

Integrating the Best of Traditional Chinese Medicine with Conventional Healthcare

Justin Wu

Director, Hong Kong Institute of Integrative Medicine
Associate Dean (Clinical), Faculty of Medicine
The Chinese University of Hong Kong

Questions

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

Questions

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

Randomized controlled trials

GASTROENTEROLOGY 2013;144:307-313

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

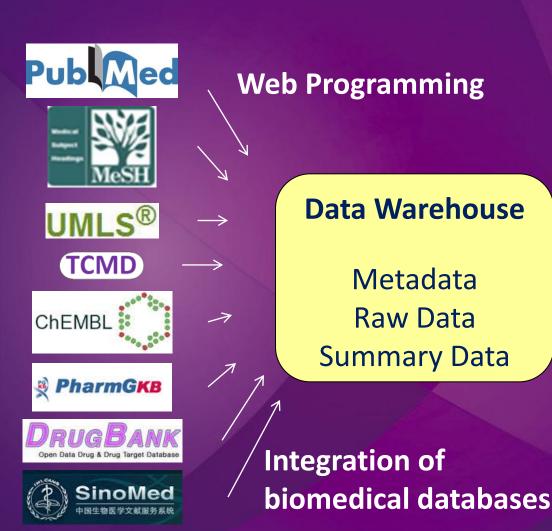
Common conclusions

- 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



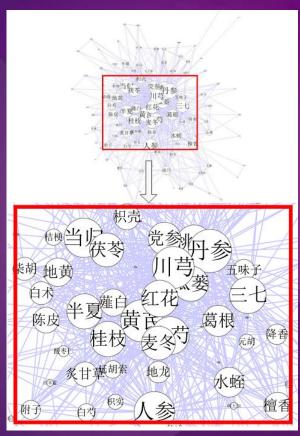
Text Mining

Bioinformatics

Analysis

R&D
Healthcare service
Public access

TCM Networks derived by Big Data Analysis



梅花针 压法 耳尖放血 埋线 义 皮针 头针 放血疗法 胡萝卜 五加穴耳 针灸 既病防变 治未病 耳针 艾炷灸 未病先防 艾灸 穴位注射 关元 推拿 桥弓 按摩 摩法 经穴 捻转足三里经络 足太阳膀胱经 导引 隔药灸 足厥阴肝经

Clustering of Core Herb Combinations for Ischemic heart disease

TCM management networks for Hypertension

Courtesy of Prof. Aiping Lu, HKBU

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 ≠ 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

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

CUHK Stroke Registry

Pragmatic Trial: Integrative Care Vs Conventional Care

Questions

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

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



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

- Team building
- Frontline "buy-in"
- Clinical governance
- Quality assurance
- Risk and safety management
- Sharing of patient records

- Liability
- Credentialing
- Reimbursement



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