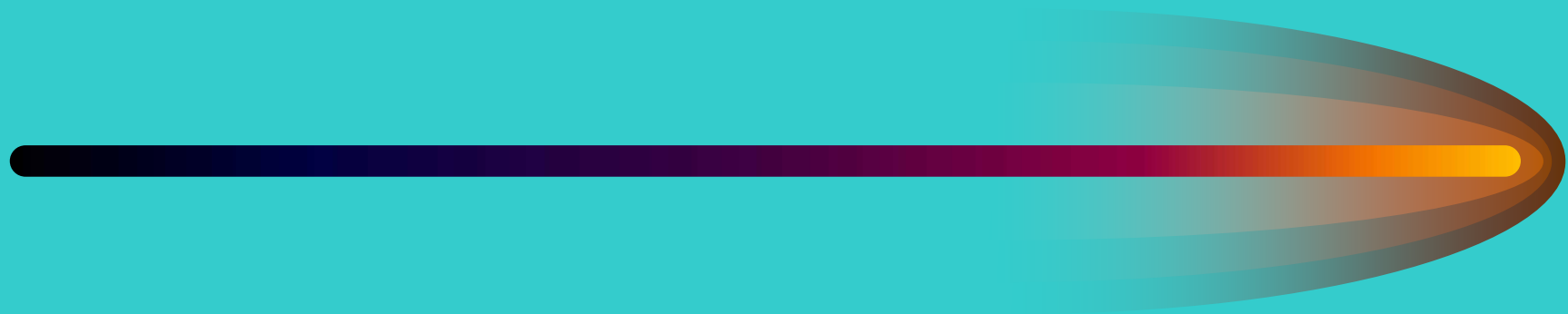


CAM Working with Mainstream Health



A homeopathic perspective

Research Supporting Benefits of an integrated approach



3 year pilot study (1993-95):

‘Report on NHS practice-based homeopathy project - Analysis of effectiveness and cost of homeopathic treatment within a GP practice at St. Margaret’s Surgery, Bradford on Avon, Wilts.’

Complaints selected for treatment in the study

- *migraines & chronic headaches*
- *sinusitis, hayfever, allergies*
- *chronic coughs*
- *indigestion, IBS*
- *menstrual-PMT, cycle issues, menopause*
- *joint problems*
- *skin complaints including psoriasis, urticaria, hives, eczema,*
- *drug dependency*
- *general STRESS, MENTAL and EMOTIONAL with or without another primary complaint*

Pilot Study Results




Improvement in the condition

- 90% or more (32%)
- 60% or more (65%)
- 50% or more (72%)
- no change (16%)

Patient Satisfaction

- Very (68%)
- Satisfied (27%)
- Not satisfied (2%)

Patients Reported Benefits

- 
- improved sense of wellbeing
 - money saved on prescriptions
 - decrease or cessation of reliance on maintenance drugs e.g inhalers
 - no harmful side effects
 - holistic or whole approach
 - improvement or disappearance of other conditions

Pilot Study Results



Conclusions of Study:

- high level of benefit and satisfaction - common outcome - no consultations in year after treatment
- 97% of respondents said they would be prepared to see the Homeopath again
- positive outcomes for treatment plus cost effectiveness for conditions on the list.

Audit Results of a Wellington Practice- most frequent complaints

- **mental/emotional problems - anger, anxiety and depression**
- **low energy- chronic fatigue**
- **behaviour issues in children**
- **skin- eczema etc**
- **sleep- insomnia, nightmares in children**
- **respiratory - URTI's, asthma, recurrent chest infections**
- **GI disturbances**

Clinical Trials

1997 Meta - Analysis of Homeopathic Research

- systematic review of 25 years of clinical studies using homeopathic medicine covering 107 controlled trials
- 81 showed homeopathic medicine was effective, 24 showed it was ineffective and 2 were inconclusive

Clinical Trials- Break Down of Results

- 13/19 respiratory infections
- 18/20 mental and psychological problems
- 5/5 hayfever
- 5/7 GI conditions
- 5/7 recovery after abdominal surgery
- 4/6 in treating rheumatological disease
- 13/15 miscellaneous
- 6/7 other infections

Clinical Trials

URTI Study - randomised double blind, placebo controlled trial:

- 175 Dutch children
- 54.8% reduction in the use of antibiotics compared with 37.7% in the placebo group
- 24% higher rate of adenoidectomy with placebo group compared to treatment group

Clinical Trials



Asthma Study

- 24 patients allergy tested then given a remedy made from main allergen
- 82% improved compared with 38% given placebo
- Meta-analysis of 3 similar asthma studies involving 202 patients showed similar results

Clinical Trials



Childhood Diarrhoea Study

- treatment group showed a **20% faster** than placebo and the sicker the children the more dramatic the response.

NZ Homeopathic Practice Experience - informal integration



*Growing number of referrals from GP's
for the treatment of conditions such as:*

- Viral - glandular fever, CMV and post viral syndrome
- Recurrent infections esp ear nose and throat in children
- Mental and emotional issues including PND

NZ Homeopathic Practice Experience - informal integration

- Referrals are increasing particularly where Homeopaths encourage tri-partite relationships between patients, their GP and the homeopath
- GP's are seeing positive results within 24 hrs of treatment in an acute infection; and
- a decrease in recurrent infections (post homeopathy).

NZ Homeopathic Practice Experience - informal integration



- Hawkes Bay homeopath - 18% of referrals are from GP's and an additional 15% by other practitioners e.g osteopaths
- 'The Ear Clinic' Devonport Auckland - 10 - 20 referrals per week
- The Children's Ear Clinic in Sydney commenced in 1997 - 8-10 children per ear clinic day, average age 6 mths to 3 years

NZ Homeopathic Practice Experience - informal integration



- **GP** referrals are based on evidence that homeopathy is yielding positive health outcomes for patients
- **Parents** are choosing homeopathic treatment for children to reduce need for antibiotics; and
- desire to reduce the number of infections by improving their immune system.

Benefits of a more integrated approach

Anecdotal evidence suggests:

- significant to total reduction in need for antibiotics
- significant reduction to cessation (esp ear and throat infections) of the recurrent ENT/URTI's
- increased general health and wellbeing & reduction in other complaints

Benefits of a more integrated approach



- increased learning potential due to:
improved hearing, fewer days off school,
improved behaviour home/school
- downstream health savings due to reduced
procedures e.g grommets, tonsillectomies

Case Examples

10 Year old boy with recurrent ear and throat infections

- term 1 of 2004 - **23 days** off school due to illness
- term 2 of 2004 after homeopathic treatment - **no** days off school

N.B. no other changes made in this period

Case Examples



Case 2 male 50 years - post viral fatigue

- after glandular fever
- unable to hold down his job
- within 2 months after beginning homeopathic treatment he was back at work

Methods of Integration



- Explore referral mechanisms - currently ad hoc based on individual GP's awareness of effectiveness
- Explore through PHO's integration of a homeopath into the practice as is the case in the UK
- Marketing and promotion

The Way Forward - Research Proposals



- NZ based research be undertaken to substantiate current anecdotal evidence of benefits in integrating homeopathic treatment into the health care regimen for the treatment of recurrent ENT/URTI's **OR** other conditions that patients typically present with e.g post viral fatigue, asthma eczema, PMT, mental/emotional issues

Research Proposal- Options



- Replicate UK, NHS study in NZ
- Investigate smaller trial in URTI's or ENT's or chronic fatigue in say 4- 6 main centers
- Audits
- Other - data collection over 1-2 year period

Conclusion



New Zealand is a small country with a lot of homeopaths and as such is ideally set to test homeopathy in a clinical setting.