyoung Ahn, WHO and Dr. John Hughes from UK. The pilot study has now been completed as the results of this has been sent to WHO. The pilot study aims to gather information at institutional level and, in summary, to provide a shared perspective on what the current state-of-quality on acupuncture service is and insights on how to improve quality on acupuncture service.

c. The 3rd WHO Working Group Meeting on Quality Assurance and Improvement of Acupuncture Service

The 3rd WHO working group meeting on Quality Assurance and Improvement of Acupuncture Service was arranged on August 22-23, 2017, Kyung Hee University, Kyung Hee Medical Center, Seoul, Korea. The World Health Organization, East-West Medical Research Institute, hosted the meeting. Participating from NAFKAM: Vinjar Fønnebø. The meeting was a follow-up of the two previous meetings in 2015 and 2016.

The project is expected to deepen understanding on quality attributes affecting the provision of acupuncture service, and deliver better health outcomes. "The project proposal comes with objectives to design a questionnaire / tool to identify quality attributes in the provision of acupuncture service in different health delivery settings; establish partnering institution to review the proposed questionnaire / tool and to conduct case studies; analyse the study results to identify ways to improve quality of acupuncture service; and support Member States in incorporating quality lens in the provision of acupuncture service."

AD 2: Encouraging and supporting international competence networks

2.1. Meetings and conferences

Jianping Liu: August 17, 2017 Guangzhou, China: International Consortium of Chinese Medicine and Cancer (ICCMC) Symposium, presented "Cochrane systematic reviews on complementary and traditional Chinese medicine for cancer".

Jianping Liu: September 25, 2017. Beijing, China. Knowledge Translation International Forum: Bridge from Evidence to Practice, presented "Methods for development of evidence-based clinical practice guidelines".

Jianping Liu: September 27, 2017, Beijing, China. China-UK Life Science and Medicine Summit, Session 15 Translational Medicine, presented "Evidence Base of Traditional Chinese Medicine for Cancer: A Literature Review of Clinical Trials".

Jianping Liu: October 28, 2017, Seoul, Korea. 2017 Annual Conference of the Korean Society of Integrative Medicine: Advances in Research and Evidence-based Practice in Asian Integrative Medicine, to present "Modality and approaches for integrative medicine research in China".

Jianping Liu: November 16, 2017, Sydney, Australia. National Symposium 2017: Clinical Trials in Integrative Medicine: Challenges and Opportunities. to present "Clinical trials of Chinese medicine in mainland China". Western Sydney University, Parramatta Campus.

Jianping Liu: November 11, 2017, Sydney Australia. Integrative Oncology Workshop to present "Developing clinical protocols to guide informed decision-making and judicious use of CM in Integrative Oncology", Liverpool Hospital.

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 in the reporting period Feb 2017 - Feb 2018.

a) Kim TH, Lee MS, Alraek T. Acupuncture for the management of menopausal and perimenopausal symptoms: Current clinical evidence and perspectives for future research. *Maturitas*. 2017 Jun;100:82-83.

b) Ni YH, Alræk T. What circumstances lead to non-disclosure of cancer-related information in China? A qualitative study. *Support Care Cancer*. 2017 Mar;25(3):811-816.

c) Birch S, Lee MS, Robinson N, Alraek T. The U.K. NICE 2014 Guidelines for Osteoarthritis of the Knee: Lessons Learned in a Narrative Review Addressing Inadvertent Limitations and Bias. *J Altern Complement Med*. 2017 Apr;23(4):242-246.

d) Norheim AJ, Heyerdahl O, Lystad N, Alræk T. Virker akupunktur? *Tidsskr Nor Laegeforen*. 2017 Nov 28;137(22). (In Norwegian).

- e) Langås-Larsen A, Salamonsen A, Kristoffersen AE, Hamran T, Evjen B, Stub T. "There are more things in heaven and earth!" How knowledge about traditional healing affects clinical practice: interviews with conventional health personnel. *International Journal of Circumpolar Health*. 2017;76(1):1398010.
- f) Zhang YJ, Cao HJ, Li XL, Yang XY, Lai BY, Yang GY, Liu JP^{1,2*}. Cupping therapy versus acupuncture for pain-related conditions: a systematic review of randomized controlled trials and trial sequential analysis. *Chinese Medicine* 2017;12:21. DOI 10.1186/s13020-017-0142-0 [SCI, IF=1.508].
- g) Li JG, Y Wang LQ, ang XY, Chen Z, Lai LYW, Hao X, Liu JP*. Chinese herbal medicine Dengzhan Xixin injection for acute ischemic stroke: A systematic review and meta-analysis of randomized clinical trials. *Complementary Therapies in Medicine* 2017;34:74-85. [SCI, IF=2.216].
- h) Yang XY, Wang LQ, Li JG, Liang N, Wang Y, Liu JP*. Chinese herbal medicine Dengzhan Shengmai capsule as adjunctive treatment for ischemic stroke: A systematic review and meta-analysis of randomized clinical trials. *Complementary Therapies in Medicine* 2018;36:82-89. [SCI, IF=2.216].
- i) Risvoll H, Giverhaug T, Halvorsen KH, Waaseth M, Musial F. Direct and indirect risk associated with the use of dietary supplements among persons with dementia in a Norwegian memory clinic. *BMC Complement Altern Med*. 2017 May 12;17(1):261. doi: 10.1186/s12906-017-1765-5. PubMed PMID: 28494750; PubMed Central PMCID: PMC5427606.
- j) Salamonsen A, Wiesener S. Are differing risk perceptions related to patients' use of CAM a barrier to doctor-patient communication in comprehensive patient care. Poster: . *World Congress integrative medicine & health* 2017. 2017;17(Suppl 1, P255):322. Epub 30 June 2017.
- k) Stub T, Quandt SA, Arcury TA, Sandberg JC, Kristoffersen AE. Complementary and conventional providers in cancer care: experience of communication with patients and steps to improve communication with other providers. *BMC Complement Altern Med*. 2017;17(1):301.
- l) Wiesener S, Salamonsen A, Fønnebø V. Which risk understandings can be derived from the current disharmonized regulation of complementary and alternative medicine in Europe? *BMC Complement Altern Med*. 2018;18(1):11.
- m) Wiesener S, Salamonsen A, Stub T, Fønnebø V. The broken link! Combining conventional and complementary medicine in a safe health care delivery chain; Abstract. *World Congress Integrative Medicine & Health* 2017. 2017;17(Suppl 1, 074):322.

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.

Comments from NAFKAM:

As president of ISCMR, Vinjar Fønnebø attended the World Congress Integrative Medicine and Health (WCIMH) in Berlin, Germany, May 3-5, 2017, which was co-sponsored by ISCMR. Prof. Jianping Liu was elected new President of ISCMR at that meeting.

Both professor Vinjar Fønnebø and professor Jianping Liu from NAFKAM co taught at the first ISCMR Workshop on “Scientific Writing, Peer Reviewing, and Publication” in Beijing during 8-10 November, 2017.

For 2018, ISCMR co-sponsors the International Congress on Complementary and Integrative Medicine and Health, in May, Baltimore, USA. Jianping Liu, as current president of ISCMR, will attend the conference. There will be a second ISCMR workshop on scientific writing, reviewing and publication in Beijing in October 2018.

Senior Adviser Solveig Wiesener participated, together with the WHO representatives Dr. Zhang Qi, Dr Sungchol Kim and Dr Palitha Abeykoon, at the Tradmed 2017 International Symposium on Traditional and Complementary Medicine, November 2017, Colombo, Sri Lanka. See Activity 4 below.

Professor Vinjar Fønnebø participated at the 3rd WHO Working Group Meeting on Quality Assurance and Improvement of Acupuncture Service, on August 22-23, 2017, Kyung Hee University, Kyung Hee Medical Center, Seoul, Korea. See point 2 above.

Professor Terje Alræk, NAFKAM, participated at a Symposium arranged by KIOM, WHO CC, South Korea, August 21, 2017. He presented the speech: “How is blood stasis understood and taught in European acupuncture schools - results of a survey”.

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.

Comments from NAFKAM:

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

Dr Sungchol Kim, The Regional Adviser for traditional medicine in South-East Asia region, invited, in December 2016, NAFKAM to perform technical support to the WHO South-East Asia regional traditional medicine program. 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. The 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> .

2. Traditional and Complementary Medicine: Educational, Exhibition & Trade, Colombo, Sri Lanka, November 2017 - conference speech and launching the WHO report on reference indicators.

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. The WHO and the Ministry of Health, Nutrition & Indigenous Medicine and Department of Ayurveda, Sri Lanka invited Wiesener to launch the WHO report and present a speech in Track 6 Session titled: Challenges in establishing evidence based practices in TM/CM. The BMC Journal on Complementary and Alternative Medicine plan to publish the conference abstracts in 2018.

3. 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 2018, Dr. Sungchol Kim and Dr. Zhang Qi have not established funding for such a project.

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

Vinjar Fønnebo 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:

- a) What constitutes «good models» of T&CM integrated national health systems;
- b) What are the criteria to be considered to determine the level of integration of a country's health system;
- c) 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. Two more country visits are planned for 2018, and the final report is due in November 2018.

5. 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 forwarding to WHO on 6 March, 2018.

6. Review and comments: Draft WHO technical document on clinical research in traditional and complementary medicine

WHO, by Dr Aditi Bana, Technical Officer, Traditional and Complementary Medicine, Service Delivery and Safety Department, World Health Organization, Geneva Switzerland invited NAFKAM to review and comment on the draft «WHO technical document on clinical research in traditional and complementary medicine». The work was performed August 1 – September 30, 2017. Participants at NAFKAM: Vinjar Fønnebo, Frauke Musial, Arne Johan Norheim, Terje Alræk, Agnete Egilsdatter Kristoffersen, Trine Stub, Jianping Liu, Solveig Wiesener.

As a part of the implementation of the WHO Traditional Medicine Strategy 2014-2023, the draft «WHO technical document on clinical research in traditional and complementary medicine» has been developed. The diverse knowledge and practices of traditional and complementary medicine (T&CM) and the lack of research data and expertise necessitate the strengthening of the T&CM evidence base for evaluating their safety, quality and efficacy. The initial draft document was reviewed and discussed at the WHO working group meeting on clinical research in traditional medicine, held in Macao SAR, China from 16-18 November 2015. Vinjar Fønnebo was invited speaker at that meeting.

2. Please briefly describe your collaboration with WHO in regards to the activities of the WHO collaborating centre during the past 12 months (e.g. means of communication, frequency of contact, visits to or from WHO). Please feel free to mention any difficulties encountered (if any) and to provide suggestions for increased or improved communication (if applicable).

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 Fønnebø 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.

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

3. Please briefly describe any interactions or collaborations with other WHO collaborating centres in the context of the implementation of the above activities (if any). If you are part of a network of WHO collaborating centres, please also mention the name of the network, and describe any involvement in the network during the last 12 months.

Comments from NAFKAM:

Senior Adviser Solveig Wiesener has been collaborating with Dr. Palitha Abeykoon, WHO Sri Lanka at the "Tradmed 2017 International Symposium on Traditional and Complementary Medicine conference, Colombo in November 2017. Dr Abeykoon has confirmed Sri Lanka's interest in participating in a Monitoring Indicator project. See activity 4 above.

See our collaboration with KIOM in Korea above.

4. Please briefly describe any type of technical, programmatic, advisory or other support received from WHO during the past 12 months for the implementation of the agreed activities listed above (if any).

Comments from NAFKAM:

None except for the activities already mentioned above.