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Pilot Project of Integrated Chinese-Western Medicine on Acute Low Back Pain
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Introduction
Integration of Chinese and Western Medicine was first proposed by the government in 2013. We are one of the two hospitals under Hospital Authority's Integrated Chinese-Western Medicine (ICWM) Pilot Project on acute low back pain. Here we discuss early results of this project.

Objectives
In this study we reviewed the clinical outcomes of patients who underwent this treatment modality.

Methodology
We reviewed patients who underwent treatment by traditional chinese medicine practitioners under the ICWM project. Patients recruited in the period from 21/12/2015 to 30/6/2017 were included in our study and we have analysed their Pain Log Score, Oswestry Disability Index (ODI) and Roland-Morris Disability Questionaire Score (RMD) from pre-treatment phase up to follow-up phase at 2 to 4 weeks after discharge.

Result
Fifty-six patients were recruited into the ICWM project from 21/12/2015 to 30/6/2017. All the analysed parameters showed statistically significant improvements at 2 to 4-week follow-up, when compared to their pre-treatment values (Pain Log Score 72.6 at pre-treatment phase and 50.5 at 2 to 4-week follow-up, $p<0.01$; ODI 51.6 at pre-treatment phase and 32.6 at 2 to 4-week follow-up, $p<0.01$; RMD 15.3 at pre-treatment phase and 11.3 at 2 to 4-week follow-up, $p<0.01$). Conclusion: ICWM provides an effective and significant improvement in patient suffering from chronic lower back pain and this should be considered to be included as part of the conservative management for this disease entity.