



Integrating the Best of Traditional Chinese Medicine with Conventional Healthcare

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Questions

- How do we find the BEST of TCM?
- How do we INTEGRATE with conventional healthcare?

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Randomized controlled trials

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Electroacupuncture Reduces Duration of Postoperative Ileus After Laparoscopic Surgery for Colorectal Cancer

SIMON S. M. NG, WING WA LEUNG, TONY W. C. MAK, SOPHIE S. F. HON, JIMMY C. M. LI, CHERRY Y. N. WONG, KELVIN K. F. TSOI, and JANET F. Y. LEE

Division of Colorectal Surgery, Department of Surgery, The Chinese University of Hong Kong, Prince of Wales Hospital, Shatin, Hong Kong SAR



- ↓ Length of hospitalization
- ↓ Procedure cost
- Cost-effectiveness analysis underway

Systematic review and meta-analysis

Is it a viable solution?

AP&T Alimentary Pharmacology and Therapeutics

Systematic review: the efficacy of herbal therapy in inflammatory bowel disease

S. C. Ng, Y. T. Lam, K. K. F. Tsoi, F. K. L. Chan, J. J. Y. Sung & J. C. Y. Wu

Common conclusions

- Flawed methodology
- Heterogeneity
- Publication bias
- Need of randomized controlled trials

Challenges in searching for the BEST of TCM

- Lack of high quality evidence
- Non-English literature
- Individualized treatment (for both patients and physicians)
- Heterogeneity in herb combinations

Big Data Project of TCM



Web Programming

Data Warehouse

Metadata

Raw Data

Summary Data

Integration of
biomedical databases

Text Mining

Bioinformatics
Analysis

R&D

Healthcare service

Public access

Big Data: Ultimate solutions for TCM?

- Strength
 - Powerful tool to identify the commonest TCM combinations for specific disease entities
 - Facilitate TCM innovation with the development of new formula
- Weakness
 - Popular \neq Effective (e.g. Aqua is present in most TCM formulae)
 - Lack of predictive value for clinical outcome

Big Data Project of TCM Management for Stroke Rehabilitation

Big Data Analysis →

Commonest herbal formulae for stroke

Data mining of TCM Prescription Database →

Patient identifiers



CUHK Stroke Registry

Clinical Outcomes (Recurrent stroke, cardiac event, bleeding complications, mortality, etc.) ←

Pragmatic Trial: Integrative Care Vs Conventional Care

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Address the unmet needs of our patients

- Communication between TCM and Western physicians
- Combo treatment with monitoring of safety and herb-drug interaction
- TCM service with good credentials

Hong Kong Institute of Integrative Medicine

- CUHK-operated Integrative Medical Centre in Prince of Wales Hospital
- Clinical platform for research, education and practice of integrating TCM with conventional healthcare system



Choose the “right” diseases

- Common, chronic or recurrent in nature
- No effective treatment, marked side effects or high costs in conventional Western medicine
- Well accepted TCM treatment with high demand in the public

Integrative Model for Low Back Pain

Referrals to Orthopaedic clinic from primary care



Screening by physiotherapist



Early Orthopaedic
consultation



1st Joint consultation by Family Physician and
TCM Physician



Regular TCM follow up + on-demand FM visits



2nd Joint consultation in at 4-6 months



Discharge back to Primary Care or TCM Clinic



Integrative Model for Stroke Rehabilitation

Acute Stroke Unit



Stroke Rehabilitation Unit



Multidisciplinary team including
TCM Physician



Stroke rehabilitation programme
incorporating TCM treatment



Joint consultations and case conferences



Discharge to Medical Clinic

Herb-Aspirin
interaction surveillance
programme by School
of Pharmacy



Development of Integrative Medical Care

Stage 1

- Communication, transparency, safety monitoring
- Risk management, clinical governance and quality assurance

Stage 2

- Cross validation of Western and TCM diagnosis
- Pragmatic trials, outcome and cost-effectiveness research

Stage 3

- Evidence-based, protocol-driven diagnosis and management algorithm supported by pragmatic trials and outcome research
- Credentialing of training and qualification

Integrating TCM with Modern Conventional Healthcare: Challenges

- Team building
- Frontline “buy-in”
- Clinical governance
- Quality assurance
- Risk and safety management
- Sharing of patient records
- Liability
- Credentialing
- Reimbursement



Integrating TCM with Modern Conventional Healthcare: Challenges

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Integrating the Best of Traditional Chinese Medicine with Conventional Healthcare

- New tools to identify the best TCM
 - Big Data Analysis
 - Pragmatic Trial
 - Clinical Outcome and Cost-effectiveness studies
- Modernized integrative model
 - Patient-centered and physician-friendly
 - Practice of modern healthcare administration
 - Protocol-based approach