An innovative and complementary approach of use of Traditional Chinese Medicine (TCM) on Dementia Care through collaboration between Integrated Cognitive Assessment Clinic (ICAC), UCH and Non-Governmental Organization (NGO)

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Introduction
With the increasing of the aged population in recent years, dementia has become a major public health problem. While the etiology of dementia is multi-factorial and complex, neurodegeneration may be the major cause. There is currently no definite cure for dementia. Current western pharmacological approaches against neurodegeneration in dementia center in symptom-relieving only. It is very important to explore a novel and effective approach for fighting dementia. TCM, which has been used for thousands of years in China, has long been considered an effective dementia management. It can help to treat a variety of discomforts such as change in sleep patterns, agitation associated with dementia.

Objectives
1. To form strategic partnership, joining hands together to enhance holistic approach on dementia management 2. To provide different scopes of dementia management for patients and their carers. 3. To explore its effectiveness to serve as complementary management for dementia

Methodology
☐ A “KE Dementia Network” was established which aligned and generated detailed information related to service availability of different Non-Governmental Organizations (NGOs) since 2013. NGOs would regularly update the information. ☐ A new service of Traditional Chinese Medicine for Dementia was promoted in Christian Family Service Centre (CFSC)–CUHK Chinese Medicine Centre for Training and Research (Ngau Tau Kok) in mid-2014. ☐ TCM would be introduced during outpatient follow up to patients seeking other complementary approach for
dementia care through leaflet. □ Related information such as score of cognitive assessment of patients, staging would be recorded for evaluation the effectiveness of TCM in future.

**Result**

A number of cases were referred to the CFSC-CUHK Chinese Medicine Centre since late 2014. One of them started to receive the acupuncture and Chinese herbs with positive outcomes. TCM has many modalities such as acupuncture, Chinese herbs, all of which can provide a safe and natural accompaniment to other contemporary Western Dementia treatments. The scientific evidence is being continuously mined to back up the traditional medical wisdom and product innovation in the healthcare sectors. It can be concluded that TCM has a potential for complementary role in fighting dementia.