

**Implementation of the work plan. For each main activity briefly explain how the activity was implemented, the outcome and impact and, if available, the results of the evaluation (e.g. evaluation of a course by the participants). Also explain difficulties (if any). Do not provide technical results in this form (technical results, if applicable, are to be sent directly to the WHO Department you work with).**

1. Establishment and maintenance of a national Centre in Traditional medicine and CAM. Centre will provide the public with balanced, neutral and scientifically based, information on traditional medicine and CAM nationally and internationally, specifically concerning:
  - treatment methods
  - information about the law, regulations and educational terms
  - research (recent and ongoing)

NAFKAM has established a National Information Center on CAM (NIFAB) which in Norway includes traditional medicine, and Sami traditional medicine in particular. NIFAB presents information to the general public about treatment methods, laws and regulations and educational opportunities in the country.

At present, NIFAB's information about research on treatment effects is based on summaries from Cochrane Library's meta studies. An additional model is under development at NAFKAM and will be online in 2011.

NIFAB uses mainly the website [www.nifab.no](http://www.nifab.no) as its information channel, but is also available for the public by phone, fax, email and ordinary mail.

By the end of 2010, [www.nifab.no](http://www.nifab.no) presents information on 56 CAM therapies. In 2011, NIFAB will launch a section with fact sheets on herbs and dietary supplements. By now, 12 fact sheets are finished and awaiting publication on the web page. In 2010, the "About NIFAB" section was translated into English. Information on the procedure and NAFKAM model on describing treatment effects will be translated into English and published when the model is finished.

NIFAB is part of the ICCR collaboration forum for state-owned information sources on CAM. Through this, we cooperate with among others NCCAM (USA), ViFAB (DK) and NHS (UK).

## 2. The Norway-China Cooperation within TCM

The ministries of Norway and China entered an agreement on health issues in 1999. NAFKAM is responsible for the Traditional Chinese Medicine (TCM) part. Three areas are prioritized:

1. Mediate knowledge about TCM to scientists, clinicians in public health service and practitioners in alternative medicine
2. Cooperation on education and research on TCM

One of the prioritized areas in the Norway-China Collaboration (NCC) is to mediate knowledge about TCM to scientists, clinicians in public health service and practitioners in

alternative medicine. During 2010 the two employees at NCC, Terje Alræk and Jianping Liu, have given talks, presented research results and they have also taken part in media programs. All presentations have been based on their thorough knowledge in TCM. We have chosen some to exemplify this:

- Jianping Liu gave an oral presentation “Integrative medicine of TCM and western medicine: status and modality in China” at the First Beijing International Symposium on Integrative Medicine, Beijing, China on 18 Oct 2010
- Jianping Liu gave an oral presentation “traditional Chinese medicine in China” at 9<sup>th</sup> International Conference of the Asian Clinical Oncology Society (ACOS), Gifu, Japan, 27 Aug 2010
- Jianping Liu gave an oral presentation “traditional Chinese medicine in cancer care: a review of case reports published in Chinese literature” [0126] at 5<sup>th</sup> International Congress on Complementary Medicine Research, Parallel Session: Cancer II. Tromso, Norway, 21 May 2010
- Jianping Liu gave an oral presentation “Present status of integrative medicine in China” at 2<sup>nd</sup> International Symposium on Integrative Medicine, Tokyo, Japan 28 March 2010
- During 2010 Alræk has been invited to several research meetings at Norwegian universities to present results from the ACUFLASH study – Acupuncture (TCM) for hot flashes in postmenopausal women.
- Alræk had an oral presentation: “Selecting Acupuncture Treatment for Hot Flashes; a Delphi Consensus compared with a Clinical Trial” at Translational Research in Acupuncture: Bridging Science, Practice and Community" Chapel Hill North Carolina; US March 18-21, 2010.
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- Alræk presented: “What is the ‘right’ acupuncture treatment for hot flashes? A Delphi consensus compared with a clinical trial. Tromsø, ICCMR 2010, 5<sup>th</sup> International Congress on Complementary Research
- Alræk represented NCC and NAFKAM at the WHO meeting in Shanghai 21st-24th June 2010. This was the second WHO workshop on traditional medicine service delivery and monitoring in health systems
- Alræk represented NCC and NAFKAM at the EU meeting: ”IMPACT OF TRADITIONAL CHINESE MEDICINE ON PHARMACEUTICAL PRACTICES IN EUROPE” 28 October 2010, European Directorate for the Quality of Medicines & HealthCare (EDQM), Strasbourg
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- Some examples of scientific publications :
- Liodden I, Howley M, Grimsgaard AS, Fønnebø VM, Borud EK, Alraek T, Norheim AJ. Perioperative acupuncture and postoperative acupressure can prevent postoperative vomiting following paediatric tonsillectomy or adenoidectomy: a pragmatic randomised controlled trial. Acupunct Med. 2010 Dec 18.
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- Borud EK, Alraek T, White A, Grimsgaard S. The Acupuncture on Hot Flashes Among Menopausal Women study: observational follow-up results at 6 and 12 months. Menopause. 2010 Mar;17(2):262-8.

Jianping Liu, Xun Li, Huijuan Cao, Torkel Snellingen. Chapter 14. Traditional Chinese Medicine in the Prevention and Treatment of Cancer Disease: A Review of the Evidence. *Supportive Cancer Care with Chinese Medicine*. by William Cho (Editor). Springer. 1st edition (2010)

- Cao HJ, Liu JP [correspondence author]. Wet cupping therapy for treatment of herpes zoster: a systematic review of randomized controlled trials. *Alternative Therapies in Health and Medicine*, Nov/Dec issue, 2010.
- Cao HJ, Han M, Dong SJ, Shang YM, Wang Q, Xu S, Liu JP [correspondence author]. Clinical research evidence of cupping therapy in China: a systematic literature review. *BMC Complementary and Alternative Medicine* 2010,10:70 doi:10.1186/1472-6882-10-70.
- Liu ZL, Liu ZJ, Liu JP, Yang M, Kwong J. Herbal medicines for viral myocarditis. *Cochrane Database Syst Rev*. 2010 Jul 7;7:CD003711.
- Liu ZL, Liu JP [correspondence author], Zhang AL. Chinese herbal medicines for hypercholesterolemia (Protocol). *Cochrane Database of Systematic Reviews* 2010, Issue 1. Art. No.: CD008305. DOI: 10.1002/14651858.CD008305.
- Huijuan Cao, JianPing Liu [corresponding author], George T. Lewith. Traditional Chinese Medicine for Treatment of Fibromyalgia: A Systematic Review of Randomized Controlled Trials. *The Journal of Alternative and Complementary Medicine*. April 2010, 16(4): 397-409. doi:10.1089/acm.2009.0599.
- Yuqing Zhang, Jianping Liu [corresponding author], Jie Wang, Qingyong He. Traditional Chinese medicine for treatment of cerebral palsy in children: A systematic review of randomized clinical trials. *The Journal of Alternative and Complementary Medicine* April 2010,16(4):375-395. doi:10.1089/acm.2009.0609.

## Cooperation on research and education

At the moment NCC is involved in a colorectal cancer project at Xi Yuan hospital in Beijing. This project has received 1,5 millions RMB from the Ministry of Science and Technology, and run between 2007 and March 2011..

NCC is also planning a study named: “Development of a Primary Care Model which acknowledges Several Systems of Care in Norway and China” This study will be collaboration between NCC, National Centre of Rural Medicine –both at the University of Tromsø. Our collaborating partners in China are not yet finished, however Centre for evidenced based Chinese Medicine at Beijing University of TCM will be an important collaborating partner. This project have been postponed due to the impact the Nobel Peace Price, given to A Chinese dissident, have had on the collaboration between China and Norway on a governmental level.

Alræk and Liu have planned and arranged for Norwegian medical students to stay at Chinese TCM hospitals while visiting China on their study tour.

Alræk and Liu have started to supervise a Chinese born, Yi Hu Ni, medical student at the University of Bergen. During 2010 and 2011 he will stay in Beijing and study at Beijing University of TCM.

Terje Alræk have been involved and interviewed in a series of Norwegian radio programs related to TCM both in Norway and in China.

Alræk has been invited to the Norwegian Health Directorate on several occasions to speak about NCC and TCM. Likewise he has been invited by the Norwegian Medical Association to give lectures on TCM to clinicians in public health service. Several schools and University Colleges related to education in alternative medicine have Alræk lectured at.

### 3. Postgraduate training in acupuncture

The postgraduate training program for licensed health personnel in acupuncture will lead to establishment of qualified acupuncturists in Norway and other countries.

The private college Akupunkturhøgskolen in Oslo has been accredited to give a Bachelor's degree in acupuncture. No decision has been made by the government regarding whether authorization should be given to acupuncturists or at which level of education such authorization might be considered. NAFKAM therefore still has its acupuncture education plans on hold.

### 4. Register for Exceptional Disease Courses

Patient experiences after use of CAM and traditional medicine need to be registered systematically to generate knowledge about treatments that may be beneficial on a wider scale.

Activity 4: NAFKAM will therefore establish an international register of exceptional disease courses after the use of CAM and traditional medicine

The Registry of Exceptional Courses of Disease is collecting exceptionally good and exceptionally bad courses of disease after the use of complementary and alternative medicine from patients in Norway, Denmark, and Sweden.

The registry is a base for researchers. Per 31.12.2010 301 patients had registered. The largest disease groups are Multiple Sclerosis (MS), Cancer, and Myalgic Encephalopathy/Chronic Fatigue Syndrom (ME/CFS). The types of treatment being used most widely among the registry patients are acupuncture, dietary advice, homeopathy, herbs and supplements, healing, and reflexology.

### 5. Other information related to the collaboration between the centre and WHO. Briefly describe visits by WHO staff to the centre, visits by the centre staff to WHO (HQ and/or Regional Office), use of the centre staff by WHO, support provided by centre staff for courses cosponsored or organized by WHO (HQ and/or Regional Office), WHO financial support to the centre through contractual or Technical Services

Agreement or other type of support provided by WHO, any other collaborative activities. Please mention any difficulties encountered in the collaboration and suggestions for increased and improved collaboration with WHO.

In 2010 NAFKAM sent two representatives to the WHO 2nd Workshop on Health Service Delivery and Monitoring System of Traditional Medicine in Shanghai. Drs Terje Alræk and Mikel Aickin contributed to the further development of international monitoring systems for traditional medicine.

6. Collaboration with other WHO Collaborating Centres: Briefly describe the nature and outcome of the collaboration and the name(s) of the other WHO Collaborating Centre(s) with which the centre has collaborated. If applicable, please mention the name of the network of which the WHO Collaborating Centre(s) belongs. Also include suggestions for increased and improved collaboration with other WHO CCs

NAFKAM has had the following cooperation with other WHO Collaborating Centres in Traditional Medicine:

Pre-conference at the 5<sup>th</sup> ISCMR conference of Complementary Medicine Research (Tromsø, May 19-21, 2010).

NAFKAM would like to see a closer collaboration between the WHO Collaborating Centres in the area of research methodology. Invitations will be sent the other collaborating centres shortly with invitations to nominate candidates for this year's Northern Lights workshop in research methodology.